



‘Always our best for God, each other and ourselves.’

Relationships, Sex and Health Education (RSHE) Policy

Policy Status: Statutory

Approved by: Governing Body

Review Cycle: Annual

Next Review Date: September 2027

At Holy Family Catholic Primary School, we are committed to providing an education that enables every child to flourish as a unique child of God. Rooted in the Gospel values and the teachings of the Catholic Church, we seek to nurture the spiritual, moral, social, emotional and intellectual development of all pupils.

Relationships, Sex and Health Education (RSHE) forms an integral part of our mission to support children in developing healthy relationships, positive wellbeing, self-respect and respect for others, enabling them to live life to the full.

Introduction

This policy has been developed in accordance with:

- The Department for Education's statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education.
- The Equalities Act 2010.
- The Children and Social Work Act 2017.
- The Teaching Online Safety in Schools Guidance.
- The Catholic Education Service Model Curriculum for Relationships, Sex and Health Education.
- Guidance from the Clifton Diocese.

As a Catholic school, we recognise that RSHE is a lifelong process of education and formation in relationships that places God at the centre of human flourishing.

Rationale

We believe that parents are the first and primary educators of their children. The role of the school is to work in partnership with families to provide a broad and balanced curriculum that supports pupils in understanding their physical, moral, emotional and spiritual development.

RSHE enables children to:

- Build healthy and respectful relationships.
- Develop self-esteem and self-worth.
- Understand their emotions and wellbeing.

- Keep themselves safe.
- Develop resilience.
- Appreciate the dignity and value of every person.
- Understand and respect differences.
- Prepare for the opportunities, responsibilities and experiences of later life.

Aims

Our RSHE curriculum aims to:

- Develop confident, resilient and respectful young people.
- Promote positive mental health and emotional wellbeing.
- Foster healthy friendships and relationships.
- Encourage children to understand their responsibilities within family and community life.
- Support children in recognising and managing risk.
- Promote online safety and responsible digital citizenship.
- Enable pupils to understand physical and emotional changes associated with growing up.
- Develop pupils' understanding of human dignity and the value of every person.
- Prepare pupils for the next stage of education and life.

Statutory Requirements

As a primary school we are required to teach:

Relationships Education

Including:

- Families and people who care for me.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.

Health Education

Including:

- Mental wellbeing.
- Internet safety and harms.
- Physical health and fitness.
- Healthy eating.
- Drugs, alcohol and tobacco.
- Health and prevention.
- Basic first aid.
- Changing adolescent bodies.

Catholic Perspective

RSHE is taught within the context of the Church's vision of human relationships and human dignity.

Our curriculum:

- Is rooted in Gospel values.
- Reflects the teachings of the Catholic Church.
- Supports children in understanding that they are created and loved by God.
- Promotes the sacredness of family life.
- Encourages compassion, forgiveness, justice and respect.
- Recognises the importance of marriage and family life while respecting all pupils and family circumstances.

Curriculum Provision

Holy Family Catholic Primary School delivers PSHE and RSHE through **Life to the Full Plus**, an award-winning programme developed by Ten Ten Resources for Catholic schools.

Life to the Full Plus is fully mapped to:

- The Catholic Education Service Model Curriculum.
- Statutory Relationships Education.
- Statutory Health Education.
- National Curriculum Science requirements.

The programme provides a progressive curriculum from EYFS to Year 6, ensuring children revisit key concepts at an age-appropriate level throughout their primary education.

Learning includes:

Module 1: Created and Loved by God

Pupils learn about:

- Personal identity.
- Human dignity.
- Self-respect.
- Emotional wellbeing.
- Mental health.
- Physical health.

Module 2: Created to Love Others

Pupils learn about:

- Friendships.
- Families.
- Communities.
- Respectful relationships.
- Conflict resolution.
- Diversity and inclusion.

Module 3: Created to Live in Community

Pupils learn about:

- Responsibilities.
- Citizenship.
- Rights.
- The Common Good.
- Catholic Social Teaching.
- Participation in local and global communities.

Additional learning themes include:

- Online safety.
- Anti-bullying education.
- Personal safety.
- Healthy lifestyles.
- Money and careers education.
- Transition and change.

Teaching and Learning

RSHE is taught through:

- Discrete PSHE and RSHE lessons.
- Collective worship.
- Religious Education.
- Whole-school events.
- Assemblies.
- Educational visits.
- Cross-curricular opportunities.

Lessons may include:

- Discussion and reflection.
- Video content.
- Group work.
- Circle time.
- Scenario-based learning.
- Pupil voice activities.

Teaching is delivered in a supportive and respectful environment where pupils feel safe to ask questions and express their views appropriately.

Inclusion

All pupils are entitled to access RSHE that is appropriate to their age, stage of development and individual needs.

Teachers will:

- Differentiate learning where appropriate.
- Ensure resources are accessible.
- Support pupils with SEND.
- Promote equality and respect.
- Challenge prejudice and discrimination.

The curriculum will be delivered sensitively and inclusively while remaining consistent with Catholic teaching.

Safeguarding

RSHE plays an important role in safeguarding children.

Children are taught:

- How to recognise unsafe situations.
- How to seek support.
- Appropriate boundaries.
- Online safety.
- Healthy relationships.
- The importance of trusted adults.

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

Assessment

RSHE is assessed through:

- Teacher observation.
- Discussion.
- Pupil reflection.
- Learning tasks.
- Pupil voice.
- Ongoing formative assessment.

Assessment focuses on knowledge, understanding and personal development rather than personal beliefs or experiences.

Parents and Carers

We recognise that parents and carers are the primary educators of their children and are key partners in delivering effective RSHE.

The school is committed to working closely with families through:

- Parent communication.
- Curriculum information.
- Consultation opportunities.
- Resource sharing.
- Access to curriculum materials.

All parents have access to the **Ten Ten Parent Portal**, which enables them to:

- Review lesson content.
- Access lesson summaries.
- View programme resources.
- Understand curriculum progression.
- Support learning at home.

Parents are encouraged to familiarise themselves with programme content and discuss learning with their children.

A formal Life to the Full Plus Parent Consultation is planned for September 2026, giving parents the opportunity to explore curriculum materials, ask questions and contribute feedback regarding the school's RSHE provision.

Parents are welcome to contact the school at any time should they wish to discuss the curriculum or view teaching resources.

Right to Withdraw

Parents do not have the right to withdraw their child from Relationships Education or Health Education. Parents may request withdrawal from any aspects of sex education that fall outside the National Curriculum for Science.

Requests should be made in writing to the Headteacher.

The Headteacher will meet with parents to discuss:

- The nature and purpose of the curriculum.
- The benefits of participation.
- Any concerns raised.

Alternative arrangements will be made for pupils who are withdrawn from non-statutory sex education lessons.

Roles and Responsibilities

Governing Body

The Governing Body will:

- Approve the policy.
- Monitor implementation.
- Ensure statutory compliance.

Headteacher

The Headteacher will:

- Oversee implementation.
- Ensure staff training.
- Liaise with governors.
- Monitor effectiveness.

PSHE Subject Leader

The subject leader will:

- Coordinate provision.
- Monitor curriculum delivery.
- Support staff.
- Review resources.
- Evaluate impact.

Staff

Staff will:

- Deliver the curriculum professionally and sensitively.
- Promote the Catholic ethos.
- Maintain appropriate professional boundaries.
- Report safeguarding concerns.

Parents

Parents are expected to:

- Support their child's learning.
- Engage positively with consultation opportunities.
- Access curriculum information through the Parent Portal where appropriate.

Monitoring and Evaluation

The effectiveness of this policy will be monitored through:

- Lesson observations.
- Curriculum reviews.
- Pupil voice.
- Parent feedback.
- Governor monitoring.
- Staff feedback.
- Assessment information.

The policy will be reviewed annually or sooner if statutory guidance changes.

Policy Review

This policy will be reviewed by the Headteacher, RSHE Lead and Governing Body on an annual basis to ensure continued compliance with statutory requirements and alignment with the mission and values of Holy Family Catholic Primary School.