St Catherine's
CE PRIMARY SCHOOL

Relationships & Sex Education (RSE) and Health Education Policy



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Relationships & Sex Education (RSE) and Health Education Policy

(Linked to the Department for Education statutory guidance and delivered primarily through the Jigsaw PSHE curriculum)

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Section 1: Policy Statement and Framework

Policy Statement

At St Catherine's CE Primary School, our vision is rooted in Christian values and a commitment to nurturing the whole child. We believe that healthy, respectful and loving relationships — underpinned by positive mental health and an understanding of others — are essential for a happy and fulfilled life.

Through our whole-school ethos and curriculum, we equip children with the knowledge, skills, values and character needed to:

- Form and maintain healthy relationships
- Keep themselves safe, including online
- Develop resilience and emotional literacy
- Prepare for puberty and the transition to adulthood

Our provision reflects our Christian vision, promotes dignity and respect for all, and supports children in becoming confident, compassionate and responsible members of society.

Policy Framework

This policy reflects statutory guidance from the Department for Education (DfE):

- *Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019)*
- The *Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019*
- The *Children and Social Work Act 2017*
- The *Equality Act 2010*

Relationships Education and Health Education are compulsory in all primary schools.

This policy is reviewed annually and updated in response to new guidance, curriculum development, or emerging needs.

In primary school, the statutory focus is on **Relationships Education and Health Education**. Sex Education is taught in Years 5 and 6 through the Science curriculum and safeguarding programme, in line with statutory requirements.

What Is Relationships and Sex Education (RSE)?

RSE is lifelong learning about physical, moral and emotional development. It involves:

- Understanding the importance of stable and loving relationships
- Respect, love and care within families
- Developing positive beliefs, values and attitudes
- Acquiring knowledge and skills to make informed decisions

In primary school, the emphasis is on relationships, safety, respect and preparing for the changes of puberty.

What Is Health Education?

Health Education focuses on:

- Physical health and wellbeing
- Mental health and emotional wellbeing
- Healthy lifestyles
- Safety and prevention

Children are taught that mental wellbeing is a normal part of daily life, just like physical health.

Section 2: The Curriculum and Its Delivery

1. Aims and Objectives

Our aims are to:

- Provide accurate, age-appropriate knowledge
- Develop emotional literacy and resilience
- Promote self-respect and respect for others
- Equip pupils to stay safe, including online
- Prepare children for puberty and future responsibilities

Through our curriculum, pupils will:

- Build self-esteem and confidence
- Develop communication and assertiveness skills
- Understand boundaries and consent (in age-appropriate ways)
- Learn how to seek help and support
- Respect and care for their bodies

2. Curriculum Content and Delivery

The Jigsaw PSHE Programme

The majority of Relationships and Health Education is delivered through the **Jigsaw PSHE programme**, a comprehensive, spiral curriculum that builds knowledge and skills progressively from EYFS to Year 6.

Jigsaw is structured around six half-termly themes:

1. Being Me in My World
2. Celebrating Difference
3. Dreams and Goals

4. Healthy Me
5. Relationships
6. Changing Me

The **Relationships** and **Changing Me** units explicitly address statutory Relationships Education and aspects of Sex Education (Years 5 and 6 only).

Jigsaw supports children to:

- Understand families and caring relationships
- Develop respectful friendships
- Recognise and prevent bullying (including cyberbullying)
- Learn about online safety
- Understand body changes and puberty (upper Key Stage 2)

Wider Curriculum Links

Statutory content is also delivered through:

- **Science** (Animals including Humans – puberty and reproduction)
- **Computing** (online safety via Purple Mash)
- **RE** (Christian vision, dignity, respect, marriage)
- **PE** (physical health and fitness)
- **Design & Technology** (healthy eating and nutrition)
- Safeguarding curriculum (NSPCC, police workshops, mental health weeks)

Positive relationships are modelled daily through collective worship, behaviour policy, restorative approaches and adult–child interactions.

Teaching Approaches

We use:

- Circle discussions
- Role play and drama
- Case studies
- Stories and age-appropriate video resources
- Reflection and journaling

Lessons are usually taught in mixed-gender groups. Puberty and Sex Education in Years 5 and 6 may be delivered in single-sex groups by familiar staff.

Monitoring is undertaken by the Senior Leadership Team, subject leaders, SENCo and DSL through lesson observations, pupil voice and curriculum reviews.

3. Inclusion

All children are entitled to Relationships and Health Education regardless of:

- Ethnicity
- Gender
- Disability
- Religion or belief
- Sexual orientation
- Special educational needs
- Disadvantage

Teaching is differentiated appropriately to meet individual needs.

4. Sexual Identity and Sexual Orientation

Our teaching reflects the Equality Act 2010.

We teach that families may look different from one another and that all families should be respected if they are characterised by love and care.

Marriage in England and Wales is legally recognised for both opposite-sex and same-sex couples.

Bullying related to gender or sexuality is not tolerated and is addressed through our behaviour and safeguarding procedures.

5. Controversial and Sensitive Issues

We recognise that families hold a range of beliefs.

All topics are taught:

- Without bias
- In a respectful environment
- In line with statutory guidance
- Rooted in our Christian values

Children are supported to form informed views while respecting others.

6. Dealing with Difficult Questions

Pupils' questions are answered according to age and maturity.

Teachers may:

- Provide general answers
- Defer questions

- Speak individually to a child
- Refer safeguarding concerns to the DSL

Staff will never promise confidentiality.

7. Confidentiality

Children are encouraged to speak openly in lessons.

However:

- Staff cannot guarantee confidentiality
- Safeguarding concerns must be reported
- Information is shared only when necessary to protect a child

Section 3: Parental Consultation and Right to Withdraw

We are committed to working in partnership with parents.

Parents:

- Are informed before Sex Education lessons in Years 5 and 6
- May view teaching materials on request
- May discuss concerns with a member of SLT

Parents have the right to withdraw their child from Sex Education (beyond the Science curriculum).

Requests to withdraw must be made in writing to the Headteacher. A meeting will be offered to discuss the request in line with DfE guidance (see Appendix 2).

If withdrawn, pupils will receive appropriate alternative education.

Section 4: Safeguarding and Child Protection

Effective RSE may lead to safeguarding disclosures.

All concerns will be handled in accordance with the school's safeguarding policy.

- Staff will report concerns to the Designated Safeguarding Lead (DSL).
- No member of staff will promise confidentiality.

Our curriculum helps children understand:

- Boundaries
- Privacy
- Appropriate and inappropriate contact
- How to report concerns

- How to seek help

Appendix 1

Statutory Outcomes and Curriculum Mapping

All statutory Relationships and Health Education outcomes are delivered through:

- Jigsaw PSHE (core delivery model)
- Science
- Computing
- Safeguarding curriculum
- RE
- PE
- Design & Technology

Key statutory areas include:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body
- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

For more information, please visit the PSHE curriculum on the school.