



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

Statement of Intent

At Ellington Primary School, we provide a high-quality, age-appropriate, and evidence-based Relationships, Sex and Health Education (RSHE) curriculum as part of our Personal, Social, Health and Economic (PSHE) education programme. Our curriculum is fully aligned with the updated statutory RSHE guidance issued by the Department for Education (DfE) and is delivered through the revised **Kapow Primary RSE & PSHE Scheme of Work**.

We aim to equip pupils with the knowledge, skills, and values needed to make informed decisions about their wellbeing, physical and mental health, and personal relationships. Our spiral curriculum builds knowledge progressively from Early Years through to Key Stage 2, supporting pupils to navigate the opportunities and challenges of growing up in modern Britain.

1. Legal Framework and Statutory Duties

This policy complies with current legal obligations and statutory guidance, including:

- Section 80A of the Education Act 2002
- Children and Social Work Act 2017
- Equality Act 2010
- Education Act 1996
- DfE Statutory Guidance: *Relationships Education, Relationships and Sex Education (RSE) and Health Education (Updated 2026)*
- Keeping Children Safe in Education (KCSIE)
- RSE (Updated 2026)

Relationships Education and Health Education are compulsory for all primary-aged pupils. Non-statutory Sex Education is delivered in Year 6 to complement statutory National Curriculum Science and Health Education.

Related School Policies:

- Child Protection and Safeguarding Policy
- Behaviour & Anti-Bullying Policies
- Special Educational Needs and Disabilities (SEND) Policy
- Online Safety Policy
- Pupil Equity, Diversity and Inclusion Policy
- Confidentiality Policy

2. Roles and Responsibilities

- **Governing Body:** Approves this policy, holds the Headteacher to account for its implementation, and ensures provision meets statutory duties and is accessible to pupils with SEND.

- **Headteacher:** Oversees whole-school policy implementation, manages parental withdrawal requests from non-statutory Sex Education, and ensures staff receive appropriate training.
- **RSHE Subject Leader:** Oversees curriculum delivery, ensures resources align with Kapow Primary, monitors quality, and supports teaching staff.
- **Teachers & Teaching Staff:** Deliver lessons in line with the Kapow scheme, model positive attitudes, maintain objective non-judgmental environments, and adhere to safeguarding protocols. Staff do not have a right to opt out of teaching RSE.

3. Curriculum Organisation & The 9 Kapow Key Areas

Our RSE and PSHE curriculum is delivered through weekly timetabled lessons using the Kapow Primary RSE & PSHE scheme. Learning is structured across nine key areas across Key Stages 1 and 2:

Key Area	Core Focus & Statutory Coverage
1. My Healthy Self	Physical health, fitness, healthy eating, sleep hygiene, and personal care.
2. Connecting with Others	Healthy friendships, family structures, respectful relationships, conflict resolution, and boundaries.
3. The Online World	Digital wellbeing, online safety, media literacy, cyberbullying, and privacy.
4. Staying Safe	Personal safety, identifying hazards, risk management, and road, water, and rail safety.
5. Health Protection	Immunisations, sun safety, hygiene habits, allergies, and preventing illness.
6. Growing Up	Physical and emotional changes during puberty, menstrual wellbeing, accurate anatomical terms, and loss/grief.
7. Citizenship	Rights, responsibilities, community engagement, fairness, and fundamental British values.
8. First Aid	Emergency procedures, calling 999, treating minor injuries, and basic life skills.
9. Sex Education	Taught in Year 6. Focuses on human reproduction and conception beyond National Curriculum Science.

4. Key Statutory Updates Integrated

In alignment with updated DfE statutory guidance and the Kapow scheme:

- **Scientific Anatomical Terminology:** Correct scientific vocabulary for body parts (including genitalia: *penis, vulva, vagina, testicles, scrotum*) is taught statutorily in age-appropriate contexts to build body confidence, health awareness, and personal safeguarding skills.
- **Physical Safety:** Explicit teaching of road, water, and railway safety.
- **Digital Literacy & Wellbeing:** Age-appropriate exploration of screen time, online harm, and healthy boundary setting in digital spaces.
- **Loss and Emotional Health:** Structured learning on managing emotional changes, personal loss, and grief.
- **Inclusion and Diversity:** Teaching promotes respect and tolerance under the Equality Act 2010, ensuring diverse family dynamics (including single-parent, LGBT, adoptive, and foster families) are represented naturally.

5. Non-Statutory Sex Education & Parent Right to Withdraw

Parents **do not** have the right to withdraw children from Relationships Education, Health Education, or National Curriculum Science (e.g., human development, life cycles, puberty). However, Ellington Primary School deliver a Sex Education unit in Year 6 covering human reproduction and conception which parents/carers do have the right to withdraw.

Withdrawal Request Procedure:

1. Parents/carers requesting to withdraw their child from non-statutory Sex Education lessons must submit a formal request to the Headteacher.
2. The Headteacher will discuss the request with the parent/carer to clarify the curriculum content, address misconceptions, and explain the social/educational benefits of inclusion.
3. If the request is maintained, it will be granted automatically. The school will arrange purposeful, alternative education for the pupil during these specific sessions.

6. Classroom Delivery, Distancing, and Answering Pupil Questions

To ensure a safe and secure learning environment:

- **Ground Rules:** Every lesson establishes rules regarding mutual respect, active listening, and privacy.
- **Distancing & Anonymity:** Lessons use scenarios, role-play, and anonymous question boxes so pupils can ask questions without personal exposure.
- **Handling Difficult Questions:** Teachers answer questions factually and age-appropriately within the scope of the curriculum.

If a question falls outside the curriculum or relates to content from which a child has been withdrawn, staff will use a neutral response (e.g., *"That is a thoughtful question, but it isn't part of our lesson today. You can discuss this with a trusted adult at home."*). If a question raises a safeguarding concern, staff follow the school's Designated Safeguarding Lead (DSL) reporting procedures immediately.

7. Accessibility and SEND Adaptations

Ellington Primary School ensures that RSE and PSHE are accessible to all pupils, including those with Special Educational Needs and Disabilities (SEND) or SEMH needs.

In line with the Equality Act 2010:

- Teachers adapt Kapow lesson plans, visual aids, and learning materials to suit pupils' cognitive and developmental stages.
- High-utility visual supports, concrete examples, and social stories are used where appropriate to reinforce key concepts.
- Teaching Assistants are deployed effectively to support individual access and understanding.

8. Safeguarding and Confidentiality

Staff cannot offer absolute confidentiality if a child discloses personal information that indicates a risk of harm. Disclosures made during RSHE lessons are managed in accordance with the school's Child Protection and Safeguarding Policy, and referred immediately to the Designated Safeguarding Lead (DSL).

9. Parental Consultation and Transparency

We maintain an open partnership with parents and carers:

- **Accessing Materials:** Parents can view RSHE curriculum overviews and representative samples of teaching resources on request or during parent information sessions.
- **Copyright & Viewing:** Where digital materials are subject to copyright restrictions, supervised viewing is provided on-site at school.

10. Staff Training and Quality Assurance

- **Staff Support:** Staff receive regular CPD and training from the RSHE Subject Lead to build confidence in managing sensitive topics, delivering statutory updates, and answering questions effectively.

- **Monitoring & Evaluation:** The Subject Lead monitors curriculum delivery through lesson observations, learning walks, work scrutiny, and pupil voice feedback.

Policy Approval & Review

Policy Date: September 2026

Next Review Date: September 2027

Approved by: Governing Body & Headteacher, Ellington Primary School

Kapow RSE & PSHE Curriculum Map Summary

All information regarding our PSE curriculum can be found on our [school website](#)