

Cumberland Infant School

RHE Policy



Approved by: Board of Governors	Date: 19.05.26
Review Frequency: Annually	Statutory requirement: Yes
Last Reviewed: May 2026	Next Review due: May 2027

Our School Vision

To be an inclusive school where strong relationships enable our children to feel safe, happy and nurtured to develop into lifelong learners in our ever-changing community and world.

Our School Ethos

Together We Care Inspire Succeed

1. Rationale

At Cumberland Infant School and Pre-school, we believe in the development of learning values that set children up for success in life. These values are taught from the nursery through to year two and are modelled in all we do. They are independence, collaboration, thinking, perseverance, imagination and WOW! We want our children to be happy, kind, generous, respectful, accepting and curious as well as active and healthy, both in mind and body. Relationships and Health Education (RHE) forms an imperative part of this, by explicitly teaching our children how to form and maintain positive relationships, how to keep themselves and others safe and how to maintain healthy lifestyles, including the reciprocal relationship between good physical health and positive mental wellbeing. Our aim is for children to leave Cumberland accepting, caring and respectful of the beautifully diverse world we live in.

Parents and carers are the first educators of children and in all that we do we aim to work with our families, listening to them and keeping them informed about what happens in school. At times, this might mean informing parents and carers before we teach sensitive subjects, and at others may involve talking to parents and carers to formulate our teaching.

2. Statutory Requirements

The new RSHE curriculum replaces the 2019 guidance, for implementation from 1st September 2026

RSHE: Relationships and Health Education is statutory, while sex education is not required at this level.

3. Policy Development

This policy has been developed by the subject leader and headteacher. Then approved by the Governors.

4. Curriculum Aims

At Cumberland, in line with statutory guidance, our aim is to help our children to understand:

- what a relationship is, what a family is, what family means and who the people are who can support them in their lives.

- the building blocks and characteristics of positive relationships, including how to take turns and the importance of treating others with kindness, consideration and respect.
- the importance of being honest and truthful.
- why and how to seek permission and a concept of personal privacy, including personal boundaries.
- that each member of our community, including themselves, is special and unique and worthy of respect.
- that mental health is as important as physical health and the link between the two.
- how to stay healthy throughout their lives.
- begin to understand what Protected Characteristics are, and what they mean

5. Subject Content

Cumberland Infant School cover the RHE curriculum in the following areas:

Families and people who care for me	Families and people who care for me - the importance of families and that all families are unique
Caring friendships	Caring relationships - how to establish and maintain caring friendships How to manage conflict in relationships and understanding loneliness
Respectful, kind relationships	Respectful relationships - the importance of respectful relationships with all people, even when they are different from me or make different choices or have differences of belief To build relationships and friendships with a diverse range of children and adults, respecting differences between us.
Being Safe	Being safe – staying safe in all aspects of life and what to do if they do not feel safe Online relationships – how to stay safe online and healthy online behaviours and habits
General Well-being	Well-being – how to recognise and regulate their emotions and mental wellbeing
Physical health and fitness	Physical health and fitness - the benefits of an active lifestyle and its link to mental wellbeing
Healthy eating	Healthy eating – the basics of a healthy diet

Health protection and prevention	Healthy lifestyles – how to live a healthy life and prevent illness including sun safety, dental hygiene and the importance of good sleep Managing change and loss and, including bereavement
Personal safety	Personal safety- hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks. How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code.
Basic First Aid	How to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them. Concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries.

E-safety is taught weekly, in addition to the RHE lessons we teach once a week.
In E-safety we cover the following areas:

Self Image and Identity	Online Reputation	Privacy and Security	Self Image and Identity	Online Reputation	Privacy and Security
Online Relationships	Online Bullying	Copyright and Ownership	Online Relationships	Online Bullying	Copyright and Ownership
	Health, Wellbeing and Lifestyle			Health, Wellbeing and Lifestyle	

During their time at Cumberland, children will be taught about all areas of the RHE curriculum and will be encouraged to share their thoughts and ask questions. Teachers and adults will deal with children's contributions sensitively and honestly, at a level appropriate to the children's age and understanding.

We introduce the concepts behind protected characteristics under the Equality Act 2010, though not all nine characteristics are taught in detail immediately. We focus on promoting

equality, diversity, and respect, often integrating topics like different family structures, disability, and race in age-appropriate ways.

6. Safeguarding

Safeguarding underlies everything we do at Cumberland Infant School. This includes the importance of teaching children how to keep themselves safe and what to do if they do not feel safe, both online and not.

All of our conversations with children and the language and resources we use are age appropriate and available for parents to review. Teachers will answer questions honestly in age-appropriate ways and will tell children to ask their parents if their questions go beyond what is suitable for discussing in school.

7. How we teach RHE

The teaching of RHE is a potentially sensitive matter and we always aim to keep parents and carers informed about what we are teaching. We do not teach any sex education as this is taught in KS2.

RHE is taught by the class teacher once a week, in some instances, RHE will be taught through some of our projects. For example, in Year Two the children learn about healthy eating through the project 'The Potato Robber'. Due to considerable overlap between subjects, some aspects of the RHE curriculum will be taught in science, computing and PE lessons. However, due to the importance we place on RHE as a source of valuable life skills, a large portion of the curriculum will be taught in discrete RHE lessons and through whole school ~~and class~~ assemblies. As much as possible, RHE will be taught by the usual class teacher to foster a relationship of mutual trust between teachers and children. We use story books and videos to teach RHE, using thoughtfully chosen texts to inspire conversation.

We also use My Happy Mind as a teaching tool alongside our RHE curriculum to help the children learn about the brain and ways they can keep it healthy. There is a different My Happy Mind module each half term, such as Appreciate and Celebrate. This links extremely well to our own RHE focuses.

In addition to our RHE curriculum we also teach an e-safety curriculum. Each week we teach lessons which cover areas such as, self-image and identity, online relationships and online bullying.

We report the children's progress in RHE to parents through parent/teacher meetings and end of year reports.

We believe that our Learning Values and Together We Care Inspire Succeed ethos embed the principles laid out in the RHE curriculum in all our practice at Cumberland Infant School. We also link our curriculum to British Values and the Protected Characteristics.

8. Pupils with special educational needs and disabilities (SEND)

At Cumberland, we are proud to be an inclusive school. Our teachers know their classes well and are used to adapting learning to make it accessible for all pupils. We will apply these skills to RHE lessons. If needed, these can be simplified even further, for instance learning about emotions might start by helping a child learn to recognise happy and sad faces. We also have our ELSA on hand to support any children that may need extra time spent on specific aspects.

9. Inclusive language and images

As a school, we are always seeking to improve the range of books that our children read and the images that they see as part of their learning so that they are representative of all people. We aim to include positive representations of different genders, different families, different ethnicities and people with disabilities. We pro-actively seek out books and resources to support this.

We are careful to use clear, respectful language at all times, and the language that we use in RHE lessons develops over the course of the children's time with us. New terminology is introduced as the children's understanding and vocabulary deepens, always building on what has been taught before to achieve consistency and clarity. We welcome the input of parents and carers in developing this language so that it carefully reflects the community we live in.

10. Working with Parents/Carers

We appreciate that Parents/Carers are the key people in:

- teaching their child about sex and relationships;
- maintaining the culture and ethos of the family;
- helping their child to cope with the emotional and physical aspects of growing up;
- preparing their child for the challenges and responsibilities that sexual maturity brings.

If a parent/carer has any concerns regarding our teaching of RHE they should talk to their child's class teacher or the headteacher.

11. Parents' Right to Withdraw

In accordance with the Department for Education, parents have the right to withdraw their child from sex education, however the school does not teach this.

Relationship education is statutory and as such, parents cannot withdraw their child from this part of the curriculum.

12. Child Protection

As a general rule, staff will maintain a child's confidentiality. However, if a child makes a disclosure that raises concerns around their safety this must be reported immediately to the headteacher who is the school's Designated Safeguarding Lead (DSL). The DSL may decide to talk to the child's parents/carers, but if she believes the child to be at risk of

immediate harm the DSL will contact Social Services immediately without referral to the child's parents/carers. This procedure is set out in our Child Protection and Safeguarding policy.

13. Monitoring

The teaching of RHE will be monitored and evaluated by the Headteacher and the subject leader through monitoring of planning, learning walks and pupil interviews/discussions. Pupil's development will be monitored by class teachers who will raise any concerns with the headteacher.

14. Training

Staff will receive training on RHE as part of their continuing professional development as and when required

15. Links with other policies

- Equality and Diversity Policy
- Anti-Bullying Policy
- Child Protection and Safeguarding Policy
- Relationship and Behaviour policy