



Let Your Light Shine
Matthew 5:16

Relationships, Sex and Health Education (RSHE) Policy	
This policy sits alongside the Subject Leader Pack, Assessment Documentation, Learning Journeys, Curriculum Overviews and Medium Term Plan for PHSE/RHSE	
The policy can be found on the Team drive: policies: curriculum policies, PSHE/PSHE	
Policy Reviewed by: Standards Committee	
Cycle of Policy Review: Annually	Policy Ratified: January 2024

Background

Relationships, Sex and Health Education in Church Schools

All Church of England and Methodist schools within the Diocese of Lincoln are statutorily required to teach Relationships Education, Relationships and Sex Education and Health Education. Within the context of Christian beliefs about human dignity (e.g. Genesis 1:26-27) and the need to love your neighbour as you love yourself (e.g. Mark 12:30-31), RSHE enables pupils to flourish and gain every opportunity to live fulfilled lives.

As a primary church school academy, we must provide Relationships Education to all pupils as per section 34 of the Children and Social Work Act 2017. We do not have to follow the National Curriculum, but we are required to offer all pupils a curriculum that is similar in breadth and depth to the National Curriculum, including requirements to teach science, which would include the elements of sex education contained within the Primary Science curriculum.

In teaching RSHE, we have regard to the guidance issued by the secretary of state as outlined in [section 403 of the Education Act 1996](#).

This policy has been developed in consultation with all stakeholders, including governors, staff, pupils and parents/carers.

RSHE is about the emotional, social and physical aspects of growing up, healthy relationships, sex, human sexuality and sexual health. It is also about the spiritual and moral aspects of relationships within a context of a Christian vision for the purpose of life. Through RSHE in church schools, pupils will have the chance to learn about how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

Relationships Education is learning about how to:

- be appreciative of existing relationships
- to form new healthy relationships
- to enjoy strong positive, non-exploitative, caring relationships online and in person.

This will particularly reference family relationships including marriage, friendships and relationships with peers and adults.

Purpose

The purpose of this policy is to be transparent about what will be taught in RSHE at the Academy and what falls under the Science curriculum. In doing so, this clarifies for parents and carers which elements of the curriculum from which children can be withdrawn.

Scope

This policy applies to all of the teaching staff, parents/carers and children at The Academy.

Definitions

Sex Education: includes content about relationships, human body parts, growth, puberty and reproduction.

Policy

Content about human body parts, growth, puberty and reproduction will be taught through the Science Curriculum. Parents do not have the right to excuse their children from this aspect of the curriculum. Sex Education in primary schools is not mandatory; however, the National Curriculum for Science in primary schools includes content about human body parts, growth, puberty and reproduction.

At the Academy, we teach reproduction as part of our life cycle work in Science as outlined on the progression document (Appendix 1) and address puberty and growing up with an initial Science input followed by the opportunity to discuss what this means and ask questions in a safe space as part of the PHSE/RHSE curriculum. All questions are valued. Children are encouraged to celebrate transition to adulthood and growing up, seeing it as a positive step. Year 4 girls will be introduced to puberty and periods in the summer term.

In Year 5 and Year 6 all children learn about different relationships, different kinds of love and the human life cycle growing up, keeping safe and personal hygiene. Lessons relating to puberty will be delivered by male staff to boys and by female staff to girls to facilitate open discussion and questions. There is more detail and discussion in the subject matter presented to each year group. We will contact parents beforehand, giving them time to talk through these matters with their children first should they wish to do so. We will let them know the topics that are covered.

Parental Right to Withdraw from Sex Education

Withdrawing your child from Sex Education remains a statutory right as a parent or legal guardian. Elements of Sex Education are included in the Primary Science Life Cycle Curriculum and parents/guardians do not have the right to withdraw their children from this.

Parents do have the right to withdraw their children from the non-science elements of Sex Education within RSHE. Requests for withdrawal should be put in writing to the Head Teacher. If you make such a request, we will invite you to talk through your concerns, review the materials we use, explain our rationale and advise you when lessons will take place to give you the opportunity to talk to your children beforehand should you wish to do so.

RSHE Curriculum

The Academy's RSHE curriculum takes into account the context of the school and its pupils; it is integrated within our PSHE curriculum.

Topics that are covered in PSHE/RHSE:

- Relationships - Families and friendships
- Relationships - Safe Relationships
- Relationships - Respecting ourselves and others
- Living in the Wider World - Belonging to a community

- Living in the Wider World – Media literacy and digital resilience
- Living in the Wider World – Money and Work
- Health and Wellbeing – Physical Health and Mental Wellbeing
- Health and Wellbeing – Growing and Changing
- Health and Wellbeing – Keeping Safe

This RSHE curriculum has been planned in the context of our broader curriculum intent for PHSE and non-core subjects; the delivery of this part of the curriculum is one of the ways in which we seek to realise our overarching distinctively Christian vision. It reflects core Christian teachings about human beings and healthy relationships, including the belief that all are made in the image of God, are loved by God and are therefore to be treated with dignity and respect. This enables our pupils to understand that they should value the gift of themselves and recognise and respect this gift of uniqueness in others by seeking out healthy relationships. It will also help them understand a range of Christian views on the importance of long-term relationships as building blocks for family stability.

Delivery of RSHE

Aspects of RSHE are taught within the Primary Science Curriculum and some elements of RSE may be taught alongside the RE and Computing curriculum. Teaching will be delivered by familiar adults. The school uses a range of resources to deliver effective PHSE/RSHE but the scheme of work and lessons are all based upon the Twinkl units. All staff involved in delivering RSHE receive appropriate training and support. Pupil progress and attainment in RSHE is monitored annually.

All PHSE/RSHE will be delivered with an understanding that pupils and staff may be personally engaged in different faiths, cultures, structures of support and familial relationships, including single parent families, LGBTQ families, families headed by grandparents, adoptive parents, foster parents/carers, young carers, etc. The PHSE/RSHE curriculum has been carefully designed to ensure that no person feels stigmatised; this is set within the context of the biblical teaching that all human beings are created in the image of God (Genesis 1:26-7) and that Christians are called to respect and honour everyone (e.g. 1 Peter 2:17).

For more information about the delivery of RSHE, please contact the PHSE/RSHE curriculum leader.

