Relationship & Health Education Policy

Policy ratified by the Teaching & Learning Committee
Spring Term 2024

Review Date: Spring Term 2026 (or as required)

Policy Owner: Rachel Davies, Headteacher

EXTERNAL POLICY

We are carrying out a parental consultation in Autumn 2026. Following this our policy will be updated.

What is Relationships and Health Education (RHE)?

Relationships and Health Education (RHE) is learning about the emotional, social and physical aspects of growing up including: relationships, mental and physical health, puberty, conception and sexual intercourse. Some aspects are taught in Science, and others are taught as part of Personal, Social, Health and Emotional education (PSHE). A comprehensive programme of RHE provides accurate information about mental and physical health, puberty, reproduction and sex. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, make Relationships Education compulsory for all pupils receiving primary education and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education.

https://assets.publishing.service.gov.uk/media/62cea352e90e071e789ea9bf/Relationships_Education_RSE_and_Health_Education.pdf

RHE at Grove Park has three main elements:

Relationships Education

- Learning about families and people who care for us
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health Education

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Basic first aid
- Puberty and the changing adolescent body

Sex Education (only taught in Years 5 & 6)

- Human life cycle
- How a baby is conceived and born

Aims and Objectives of teaching RHE

At Grove Park, we teach RHE because we believe it is important for children to understand the characteristics of respectful and healthy relationships, with particular reference to friendships and families. We believe that teaching children about their physical and mental wellbeing provides them with the information they need to make good decisions regarding their own health, both now and in the future. Our aim is to also equip children with age-appropriate

knowledge about puberty and menstruation in order to prepare them for these changes before they begin. Our sex education lessons are scientific in nature and age-appropriate. Teaching sex education within the classroom environment allows us to provide children with the appropriate vocabulary to talk about their bodies and dispel any misinformation or misconceptions, which in turn helps to keep children safe.

How has this policy been produced?

This policy has been produced by the Senior Leadership Team in line with the statutory guidance outlined in 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' (2019). Staff, Parents and governors were consulted on the amendments made to this policy and our RHE curriculum before publication.

How is RHE (including sex and relationship education) organised, delivered and monitored at Grove Park?

At Grove Park, RHE (including sex and relationships education) is firmly embedded into the teaching of PSHE. Our curriculum is tailored to the age and the physical and emotional maturity of the children.

At Grove Park, our Relationships and Health Education Learning Journey enables pupils, over time and across the school, to consistently achieve the aims of the curriculum, which is coherently planned and sequenced towards cumulatively sufficient knowledge and skills. Our approach when teaching Relationships & Health Education is to build children's knowledge, vocabulary and understanding gradually over time. This approach will support our pupils to be informed in an age appropriate way but not to feel overwhelmed and in turn will enable them to embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy.

The Senior Leadership Team has overall responsibility for coordinating the policy and curriculum content of RHE. RHE is delivered through Science and PSHE. RHE is taught by class teachers. A range of teaching methods which involve children's full participation are used to teach sex and relationship education. These include the use of independent activities, group work, picture books, video, discussion and drama. RHE is usually delivered in mixed gender groups; however, there may be occasions where single gender groups are more appropriate and relevant. Resources to teach RHE include planning, fiction books, pictures, worksheets and videos from the Jigsaw scheme of work.

Further information can be found at: https://www.jigsawpshe.com/

Monitoring RHE is the overall responsibility of the Senior Leadership Team. The school will assess the effectiveness of the aims, content and methods in promoting pupils' learning by lesson observation, subject specific book looks carried out by the PSHE Subject Leader, feedback from staff, children and parents. The effectiveness of the RHE programme will be evaluated by assessing children's learning and implementing change if required.

The role of the Subject Leader at Grove Park

- To promote RHE, its importance, and the value that it brings across the school

- Have a good understanding of how well the subject is being delivered and the impact it has on pupil achievement
- Oversee the planning of the curriculum content, ensuring it is well sequenced to promote pupil progress
- Ensure the planned curriculum is effectively and consistently implemented across the school

The Subject leader for PSHE/RHE at Grove Park is currently: Mrs Kavita Varma

The content of the curriculum is the responsibility of the Senior Leadership Team

What is the content of Relationships and Health Education at Grove Park?

RHE is delivered through both PSHE and Science lessons.

National Curriculum Overview for RHE within Science

Key Stage One (Science National Curriculum)

- that animals including humans, move, feed, grow, use their senses and reproduce
- to recognise and compare the main external parts of the bodies of humans
- that humans and animals can produce offspring and these grow into adults
- to recognise similarities and differences between themselves and others and treat others with sensitivity

Key Stage Two (Science National Curriculum)

- that the life processes common to humans and other animals include nutrition, growth and reproduction
- about the main stages of the human life cycle

Jigsaw Curriculum Overview for RHE within PSHE

Year	Unit	Content
EYFS	Relationships Education	My Family and Me Making Friends Falling Out and Bullying Managing Feelings
	Health Education	My Body – Naming body parts (not genitals) Keeping Fit and Healthy Growth and Change Transition to Reception/Year One
Year 1	Relationships Education	Different types of families Being a good friend Types of touch People who help us Self-confidence and self-esteem People who are special to me
	Health Education	Life cycles of animals

		How I have changed since being a baby Boys' and girls' bodies - differences Learning and growing Coping with changes Basic hygiene
Year 2	Relationships Education	Different types of family including my own Acceptable/unacceptable physical contact Friends and conflict Secrets Trust/Who can help me Special relationships Addressing gender stereotypes
	Health Education	Life cycles in nature Differences between male and female animals Growing from young to old How I have changed since I was a baby Physical differences between boys and girls Different types of touch Transition to Year 3
Year 3	Relationships Education	Family roles and responsibilities Friendships – negotiation, resolving conflict Keeping myself safe at home Being a global citizen Wants, needs and rights of children Special relationships
	Health Education	How babies grow and develop (not conception) Babies' needs Puberty – Outside body changes Puberty – Inside body changes including periods Family stereotypes Transition to Year 4
Year 4	Relationships Education	My relationships Love and Loss Grief/Memories Animal Rights Special Pets Celebrating my special relationships
	Health Education (including Sex Education)	Conception (not sexual intercourse) Male/female internal organs Recap on puberty – changes to the body Girls and Puberty – Menstruation Sanitary products Coping with Change Transition to Year 5
Year 5	Relationships Education	Self-awareness/self-esteem Getting on and falling out Girlfriends/boyfriends Attraction and jealousy

Year 5		Relationships and technology – staying safe
	Health Education (including Sex Education)	Self and body image Puberty for girls and boys Conception Sexual intercourse Contraception and IVF Becoming a teenager Transition to Year 6
Year 6	Relationships Education	My relationships Love, loss and grief Power and Control Being safe online
	Health Education (including Sex Education)	Self and Body Image Puberty – how boys' and girls' bodies change Girl Talk/Boy Talk – Q&A Babies – Conception to Birth Attraction Transition to secondary school

Issues related to Relationships & Health Education and Sex Education

Legislation

We are required to teach RHE as part of statutory guidance that states from September 2020, all primary schools must deliver relationships education and health education.

Documents that inform the school's RHE policy include:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010)
- Supplementary Guidance SRE for the 21st century (2014)
- Keeping children safe in education – Statutory safeguarding guidance (2016)
- Children and Social Work Act (2017)

Right to be excused from sex education (commonly referred to as the right to withdraw)

Parents of Year 5 & 6 pupils have the right to withdraw their children from 'sex education' lessons which fall outside those aspects covered in the National Curriculum Science (see above). In practice, this means parents have the right to withdraw their child from RHE lessons in which the concepts of conception and/or sexual intercourse are taught. Parents will be given an overview of the content of RHE lessons and will also be given more detailed information in their class' weekly Parentmail. If a parent wishes to withdraw their child from a sex education

lesson, they are advised to first clarify the content of the lesson with their child's class teacher. If the parent still wishes to withdraw their child from the lesson, they must request this in writing to the Headteacher. An overview of the weekly learning objectives can be found on the school website and teaching materials will always be made available to parents/carers on request.

Child Protection/Confidentiality

Teachers need to be aware that effective sex and relationship education, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a child protection issue. The staff member will inform the Designated Safeguarding Lead in line with the Local Authority procedures for child protection. A member of staff cannot promise confidentiality if concerns exist.

Dealing with difficult questions

Ground rules are essential to provide an agreed structure to answering sensitive or difficult questions. To avoid content or vocabulary being shared by pupils in lessons that is not linked with the year group's learning objective, pupils do not ask questions during the lesson input. The use of an anonymous question box is used as a distancing technique. Classes will also agree to not ask personal questions directed at each other or members of staff. Teachers will endeavour to answer questions that have been shared in the question box as honestly as possible but will only answer questions about age-appropriate content. If a child asks a question about a subject matter that does not fall within the year group curriculum, they will be advised that they will learn more about this at secondary school, parents will also be advised if children have asked a question that school is unable to answer.

Use of visitors

Grove Park does not use visitors or outside agencies to teach Relationships Education or Sex Education. These lessons are taught by school staff.

Children with special educational needs

Teaching and resources will be adapted as appropriate to address the needs of children with SEND in order for them to have full access to the content of RHE (including sex education). The SENCO will support Class Teachers with this if necessary.