

*St Edmund's Catholic Primary School*

*&*

*St Joseph's Catholic Primary School*

## RSHE POLICY

Relationships, Sex and Health Education

**Policy Adopted: Summer 2021**

**Reviewed: Spring 2025**

**Review Date: Spring 2026**



**The Federation of St Edmund's and St Joseph's Catholic Primary Schools**  
**Policy for Relationship and Sex Education**

**Context-**

This policy is informed by Amoris Laetitia (Pope Francis 2016), guidance from The Catholic Bishop's Conference (Learning to Love March 2017) and the Diocese of East Anglia document, Guidance and Principles for Relationship and Sex Education, issued (January 2018).

Our policy for 'Relationship and Sex Education' has been written in conjunction with the DfE statutory guidance for schools 'Relationships Education, Relationships and Sex Education and Health Education (2019). This policy is closely linked to our 'Religious Education' policy, 'PSHE and Citizenship' policy, and our 'Drugs Education' policy.

**Mission Statement-**

**'Learning Together in God's love by encouraging and supporting one another' reflects the culture of care that allows every child to flourish academically, physically, emotionally and spiritually'.**

Relationships, Sex and Health education is part of the RE, personal, social and health education (PSHE), PE and Science curriculum in our school. When we inform our pupils about relationship issues, we do this, following the teachings of the Catholic Church, morality and individual responsibility and in a way that allows children to ask and explore spiritual, social and moral questions. The DfE guidance states that relationship education is about 'teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and adults. In our Federation schools we value this statement and endeavour to encourage our pupils to understand and respect its importance.

**Aims and Objectives**

As a school community we recognise that parents have the prime responsibility for teaching their children about Relationships Sex and Health Education. We will therefore, supplement and support our parents with appropriate programmes of study for all our pupils.

**We aim to:**

- Make the children feel loved, cared for and secure in surroundings where Catholic values are practised and where courtesy, respect and consideration for others are of paramount importance;
- Develop a sensible, responsible, factual, basis of knowledge founded on love and the teaching of the Catholic Church;
- Guide their understanding that healthy relationships are God's gift to us and should be enjoyed and never abused.

**Within our relationship education we teach our pupils about:**

- Looking after and maintaining a healthy body;
- Respecting their bodies;
- The importance of family life;
- Building positive relationships with others, involving trust and respect;
- Moral questions;
- Respecting the views of other people.

**In the Science curriculum the pupils at our school learn:**

- 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;
- Describe the basic needs of animals, including humans, for survival;

- Describe the importance of humans for exercise, eating the right amounts of different types of food and hygiene;
- Describe the changes as humans develop to old age including puberty
- To recognise similarities and differences between themselves and others and treat others with sensitivity

### **Relationship Sex and Health Education Curriculum**

We teach about the uniqueness of the Human Being and relationships through different aspects of the curriculum. While we carry out the main relationship and health education in our PSHE curriculum, we also cover relationships in other areas of the curriculum. In particular, Science, PE and RE, which we believe contribute significantly to children's knowledge and understanding of their own bodies and how they are changing and developing. We always encourage our pupils to voice their opinions and discuss any issues they may have with other pupils and adults in the room.

The RE directory is the basis of RE teaching. The Vine and Branches scheme of work supplemented by 'Day by Day' materials from the Diocese of Arundel and Brighton and St Mary's university are used to support the relationships education as part of the RE curriculum.

The Relationships and Sex Education curriculum will follow the model scheme of work developed by the CES (June 2019) adapted where necessary to reflect the specific needs of the school.

We use the revised relationship education programme called 'Journey in Love' with all year groups in school alongside the RE curriculum. This has been carefully written and involved much collaboration between numbers of people over several years. The programme intends to support teachers and parents in Catholic schools to enable the holistic growth of children.

### **Teaching and Learning**

Class teachers are responsible for the teaching and learning of RSHE supported by the RE leader and PSHE Leader. The majority of lessons will take place within the usual class organisation.

It is recommended the teaching of the programme takes place in the summer term in years 5 & 6 although schools may organise the curriculum to meet its needs. In years 5 and 6 the RE leader will lead the teaching of 'Journey in Love' alongside the class teacher and there will be the opportunity for pupil groupings to reflect the needs of the pupils' e.g. single gender; individual; access to same gender staff; where appropriate.

Staff will be sensitive to the needs of differing pupils, levels of maturity and personal circumstances. We will ensure equality (Equalities Act 2010) irrespective of disability, SEND; race, nationality, ethnic origin; gender; religion or sexual orientation.

### **The role of parents**

We recognise that parents have the prime responsibility for teaching RSHE to their children. As a school we will work in partnership with parents to support them in their responsibility to teach their children about RSHE:

- Inform parents about the school's RSHE policy and practice;
- Provide a workshop for parents to view materials and ask questions
- Answer any questions that parents may have about the relationship education of their child;
- Take seriously any issue that parents raise with teachers or governors about this policy, or about the arrangements for relationship education in the school;
- Inform parents about the best practice known with regard to relationship education, so that the teaching in school supports the key messages that parents and carers are giving to children at home.

We believe that, through this mutual exchange of knowledge and information, children will benefit from being given consistent messages about their changing bodies and their increasing responsibilities.

**Parents have the right to withdraw their child from all or part of sex education as delivered within RSE.** However, children cannot be withdrawn from those aspects of the curriculum covered by the Science National Curriculum, or from Relationships and Health Education. If a parent wishes their child to be withdrawn from sex education lessons, they should discuss this with the headteacher and make it clear which aspects of the programme they do not wish their child to participate in. The school will always comply with the wishes of parents in this regard.

### **The role of other members in the community**

We encourage other valued members of the community to work with us to provide advice and support to the children with due regard to health education. In particular, members of the Local Health Authority, such as the school nurse and other health professionals, give us valuable support with our relationship education programme. The school will make every effort to ensure visitors, materials and content is consistent with the teaching of the Catholic Church.

### **Confidentiality**

Teachers conduct relationship education lessons in a sensitive manner and in confidence. However, if a child makes reference to being involved (or being likely to be involved in) sexual activity, then the teacher will take the reference seriously and deal with it as a matter of child protection. Teachers will respond in a similar way if a child indicates that they have been victims of other forms of abuse. They will not try to investigate, but will immediately inform the named person for child protection issues about their concerns. The headteacher will then deal with the matter in consultation with health care professionals (see also our policy on Safeguarding and Child Protection).

### **The role of the headteacher and head of school**

It is the responsibility of the headteacher to ensure that both staff and parents are informed about our relationship education policy and that the policy is implemented effectively. It is also the headteacher's responsibility to ensure that members of staff are given sufficient training, so that they can teach about relationships effectively and handle any difficult issues with sensitivity, in accordance with Catholic teaching.

The headteacher liaises with external agencies regarding the school relationship education programme and ensures that all adults who work with our children on these issues are aware of the school policy and work within its framework (see CES guidance on external agencies).

The headteacher monitors this policy on a regular basis and reports to governors, when requested, on the effectiveness of the policy.

### **Assessment, monitoring and Review**

Relationship education has three main elements:

- Attitudes and values;
- Personal and social skills;
- Knowledge and understanding.

These areas will be monitored by the class teacher. As a school we assess relationship education through pupil self-assessment, peer-group assessment and teacher assessment (see also our PSHE and citizenship policy).

It is the responsibility of the RE leader to monitor relationship education and provide feedback, if necessary, to the class teachers.

A member of the governing body will monitor the RSE teaching and learning annually through discussions with members of staff; pupil perception interviews and parental feedback. The responsible governor will report to the full governing body annually with evaluations and recommendations for development.

This policy will be reviewed on a 2-year cycle, led by the RE and PHSE subject leaders in consultation with governors, staff and parents. If the policy appears to need modification, then the RE and PHSE subject leaders will report its findings and recommendations to the full governing body. Any changes will then be referred to the Diocese for ratification.

Dated: