


Cc: 
 ie L Clowes MA BA (Hons) PGCE NPQH/ Emma E Doyle BA (Hons) PGCE NPQH  
 De: Booker BA (Hons) QTS  
 As: Edwards MA BA(Hons) QTS  
 Sc: th, Doncaster, South Yorkshire, DN11 8JT  
 Te:  
 Email: [smcc@harworth.snmatt.org.uk](mailto:smcc@harworth.snmatt.org.uk)

# RSE Policy

March '26

Review date: March '29



## Vision

Our pledge is for every member of our school family to 'gain a heart of wisdom' every day. We aim to live wisely as we **Amaze** with our knowledge, zest for learning and kindness to ourselves and others. We aim to live well as we **Achieve** our full potential in a happy, caring and fully inclusive environment based on the core values of Christianity. We use our wisdom and hearts to **Aspire** to reach great heights as we take flight on our individual journey of endless possibilities.

'Gain a heart of wisdom' Psalm 90 v 12

**Amaze. Achieve. Aspire**

Our school curriculum is built upon our vision for every member of our school family to 'gain a heart of wisdom' each day, and this is deeply woven into our provision for Relationships, Sex and Health Education (RSE) including PSHE. Through these subjects, children are nurtured to live wisely—amazing others with their growing understanding of themselves, their relationships, and the wider world, while showing kindness and respect to all. They learn to live well by achieving their full potential in a safe, inclusive and caring environment shaped by Christian values such as compassion, integrity and love. As they explore themes of identity, safety, emotional wellbeing and personal responsibility, pupils aspire to make wise choices, celebrate diversity and flourish on their unique journey of endless possibilities. RSE and PSHE empower children to use both their wisdom and their hearts to navigate life with confidence, empathy and purpose—fulfilling our pledge to 'gain a heart of wisdom' in every aspect of learning and living.

Overview

Across our school, RSE and PSHE are taught progressively from the Early Years through to Key Stage 2, supporting children to develop the knowledge, skills and values they need to build healthy relationships, understand themselves and others, and make safe, informed choices. In the Early Years, children begin by learning to recognise their feelings, form friendships, communicate their needs and develop respect and kindness. In Key Stage 1, this foundation grows as pupils explore families, personal safety, wellbeing and how to manage their emotions. By Key Stage 2, children deepen their understanding of physical and emotional changes, personal responsibility, online safety, diversity and respectful relationships, preparing them for the wider world. Throughout all stages, our RSE and PSHE curriculum nurtures confidence, empathy and wisdom, helping children learn to live well with themselves and others.

## **Definition**

RSE and PSHE encompass learning about physical, emotional, social and mental wellbeing; relationships; safety; body autonomy; and human development. Relationships Education and Health Education are statutory in all primary schools. Non-statutory sex education refers only to additional content beyond the science curriculum. Teaching is factual, inclusive and age-appropriate, supporting pupils to develop confidence, understanding and the ability to stay safe.

## Aims

Our curriculum aims to:

- Ensure full delivery of statutory Relationships Education and Health Education.
- Support pupils in building healthy, respectful and safe relationships.
- Develop emotional literacy, resilience and self-regulation.
- Teach pupils to recognise and manage risk, including online risks, privacy, data use, scams and online influences.
- Prepare pupils for physical and emotional changes during puberty, including menstruation.
- Promote respect, equality and inclusion in line with the Equality Act 2010.
- Teach pupils how to recognise unsafe situations, harmful behaviours and where to seek help.
- Strengthen safeguarding through teaching about consent, boundaries, safe touch and the reporting of concerns.
- Support informed, healthy and responsible decision-making.

## Statutory Requirements

This policy complies with:

- Statutory Relationships Education and Health Education guidance (2019).
- Updated RSHE guidance (2025), mandatory from September 2026.
- Equality Act 2010.
- Education Act 1996 and Education Act 2002.
- Statutory science curriculum (puberty and human development).
- National expectations for teaching online safety.

The school must teach Relationships Education and Health Education. Sex education beyond the science curriculum is optional and taught in Year 6.

## Curriculum

The school follows Kapow Primary's mixed-age RSE & PSHE curriculum, fully covering statutory content through the following key areas:

- **Connecting with others** – families, friendships, positive relationships, boundaries, conflict resolution.
- **My healthy self** – emotional wellbeing, physical health, sleep, food choices, self-care and mindset.
- **The online world** – respectful online behaviour, privacy, digital footprints, age restrictions, misinformation, influencers, harmful content and online financial risks.

- **Staying safe** – personal safety, consent, unsafe secrets, risk at home and in public places, emergency responses.
- **Growing up** – puberty, menstruation, physical and emotional changes, correct anatomical terms.
- **Health protection** – hygiene, illness prevention, sun safety, germs, vaccinations and sleep routines.
- **Citizenship** – non-statutory learning: rights, responsibilities, community, money and fairness.
- **Optional Sex Education (Year 6)** – conception, birth and reproductive knowledge.

The curriculum follows a spiral model that revisits key ideas and deepens understanding over time.

## Teaching and Learning

RSE and PSHE are taught by class teachers using Kapow’s structured scheme. Lessons use discussion, stories, scenarios, role-play, critical thinking and reflective activities. Teaching is inclusive, factual and sensitive.

Core learning includes:

- Identifying and understanding feelings.
- Building and maintaining healthy relationships.
- Setting and respecting boundaries and understanding consent.
- Understanding puberty and managing related physical and emotional changes.
- Navigating the online world safely, including recognising persuasion, pressure, scams and edited content.
- Managing peer influence, bullying and discrimination.
- Staying safe in public spaces, including around roads, railways, water and fire.
- Knowing how to call emergency services and understanding basic first aid.

Visitors may support delivery but teachers remain responsible for all teaching, and all visitors must follow the school’s safeguarding procedures.

## Confidentiality

Teachers provide a safe learning environment but cannot promise confidentiality if a safeguarding concern is raised. Pupils are taught the difference between safe and unsafe secrets. All concerns are passed to the Designated Safeguarding Lead.

## Inclusion and Equality

Teaching is consistent with the Equality Act 2010. Lessons are inclusive of all pupils and all family types. Learning challenges stereotypes, promotes fairness and develops understanding of difference. Content is adapted to meet the needs of pupils with SEND.

## Sexuality

Teaching includes factual references to diverse families and relationships in an age-appropriate manner. No assumptions are made about pupils' identities. Lessons emphasise respect, safety, autonomy and equality.

## **Answering Difficult Questions**

Teachers answer questions honestly, sensitively and appropriately for the age group. Some questions may be followed up individually or addressed later if appropriate. Safeguarding procedures apply to all disclosures.

## **Parents and Carers**

The school works closely with parents. This policy is available to all families and is reviewed regularly. Parents will be informed ahead of any non-statutory Year 6 sex education lessons and have the right to withdraw their child from this specific content only. Parents cannot withdraw pupils from statutory Relationships Education, Health Education or the science curriculum.

## **Assessment, Recording and Reporting**

Assessment is ongoing and based on pupil participation, discussion and work completed. Kapow's assessment tools support teacher judgement. Assessment focuses on personal understanding and skill development rather than formal testing.

## **Safeguarding**

RSE and PSHE support safeguarding by teaching pupils to:

- Recognise unsafe or harmful behaviour.
- Identify early warning signs, both online and offline.
- Understand consent and body autonomy.
- Confidently report concerns to trusted adults and persist until they are heard.

All teaching supports and reinforces the school's safeguarding policy.

## **Health and Safety**

Teaching follows school health and safety procedures. Lessons involving practical safety elements are delivered responsibly. Pupils learning about menstruation are provided with access to appropriate products and facilities.

## **Role of the Governing Body**

The governing body ensures statutory compliance, monitors the effectiveness of RSE and PSHE provision and supports consultation and review. Governors ensure the curriculum is inclusive and accessible to all pupils.

## **Monitoring and Review**

This policy will be reviewed every three years. Technical updates will be made sooner if national guidance changes. A full content review will be undertaken every six years in line with updated expectations. Curriculum delivery is monitored by senior leaders and subject leaders.

**Signed:** Tia Shelley **Date:** 09.03.26

## **Appendices**

Available on request:

- Kapow Primary Mixed-Age Long-Term Plan
- Kapow Primary Progression of Knowledge and Skills
- Kapow Statutory Guidance Coverage Document
- Safeguarding Policy
- Online Safety Policy
- Science Curriculum Documentation
- Year 6 Sex Education Withdrawal Form