



St Patrick's RC Primary School

Relationships, Sex and Health Education Policy

Mission Statement

"Christ with me as I learn, grow and shine"

What is Relationships, Sex and Health Education?

As a Catholic school we hold firm beliefs in the value of family life and loving stable relationships. We recognise the importance of moral values which form the basis for all that we do. Effective Relationship, Sex and Health Education (RSHE) is essential if young people are to make responsible and well-informed decisions about their lives. RSHE is concerned with helping and supporting young people through their physical, emotional and moral development. In the early years it will focus on friendship, bullying and building self-esteem. This will progressively move towards the explanation of puberty and how we change as we grow up, both physically and emotionally, and how life is created through God's loving plan. It is intended to encourage children to learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood. It is lifelong learning about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care.

The aims of RSHE are to enable the children to learn:



- that they are unique and made in the image of God
- that physical and emotional growth is common to all of us
- to accept and respect themselves
- to have knowledge and understanding of the physical development of males and females
- to introduce children to the correct names for all parts of the body
- to prepare children for puberty
- to develop self-confidence and self-esteem, and make informed choices regarding personal and social issues
- to teach the viewpoint of the Catholic Church

How will Relationship and Sex Education be taught?

Following the guidance of the Bishops of England and Wales and as advocated by the DFE, RSHE will be firmly embedded in the PSHE/RSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All Relationship, Sex and Health Education (RSHE) will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

RSHE will be taught using the Journey in Love scheme of work from EYFS-Y6, which is presented in the context of family life, loving relationships and respect for one another. The subject matter will be dealt with sensitively as we are aware that our children come from a range of family backgrounds. Care will be taken to ensure no stigmatisation of children based on their home circumstances. Lessons will be shared with parents as they are taught so that parents, as the primary educators of their children, are able to discuss and reinforce what is taught at home.



We will also use our PSHE curriculum to teach preventative habits that support positive mental health, resilience and self-esteem. All of the concepts taught are based on science and research and grounded in neuroscience and positive psychology.

EYFS

Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Our RSHE curriculum teaches that strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary.

Through adult modelling and guidance and through supported interaction with other children, we teach them how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.

Assessment and recording

Teachers will assess children's work in RSHE both by making informal judgements as they observe them during lessons, discussions with the children and by completing assessments of their written work.

The Subject Coordinator will monitor RSHE through discussion with class teachers and viewing portfolios of work in each class as an indication of progression throughout the school.

Teachers report the achievements of pupils to parents each year in the annual report.

Inclusion

RSHE will be taught to all children regardless of ability. Our teachers provide learning opportunities matched to the individual needs of all children. We



understand that some children mature at a less advanced rate than others and this will be addressed in the planning and delivery of RSHE. The teacher will always hold the right not to answer questions they believe to be unsuitable for the age group being taught and that may go beyond the year group objectives - in this instance, parents will be notified, and the child's question answered in agreement with parents and in a mutually agreed manner.

Parents

Parents are encouraged to form part of their child's RSHE by discussing matters with their child at home. All RSHE information is on the school website and parents are invited to look at the materials prior to teaching and to discuss with teachers, as necessary. Parents are informed in advance of sessions taking place, through Seesaw and when specific lessons have been completed - this allows parents to converse with their child about what they have been learning. We feel it is extremely important for parents to play a significant role in RSHE for their child and to share their own experiences with their child in order to show that growing up it is part of God's loving plan.

Parents are entitled to withdraw their child from subject specific RSHE (Journey in Love). Parents are invited to view the school website to ensure they are aware of the content of these lessons and if they feel they do not want their child to participate they may be withdrawn. In this instance, parents would be invited to hold a conversation with Mrs Hindley in order to discuss their particular concerns.

This policy will be reviewed every two years.

Date: May 2025

Next Review Date: May 2027