



# Eastfield Primary School

## Relationships, Sex and Health Education Policy

### September 2025

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## Introduction

This is the policy of Eastfield Primary School on the approach taken to Relationships, Sex and Health Education (RSHE), approved by the Local Advisory Board in September 2021 and reviewed in September 2025 following a consultation with parents and carers in June 2021.

## Legal context

The law was changed with effect from September 2020 so that primary schools in England must teach relationships education and health education (*The Children and Social Work Act 2017*).

- The relationships education part of the new curriculum teaches what children need to learn to build positive and safe relationships with family and friends and online.
- The health education part of the new curriculum covers both physical health and mental wellbeing and teaches children how to make good decisions about their own health and wellbeing; how to recognise issues in themselves and in others; and how to seek support as early as possible when issues arise.

Sex education is not compulsory in primary schools, but:

- The new curriculum for relationships education and health education does include content on puberty.
- The national curriculum for science includes subject content in related areas, such as the main external body parts; the human body as it grows from birth to old age (including puberty); and reproduction in some plants and animals.

Following this change in the law, the Department for Education published *Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education* (2019). This guidance requires primary schools in England to have a written relationships education policy to cover the following:

- How relationships education is delivered
- What sex education (if any) a school chooses to cover that goes beyond the national curriculum for science and relationships education.

There is no equivalent requirement for a health education policy but, in line with best practice, this RSHE policy also covers health education.

This RSHE policy also supports legal requirements relating to the following:

- *The Equality Act 2010.*
- *The Education Act 1996.*
- *Statutory guidance, Keeping Children Safe in Education 2020.*

The following policies are also relevant to this Relationships and Health Education policy:

Add the names of your school's other relevant policies such as:

- Behaviour and Anti-bullying
- Safe-guarding

## Definition\*

RSHE supports children and young people's personal development including their spiritual, moral, social and cultural development. Its aims are to help children and young people to deal with the real-life issues they face as they grow up and that they will encounter as adults. Their learning will support them both online and offline, to make informed choices about their safety, physical and mental health, enabling them to live positive and fulfilled lives.

RSHE is enhanced by a supportive school ethos where everyone is valued, positive relationships are promoted and there is a safe learning environment.

At Eastfield Primary School, we foster a positive, respectful, and caring environment where every child is encouraged to thrive. Our ethos is built on clear expectations, consistent values, and a commitment to nurturing confident, responsible learners.

- **Positive behaviour expectations** Pupils are encouraged to act kindly, be courteous, follow instructions, and behave responsibly both in and out of school.
- **Respectful communication** Children use polite, calm voices and show consideration for others at all times.
- **Care for the environment** Pupils help keep the school clean, tidy, and safe, moving around the building sensibly and respectfully.
- **Kindness and helpfulness** Acts of kindness – such as holding doors, supporting peers, and showing empathy – are recognised and celebrated.
- **High expectations for conduct** Clear rules, rewards, and consequences help maintain a calm, purposeful atmosphere where learning can flourish.

## Aims

The aims of our RSHE programme are:

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- Provide accurate and age-appropriate information.
- Include all children.
- Help children make informed choices.
- Develop knowledge, skills and attitudes.
- Build confidence and self-esteem.
- Develop personal attributes.
- Prepare children for the next stage of education and adulthood.
- Develop positive and inclusive attitudes to everyone, particularly to those with protected characteristics under the *Equality Act 2010*.

## Roles and responsibilities

An effective programme of RSHE requires support from the whole school community and the following people have specific roles and responsibilities:

### Trustees

The Bradgate Education Partnership and Eastfield Primary Schools Local Advisory Board are responsible for the agreeing and quality assuring the provision and teaching of RSE curriculum.

## Headteacher/principal

Role of the headteacher:

- Overseeing the development and delivery of RSHE.
- Providing staff with the opportunity to contribute to the development of RSHE.
- Providing information to the trustees/LAB.
- Providing training for the subject leader and staff, as required.
- Supporting the subject leader to liaise with parents and carers.
- Dealing with parents and carers who wish to withdraw a child from sex education.

## Subject leader

Role of the subject leader:

- Leading the development and delivery of effective RSHE.
- Keeping up-to-date with the development of RSHE.
- Supporting colleagues as required.
- Monitoring and evaluating RSHE and providing necessary reports.
- Liaising with parents and carers.
- Keeping subject information up-to-date, including on the school website.
- Overseeing external visitors and resources used in RSHE.

## All staff

Role of all staff:

- To understand and implement the policy of RSHE.
- To teach RSHE in line with the agreed curriculum.
- To assess and monitor the progress of children.
- To respond to the needs of individual children.

## Curriculum organisation\*

The school adopts the following approaches to organise the curriculum to ensure high quality delivery of RSHE:

Explain how your school RSHE curriculum is organised, to cover the following points:

- How RSHE is covered. The best practice approach is for RSHE to be covered as part of a wider programme of PSHE education.
- How regularly RSHE lessons are delivered. It is recommended that lessons are delivered weekly or fortnightly.
- Length of RSHE lessons. The guidance provides that lessons should be of sufficient length to allow children to explore topics and reflect on their learning, with the suggestion that:
  - for KS1 – lessons should be 40 - 45 minutes long;

- for KS2 – lessons should be 50 - 60 minutes long.
- How focus days, visits and visitors will be used. Guidance provides that focus days, visits and visitors cannot replace a taught lesson but are a good way to enhance a programme.
- How cross-curricular learning will contribute. Links should be recognised in planning.
- Who will teach the lessons. Guidance provides that confident and skilled staff are most effective, particularly for sensitive and controversial topics and a school may want to use specialist staff for some topics.

## Teaching and learning

RSHE is delivered in line with the teaching and learning policy. However, as the subject deals with real-life experiences, it is important to establish a safe and positive learning environment using the following approaches:

Select whichever of the following approaches apply to your school:

- Establishing clear ground rules in consultation with children. Ground rules should include confidentiality, respect for others, privacy and boundaries.
- Using distancing techniques including de-personalised discussions and role play.
- Using clear language to avoid misunderstandings.
- Avoiding prejudice and assumptions about children's abilities, desires, background and experiences.
- Dealing sensitively with unexpected questions and comments.
- Assessing and building on existing knowledge and experiences.
- Ensuring that learning is engaging, using a range of activities, including structured discussion and problem-solving.
- Providing a range of opportunities to learn, practise and demonstrate knowledge, skills and attitudes.
- Allowing time for reflection.
- Providing differentiated learning.
- Using a variety of groupings to enhance learning.

## Curriculum content

### Long term planning

The school has chosen to use the [\*Kapow Primary RSE scheme of work\*](#), which provides full curriculum coverage, including all the statutory content, for each year group.

Follow this link to view the [\*Kapow Primary RSE curriculum overview\*](#).

### Resources

Teachers will select any additional resources carefully, and the subject leader will oversee the selection.

Additional resources will be:

- Up-to-date.
- Relevant to children.
- Consistent with the aims and values of the school.

## Visitors

Visitors can enhance children's learning. Teachers will select visitors in liaison with the subject leader. The following will be used to guide the use of visitors:

Eastfield Primary School use of visitors:

- The school will use visitors to enhance the lessons delivered by the class teacher; and information on where a visitor fits into the long-term plan will be shared with the visitor.
- The school will make visitors aware of the school policy for RSHE.
- The school will check the content of sessions delivered by visitors to make sure that it fits with the school's ethos and meets legal requirements.
- A member of staff will be present in sessions delivered by visitors.
- The school will make sure visitors undergo the necessary checks as required by the school safeguarding policies.

## Equality

Under the *Equality Act 2010*, the school is under a legal duty to eliminate discrimination, advance equality of opportunity and foster good relationships between those with protected characteristics and those without. The protected characteristics are:

- Age.
- Marriage and Civil partnership.
- Disability.
- Race.
- Religion and belief.
- Sexual orientation.
- Sex.
- Pregnancy and maternity.
- Gender reassignment.

In addition, the school must consider the needs of those with Special Educational Needs and Disabilities (SEND).

The RSHE programme will meet the needs of all children. Lessons will include content that will tackle discrimination and foster good relationships.

## Right to withdraw from sex education\*

A parent or carer cannot legally withdraw their child from any aspect of the statutory relationships education or health education.

A parent or carer does have the right to withdraw their child from sex education unless what is being taught is part of the science national curriculum.

Following a consultation with the whole school community, the following content is deemed to be sex education:

The Kapow Primary lessons that are deemed to be sex education are:

- [Year 6: Safety and the changing body, Lesson 5: Conception](#)
- [Year 6: Safety and the changing body, Lesson 6: Pregnancy and birth](#)

The following process must be followed if a parent or carer wishes to withdraw their child from sex education:

Outline the process in your school, covering the following:

- Parents/carers will be informed via email of when specific lessons are being delivered via email.
- Parents/Carers should communicate with class teachers as a first point and this can be done via email, phone or face to face.
- Who parents/carers should contact the subject leader and then the headteacher if they have further questions relating to the RSE curriculum.
- The withdrawal request will be recorded electronically.
- Alternative arrangements will be made for the child during the sex education lesson that the child will not attend within the school. They will participate in alternative learning in a different space or classroom.

## Safeguarding

RSHE includes sensitive topics. It is, therefore, possible that discussions will prompt safeguarding disclosures. Reference should be made to safeguarding policies and procedures to deal with these appropriately.

The subject leader/teacher should discuss with the designated safeguarding lead any potentially sensitive topics. Appropriate steps must be taken to provide additional support for children if required.

Staff should consider the timing of lessons to ensure that children have the opportunity to report any concerns they may have either that day or the following day.

## Support

RSHE should not be a time for children to make disclosures. It is important, however, to inform children of the support that is available to them if they are worried about anything raised in a lesson. The following support will be highlighted to children as appropriate:

In school:

- Class teacher and support staff members
- Safeguarding Leads – these can be found on the school website.

External:

- Local agencies.
- National agencies such as Childline.

## Monitoring and evaluating\*

The headteacher and subject leader will be responsible for monitoring and evaluating RSHE in line with other subjects.

Monitoring and evaluation will take place in the form of all or some of the following:

- Scrutiny of planning.
- Lesson observations.
- Learning walks.
- Evidence of learning.
- Feedback from staff.
- Feedback from parents/carers.
- Feedback from children.

## Professional development

The headteacher and subject leader will assess the professional development needs of staff regularly. Appropriate development will be provided using internal or external expertise.

## Communication of policy

This RSHE policy will be available to read on and downloaded from the school website and copies can be requested free of charge from the school office.

## Review\*

This policy will be reviewed every three years from the date of approval of the RSHE policy by the LAB.