



The Federation of Sacred Heart & St Mary's RC Primary School, Battersea

RELATIONSHIPS, SEX AND HEALTH EDUCATIONS (RHSE) POLICY

Approved By	Governors
Reviewed On	June 2026
Review Due	June 2027
Review Cycle	Annually

Mission Statement

"A man took a grain of mustard seed and sowed it in his field. Indeed, the seed is smaller than all seeds but when it is grown, it is greater than the herbs, and it becomes a tree, so that the birds of the air come and lodge in its branches."

(Matthew 13:31)

At Sacred Heart Catholic Primary School, our Mission Statement commits us to educating the whole child: spiritually, physically, intellectually, morally, socially and emotionally. We seek to nurture each child as a unique individual created and loved by God, enabling them to flourish and achieve their God-given potential.

Relationships, Sex and Health Education (RSHE) is an integral part of this mission and contributes significantly to pupils' personal development, wellbeing and preparation for life in modern Britain.

Introduction

We are involved in Relationships, Sex and Health Education because of our Christian understanding of the human person. The Catholic Church teaches that every person is created in the image and likeness of God and is therefore worthy of dignity, respect and love.

The Church's vision of relationships and human flourishing underpins all teaching in this area. Our RSHE curriculum promotes positive relationships, personal responsibility, self-respect and respect for others, while supporting pupils to grow in virtue and develop the knowledge and skills needed to live healthy, safe and fulfilling lives.

RSHE is taught within the context of Catholic teaching and values and forms part of our wider commitment to educating the whole child.

Statutory Requirements

This policy has been developed in accordance with:

- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations;
- Department for Education statutory guidance;
- Equality Act 2010;
- Keeping Children Safe in Education;
- The Catholic Education Service model guidance;
- Archdiocese of Southwark guidance.

In primary schools, Relationships Education and Health Education are statutory.

The National Curriculum Science programme also contains statutory content relating to human development and reproduction.

Definition of RSHE

Relationships, Sex and Health Education is lifelong learning about relationships, emotional wellbeing, physical health and human development.

It supports children in developing:

- healthy and respectful relationships;
- self-awareness and self-respect;
- resilience and emotional wellbeing;
- personal safety;
- an understanding of physical and emotional changes during growth and development;
- the knowledge and skills needed to make informed and responsible choices.

RSHE is always taught in an age-appropriate manner and within the context of the Catholic faith.

Aims

The aims of RSHE at Sacred Heart Catholic Primary School are:

To develop attitudes and values that promote:

- respect for the dignity of every human person;
- appreciation of God's gift of life;
- self-respect and respect for others;
- honesty, responsibility and integrity;
- understanding of family life and loving relationships;
- compassion, forgiveness and empathy.

To develop personal and social skills including:

- communication and relationship skills;
- emotional literacy;
- resilience and confidence;
- decision-making and problem-solving;
- recognising and managing risk;
- seeking help and support when needed.

To develop knowledge and understanding of:

- healthy relationships;
 - family life;
 - physical and mental wellbeing;
 - personal safety, including online safety;
 - human growth and development;
 - puberty and the changing adolescent body.
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Curriculum Content

The RSHE curriculum is delivered through the school's wider PSHE curriculum using the *Ten Life to the Full Plus* programme.

The curriculum includes learning about:

Families and Relationships

Pupils will learn:

- the characteristics of healthy relationships;
- family life and caring relationships;
- friendships;
- respect for others;
- inclusion and diversity;
- resolving conflict positively.

Keeping Safe

Pupils will learn:

- personal safety;
- recognising unsafe situations;
- consent in age-appropriate contexts;
- online safety;
- safeguarding and trusted adults.

Health and Wellbeing

Pupils will learn:

- physical health;
- mental wellbeing;
- healthy lifestyles;
- emotions and feelings;
- resilience and self-esteem.

Growing and Changing

Pupils will learn about:

- human development;
- physical and emotional changes during puberty;

- personal hygiene;
- managing change positively.

Puberty education is taught in Year 5 through the Ten programme and the statutory Science curriculum.

Sex Education

The Governing Body has determined that Sacred Heart Catholic Primary School will not provide additional non-statutory Sex Education beyond the requirements of the National Curriculum for Science.

Pupils will receive:

- statutory Relationships Education;
- statutory Health Education;
- statutory Science teaching relating to human development and reproduction;
- education about puberty and the changing adolescent body.

No separate programme of formal Sex Education is taught.

Programme and Resources

The primary resource used to deliver RSHE is:

Ten Life to the Full Plus

This programme has been approved by the Catholic Education Service and is consistent with Catholic teaching on human dignity and relationships.

RSHE is further supported through:

- Religious Education;
 - Collective Worship;
 - PATHS;
 - assemblies;
 - pastoral provision;
 - the wider curriculum.
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Inclusion

We are committed to ensuring that all pupils can access the RSHE curriculum regardless of:

- ability;
- disability;
- race;
- religion;
- sex;
- gender identity;
- family circumstances;
- social background.

Teaching will be differentiated where appropriate to ensure that all pupils can access learning successfully.

Equality

The school complies with the Equality Act 2010.

Teaching promotes respect for all people and recognises that pupils come from a range of family backgrounds and experiences.

All pupils will be treated with dignity and respect.

Parents and Carers

Parents and carers are the first educators of their children.

The school seeks to work in partnership with parents and carers by:

- providing information about the curriculum;
- making resources available upon request;
- signposting families to the Ten parent portal;
- responding to questions and concerns openly and respectfully.

As the school does not teach any additional non-statutory Sex Education, there are no lessons from which pupils may be withdrawn.

Parents do not have the right to withdraw their child from:

- Relationships Education;
- Health Education;
- National Curriculum Science.

Parents with questions about the curriculum are encouraged to contact the Headteacher.

Safeguarding

RSHE plays an important role in safeguarding children.

Pupils are taught:

- how to recognise unsafe situations;
- how to seek help;
- how to identify trusted adults;
- how to stay safe online and offline.

Any safeguarding concerns arising from RSHE lessons will be dealt with in accordance with the school's Child Protection and Safeguarding Policy.

All staff understand that they cannot offer absolute confidentiality where safeguarding concerns exist.

Teaching and Learning

RSHE is delivered by class teachers and other appropriately trained staff.

Teaching approaches include:

- discussion;
- reflection;
- storytelling;
- role play;
- collaborative learning;
- age-appropriate activities.

A safe and respectful learning environment will be established through agreed classroom expectations.

Responding to Questions

Children are encouraged to ask questions and seek clarification.

Teachers will answer questions honestly and sensitively, taking account of:

- the age of pupils;
- their maturity;
- the Catholic ethos of the school;
- safeguarding considerations.

Where appropriate, pupils may be encouraged to discuss questions further with parents or carers.

Monitoring and Evaluation

The Headteacher and RSHE Lead will monitor implementation of this policy through:

- lesson observations;
- planning scrutiny;
- pupil voice;
- staff feedback;
- monitoring of curriculum coverage.

The Governing Body will receive updates regarding the effectiveness of the RSHE curriculum and policy implementation.

Policy Review

This policy will be reviewed every two years or sooner if required by changes to legislation or statutory guidance.

Approved by:

The Governing Body

Date Approved:

Review Date:

Chair of Governors:

Headteacher: