



White Woods
Primary Academy Trust



Woodsetts Primary

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

Responsibility	SLT
Date of last review	July 2025
Date of next review	July 2026
Date ratified by local Governors and/or Trustees	July 2025

1. Introduction

At Woodsetts Primary School, we are committed to providing a curriculum that develops the whole child—academically, socially, emotionally, and morally. This policy outlines how we deliver Personal, Social, Health and Economic Education (PSHE), including Relationships, Sex and Health Education (RSHE), to ensure every child has the knowledge, skills, and values to thrive.

Our approach is underpinned by our school vision and WPS Learner Code (Curiosity, Collaboration, Creativity, Respect, Resilience, Engagement). These values run through our PSHE and RSHE curriculum, preparing our pupils for life in modern Britain and supporting them to make safe and informed choices.

This policy reflects:

- The statutory guidance for Relationships Education, RSE and Health Education (July 2025) (applicable until September 2026).
- Keeping Children Safe in Education (KCSIE) 2025.
- Our safeguarding and pastoral support structures, ensuring all staff recognise their role in promoting children's wellbeing and protecting them from harm.

2. Aims and Objectives

Our PSHE and RSHE curriculum aims to:

- Develop pupils' understanding of healthy, respectful relationships, boundaries, and consent.
- Promote equality, diversity, and inclusion, preparing children for life in a multicultural society.
- Build resilience, confidence, and emotional literacy, equipping pupils to manage change and challenges.
- Foster critical thinking skills to address online risks, including misinformation, disinformation, and conspiracy theories (KCSIE 2025).
- Teach strategies for maintaining physical and mental health, including first aid and healthy lifestyle choices.
- Provide age-appropriate understanding of puberty, body changes, and—where parents consent—sex education beyond the science curriculum.
- Embed British Values and develop pupils' ability to make positive contributions to society.

3. Statutory Requirements and Legal Framework

This policy is written in line with:

- Education Act 1996
- Children and Social Work Act 2017
- Relationships Education, RSE and Health Education Guidance (July 2025)
- Equality Act 2010

- KCSIE 2025
- DfE Guidance on Online Safety and Filtering & Monitoring Standards (2025)

RSHE is a statutory requirement for all pupils in primary schools. Parents may request withdrawal from sex education that is not part of the science curriculum.

4. Curriculum Design and Delivery

Our PSHE and RSHE curriculum is delivered through:

- The Jigsaw PSHE scheme, which provides a progressive programme of study from EYFS to Year 6.
- Weekly PSHE lessons, integrated assemblies, and cross-curricular opportunities.
- Annual Healthy Week, where Relationships and Health Education are revisited and reinforced. This is where the sex education elements are taught. This is blocked in this manner to make it easier for any families wishing to withdraw their children.
- The “No Outsiders” approach to promote diversity and inclusion.
- Safeguarding and online safety teaching, including guidance on harmful online content and how to seek help.

Key topics include:

- Relationships and families
- Online safety, including misinformation and disinformation
- Mental health and wellbeing
- Physical health and lifestyle choices
- Puberty and body changes
- Basic first aid
- Respectful relationships and anti-bullying
- British Values and citizenship

The “Changing Me” unit in Summer Term includes puberty education, and for Year 6, non-statutory sex education is offered with parental consultation.

5. Safeguarding and KCSIE 2025

Safeguarding is embedded throughout PSHE and RSHE. In line with KCSIE 2025, we:

- Address emerging risks such as misinformation, disinformation, and conspiracy theories.
- Integrate guidance on safe technology use, in line with the DfE's filtering and monitoring standards.
- Teach pupils where and how to access support, including the “Shore Space” resource for addressing harmful sexual behaviour.

- Ensure staff follow safeguarding procedures when disclosures arise during PSHE/RSHE lessons.

6. Roles and Responsibilities

- **Governing Body:** Approves the policy and monitors its impact.
- **Headteacher:** Ensures the policy is implemented and statutory duties are met.
- **PSHE Lead:** Oversees curriculum delivery, staff training, and monitoring of provision.
- **DSL and Safeguarding Team:** Ensure PSHE/RSHE aligns with safeguarding policies and practice.
- **All Staff:** Deliver lessons in line with this policy and handle disclosures appropriately.

7. Parental Engagement and Right to Withdraw

We value our partnership with parents and will:

- Publish this policy on our school website.
- Hold annual information sessions on RSHE content.
- Provide clear information prior to the “Changing Me” unit.
- Respect parents’ right to withdraw children from non-statutory sex education after meeting with the Headteacher.

8. Staff Training

Staff will receive:

- Regular training on PSHE and RSHE delivery.
- Safeguarding updates, including KCSIE 2025 changes.
- Support from the PSHE lead to ensure confidence in teaching sensitive topics.

9. Monitoring and Review

The PSHE lead and SLT will:

- Monitor lesson delivery and pupil outcomes.
 - Gather pupil and parent feedback.
 - Report annually to governors on provision and impact.
- This policy will be reviewed annually in September or in response to new DfE or KCSIE updates.

10. Related Policies

This policy should be read in conjunction with:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- Online Safety Policy

- Equality Policy
- Anti-Bullying Policy
- SEND Policy
- SEMH Policy
- Collective Worship Policy