



Relationships Education, Relationships and Sex Education (RSE) and Health Education Policy

“Taking the extra step in learning, kindness and ambition for ourselves, others and our world.”

Christian Vision, Ethos and Values

Rooted in Christian love, Broadwindsor CE VC Primary School nurtures every child to fulfil their God-given potential. We grow happy, creative, and well-rounded learners who show courage, kindness, and perseverance, take responsibility, and serve our community with faith, hope, and respect.

Our Christian vision and values of creativity, courage, kindness, perseverance, and responsibility underpin all aspects of school life, including how technology is used and managed. In line with SIAMS expectations, this policy demonstrates how the school’s vision actively shapes leadership decisions and daily practice, promoting pupils’ dignity, wellbeing, and ability to flourish.

Through our curriculum, we aim to equip pupils with the knowledge, understanding and skills necessary to develop healthy relationships, maintain positive physical and mental health, make informed choices, stay safe and become responsible citizens.

This policy reflects the requirements of the revised Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance, which came into force on 1 September 2026. [[gov.uk](https://www.gov.uk)], [[assets.pub...ice.gov.uk](https://assets.publishing.service.gov.uk)]

Aims

At Broadwindsor CE VC Primary School, we aim to:

- Develop positive, respectful and healthy relationships.
- Promote self-respect, confidence and resilience.
- Foster kindness, compassion and empathy.
- Enable pupils to recognise and manage emotions effectively.
- Promote positive physical and mental wellbeing.



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- Teach children how to stay safe both online and offline.
- Prepare children for physical and emotional changes as they grow.
- Help children recognise unhealthy or unsafe situations.
- Encourage pupils to seek help from trusted adults when needed.
- Support safeguarding through age-appropriate education.
- Promote the school's Christian values and British Values.
- Prepare children for life in modern Britain.

Statutory Requirements

This policy has been developed in accordance with:

- The Children and Social Work Act 2017. [[assets.pub...ice.gov.uk](#)]
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019. [[legislation.gov.uk](#)]
- The Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance, effective from 1 September 2026. [[gov.uk](#)], [[assets.pub...ice.gov.uk](#)]
- Keeping Children Safe in Education 2026. [[gov.uk](#)]
- The Equality Act 2010.
- The school's Safeguarding and Child Protection Policy.
- The school's Behaviour Policy.
- The school's SEND Policy.

Relationships Education and Health Education are compulsory in all primary schools in England. Schools must have regard to the statutory guidance effective from September 2026. [[gov.uk](#)], [[assets.pub...ice.gov.uk](#)]



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Guiding Principles

In line with statutory guidance, Broadwindsor CE VC Primary School will ensure that all teaching is:

- Age appropriate.
- Developmentally appropriate.
- Factually accurate.
- Inclusive and accessible.
- Sensitive to children's backgrounds and experiences.
- Delivered within a safeguarding framework.
- Respectful of faith and family backgrounds.
- Transparent to parents and carers.
- Consistent with the Equality Act 2010.

Teaching will support pupils in developing healthy relationships, understanding personal safety and knowing how to access help when needed. [[assets.pub...ice.gov.uk](#)], [[gov.uk](#)]

Definition of Relationships Education, RSE and Health Education

Relationships Education

Relationships Education focuses on:

- Families and people who care for us.
- Caring friendships.



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- Respectful relationships.
- Online relationships.
- Being safe.

Health Education

Health Education focuses on:

- Mental wellbeing.
- Physical health and fitness.
- Healthy eating.
- Personal hygiene.
- Sleep.
- Internet safety and harm.
- First aid.
- Puberty and changing adolescent bodies.

Sex Education

Primary schools are required to teach Relationships Education and Health Education. Sex education beyond the National Curriculum Science Programme is not compulsory. [\[gov.uk\]](#), [\[assets.pub...ice.gov.uk\]](#)

Where appropriate, Broadwindsor CE VC Primary School may provide additional age-appropriate learning in Upper Key Stage Two to support understanding of human development and prepare pupils for transition to secondary school.



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Curriculum Delivery

Relationships Education, Relationships and Sex Education (RSE), Health Education and Personal, Social, Health and Economic (PSHE) Education are delivered through a planned and progressive curriculum using the **Kapow Primary PSHE and RSE Scheme**.

Kapow provides a comprehensive programme that supports statutory expectations and enables pupils to build their knowledge and skills progressively throughout their primary education.

Teaching is delivered through:

- Kapow PSHE and RSE lessons.
- Science lessons.
- Computing lessons, including online safety.
- Religious Education.
- Collective Worship and assemblies.
- Educational visits.
- Enrichment activities.
- Appropriate external visitors and agencies where relevant.

Learning is designed to be:

- Age appropriate.
- Inclusive.
- Factually accurate.
- Progressive.
- Responsive to children's needs.
- Rooted in safeguarding principles.



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Organisation of Teaching within Mixed-Age Classes

Broadwindsor CE VC Primary School operates mixed-age classes.

Whilst many aspects of PSHE, Relationships Education and Health Education are taught within mixed-age groupings, the school recognises that certain areas of learning need to be matched carefully to pupils' age, developmental stage and statutory requirements.

Therefore, where appropriate, pupils may be taught in separate year-group cohorts for specific units or lessons, including:

- Puberty education.
- Menstruation and changing adolescent bodies.
- Age-specific Relationships Education content.
- Additional sex education taught beyond the statutory science curriculum.

The decision to teach pupils separately will be made by the Headteacher and PSHE Lead and will take account of:

- The age of the pupils.
- Emotional maturity.
- Developmental stage.
- Safeguarding considerations.
- Statutory curriculum expectations.

This approach ensures that all teaching remains age and stage appropriate whilst retaining the benefits of learning within mixed-age classes where suitable.



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Relationships Education Curriculum

Families and People Who Care for Me

Pupils will learn:

- The importance of family life.
- That families can differ from one another.
- The characteristics of positive family relationships.
- The role of trusted adults.

Caring Friendships

Pupils will learn:

- How friendships are formed.
- The importance of kindness and honesty.
- How to resolve conflict.
- How to recognise unhealthy friendships.

Respectful Relationships

Pupils will learn:

- Courtesy and good manners.
- Mutual respect.
- Inclusion and equality.
- Respect for differences.



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Online Relationships

Pupils will learn:

- How to interact safely online.
- Safe communication.
- Digital responsibility.
- Online risks and harms.
- How to seek help if concerned.

The 2026 guidance places particular emphasis on online relationships and digital safety.

[\[assets.pub...ice.gov.uk\]](#), [\[gov.uk\]](#)

Being Safe

Pupils will learn:

- Personal boundaries.
- Body privacy.
- Appropriate and inappropriate contact.
- Consent through age-appropriate concepts.
- How to identify trusted adults.
- How to seek support.



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Health Education Curriculum

Mental Wellbeing

Pupils will learn:

- That mental wellbeing is a normal part of daily life.
- How emotions affect behaviour.
- Strategies for managing feelings.
- Ways of building resilience.
- The importance of supportive relationships.
- How and where to seek help.

The September 2026 guidance strengthens the focus on mental wellbeing and resilience.

[\[assets.pub...ice.gov.uk\]](#)

Physical Health and Healthy Lifestyles

Pupils will learn about:

- Healthy eating.
- Physical activity.
- Sleep.
- Dental health.
- Personal hygiene.
- Healthy routines.

Safety and Risk Management

Pupils will learn about:



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- Road safety.
- Water safety.
- Fire safety.
- Medicines and household substances.
- Basic first aid.
- Emergency services.

Puberty

Upper Key Stage Two pupils will learn:

- Physical changes during puberty.
- Emotional changes during puberty.
- Menstruation and menstrual wellbeing.
- Personal hygiene.
- Sources of support and guidance.

Sex Education

Any sex education taught beyond the National Curriculum Science Programme will:

- Be age appropriate.
- Be taught sensitively.
- Be factually accurate.
- Be carefully planned.
- Respect pupils' developmental needs.

Parents have the right to request that their child be withdrawn from any non-statutory sex education delivered outside the National Curriculum for Science. [\[gov.uk\]](https://www.gov.uk), [\[assets.pub...ice.gov.uk\]](https://assets.publishing.service.gov.uk)



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Parents cannot withdraw children from:

- Relationships Education.
- Health Education.
- National Curriculum Science.

Inclusion and Equality

Broadwindsor CE VC Primary School is committed to ensuring all pupils can access and benefit from Relationships Education, RSE and Health Education.

Teaching will:

- Comply with the Equality Act 2010.
- Promote dignity and respect.
- Be accessible to pupils with SEND.
- Reflect diversity within families and society.
- Challenge prejudice and discrimination.

As a Church of England school, we will teach in a manner that reflects our Christian vision whilst promoting understanding, respect and inclusion for all.

Safeguarding

Relationships Education, RSE and Health Education play a significant role in safeguarding children.



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Teaching helps pupils to:

- Understand healthy and unhealthy relationships.
- Recognise abuse and exploitation.
- Stay safe online.
- Understand consent and boundaries in age-appropriate ways.
- Know how to seek support.
- Identify trusted adults.

Any concerns or disclosures will be managed in accordance with the school's safeguarding procedures and Keeping Children Safe in Education 2026. [\[gov.uk\]](https://www.gov.uk)

13. Partnership with Parents and Carers

We recognise parents and carers as the primary educators of their children.

In line with current statutory guidance, the school will:

- Consult with parents when reviewing this policy.
- Share curriculum content and learning objectives.
- Provide opportunities for parents to discuss resources where appropriate.
- Inform parents before puberty and sex education lessons are delivered.
- Respond professionally and sensitively to concerns and questions.

The school values a strong partnership with families in supporting children's personal development. [\[assets.pub...ice.gov.uk\]](https://assets.publishing.service.gov.uk)



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Resources

Broadwindsor CE VC Primary School uses the **Kapow Primary PSHE and RSE Scheme** as its principal resource for planning and delivering PSHE, Relationships Education, RSE and Health Education.

All resources used will be:

- Age appropriate.
- Factually accurate.
- Inclusive.
- Free from discrimination.
- Consistent with safeguarding guidance.
- Reviewed regularly.
- Appropriate to the Christian character of the school.

Resources may be made available for parental viewing in accordance with statutory guidance.

[\[assets.pub...ice.gov.uk\]](#)

Assessment

Assessment within Relationships Education, RSE and Health Education will be:

- Ongoing.
- Informal.
- Used to identify understanding and misconceptions.
- Appropriate to pupils' age and developmental stage.

Pupils will not be formally tested in these subjects.



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Roles and Responsibilities

Governing Body

The Governing Body will:

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

Headteacher

The Headteacher will:

- Oversee curriculum delivery.
- Ensure appropriate staff training.
- Monitor the quality of provision.
- Ensure compliance with legislation.

Staff

Staff will:

- Deliver the curriculum professionally.
- Follow safeguarding procedures.
- Respect pupils' backgrounds and beliefs.
- Maintain appropriate professional boundaries.



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Pupils

Pupils will:

- Participate respectfully.
- Listen to others.
- Respect differing viewpoints.
- Follow classroom expectations.

Confidentiality

Teachers will establish clear ground rules for discussion.

Whilst pupils' questions and views will be welcomed and treated sensitively, staff cannot offer confidentiality where safeguarding concerns arise. Any disclosures will be dealt with in accordance with school safeguarding procedures.

Monitoring and Review

This policy will be reviewed annually by the Headteacher, PSHE Lead and Governing Body, or sooner should legislative or statutory guidance change.

Review Cycle	Date of Current Policy	Adopted by	Review Date
Annually	September 2026	Governing Body	September 2028

Signed: *A Barnes* Mrs A Barnes, Headteacher



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Appendix A: Broadwindsor CE VC Primary School Values

Relationships Education, RSE, Health Education and PSHE actively promote the school's values of:

- Courage
- Creativity
- kindness
- Perseverance
- Responsibility

These values underpin all learning and relationships within our school community and support our vision of enabling every child to flourish academically, socially, emotionally and spiritually.