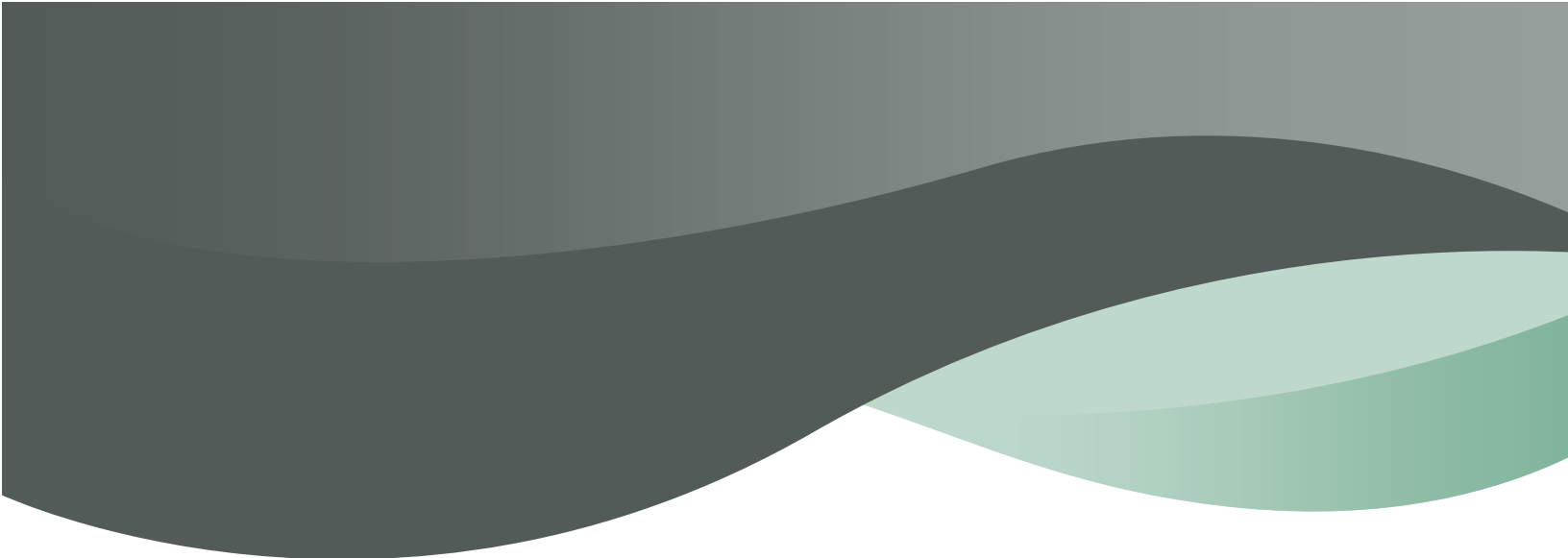
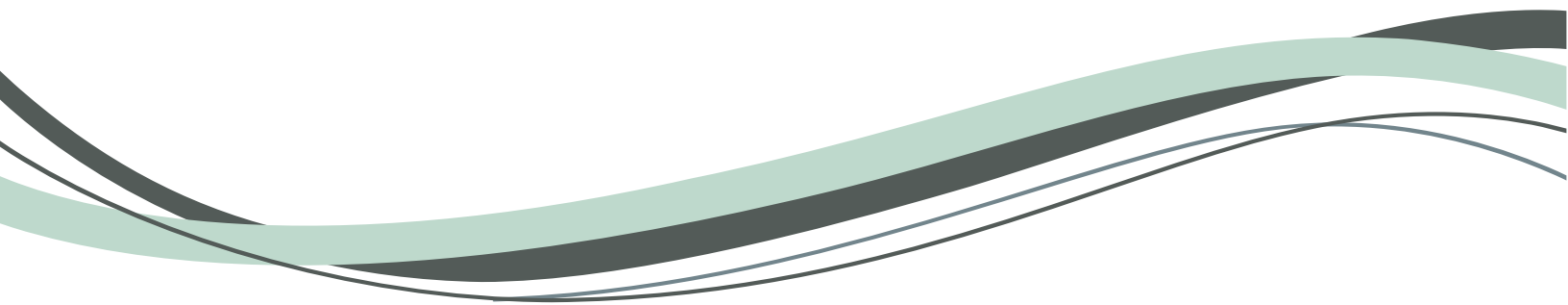




RSHE Policy

Updated for:	September 2026
Next review:	September 2027
Last parent consultation:	September 2026
Next parent consultation:	July 2027

James Montgomery Academy Trust



RSHE Policy

1. Statement of intent

This policy sets out Harthill Primary School approach to Relationships, Sex and Health Education (RSHE). It reflects statutory requirements, including the DfE Relationships Education, Relationships and Sex Education and Health Education Guidance (2020), the Equality Act 2010 and relevant safeguarding legislation. As a James Montgomery Academy Trust (JMAT) template, it must be adapted by each school to reflect their curriculum structure, community context, and local practice.

RSHE enables pupils to develop the knowledge, skills, and values needed to build healthy, respectful relationships, keep themselves safe, and make informed decisions as they grow. Teaching is age-appropriate, inclusive, and accessible to all pupils, including those with SEND.

2. Aims and objectives

Our RSHE curriculum aims to ensure pupils:

- Develop age-appropriate knowledge of relationships, health, personal safety and, where taught, basic human reproduction.
- Understand how to keep themselves safe both online and offline.
- Develop skills such as empathy, resilience, respect, communication, and decision-making.
- Build confidence, self-esteem, and an understanding of personal boundaries.
- Learn about physical and emotional changes as they grow.
- Recognise and report unsafe or unhealthy behaviours.

3. Statutory guidance

This policy complies with the following statutory frameworks:

- Relationships Education and Health Education (compulsory for all primary schools).
- Science National Curriculum (compulsory content relating to human growth and reproduction).
- Equality Act 2010, requiring schools to eliminate discrimination and ensure accessibility for all pupils.
- Keeping Children Safe in Education, requiring safeguarding processes to underpin teaching.

As a school we teach sex education according to the science curriculum – the statutory approach to the curriculum. We will let parents know in advance when this part of the curriculum is being taught in school.

4. Defining RSHE

Relationships education

Relationships Education teaches pupils how to build positive, healthy, safe relationships with family, friends, and others.

It includes:

- Families and people who care for me
- Caring friendships

- Respectful relationships
- Online relationships
- Being safe

It does **not** include teaching about sexual activity.

Health education

Health Education covers:

- Mental wellbeing
- Internet safety
- Physical health & fitness
- Healthy eating
- Drugs, alcohol, tobacco & vaping
- Health protection & prevention
- Personal safety
- Basic first aid
- Changing adolescent bodies (puberty)
- Change and loss, including bereavement

Sex education

Sex Education is optional in primary schools except for compulsory Science content.

If taught, the curriculum may include:

- Conception and birth (Year 5+)
- How babies are made and grow

5. Curriculum content and progression

All teaching materials, content and guidance are provided and approved by the PSHE Association, the official national body for PSHE Education, Education Curriculum Model for KS1 and KS2.

The Programme of Study Framework also supports schools to provide a comprehensive PSHE programme for pupils with SEND that integrates, but is not limited to, statutory RSHE content.

Relationships Education (Statutory)

Curriculum Area	Where this is taught in the curriculum
Families and people who care for me	KS1 - Celebrating Me, You and My family, Spring 1 LKS2 - Me, My Body and Staying Safe, Spring 1 KS2 - Families and Growing Together, Summer 2
Caring friendships	KS1 - Making Friends, Playing and Learning together Autumn 1 LKS2 - Me, my friends and Belonging, Autumn 1 UKS2 - Forming Respectful Relationships, Spring 1
Respectful, kind relationships	KS1 - Showing Kindness to ourselves and others, Summer 2 LKS2 - Looking out for each other, Summer 2 UKS2 - Respecting Boundaries, Spring 2
Online safety and awareness	KS1 - Keeping Safe Online, Autumn 2 LKS2 – Making Choices Online, Spring 2 UKS2 – Safe Connections Online, Summer 1 Develop Our Understanding of AI, Summer 1
Being safe	KS1 – Safety at Home, Spring 2 Safety Outside the Home, Summer 1 LKS2 – Keeping Safe out and About, Summer 1 UKS2 – Exploring Ways to Manage Risk, Autumn 2

Health and wellbeing education (statutory)

Curriculum Area	Where this is taught in the school curriculum
General/mental wellbeing	Foundations of Well Being programme of Study, integrated throughout the PSHE/RSHE Curriculum.
Wellbeing online	Computing and Online Safety and Mental Health and Well Being programmes of Study.
Physical health and fitness	Science, Daily Activity and Mental Health and Well Being, Building Healthy Habits and Exploring the World Around Us programmes of Study.
Healthy eating	Science and Building Healthy Habits and Embedding Healthy Habits and Learning First Aid programmes of Study.

Drugs, alcohol, tobacco and vaping	Staying Safe at Home, Safety Outside the Home, Keeping Safe Out and About, Exploring Ways to Manage Risk, Drugs Education: Assessing Risk and Managing Influences programmes of Study
Health protection and prevention	Science, Keeping Healthy, Building Healthy Habits, Embedding Healthy Habits and Learning First Aid programmes of Study.
Personal safety	Keeping Safe at Home, Keeping Safe Outside the Home, Keeping Safe Out and About, Exploring Ways to Manage Risk, Embedding Healthy Habits and Learning First Aid, Drugs Education: Assessing Risk and Managing Influences programmes of Study. Additional stand alone lessons will be taught throughout the year to support the contextual Safe Guarding topics specifically to the school and community.
Basic first aid	Keeping Safe out and About, Looking Out for Each Other, Embedding Healthy Habits and Learning First Aid programmes of Study.
Developing bodies	Science, Me, My Body and Staying Safe, Me, My Body and Growing Up, Respecting Boundaries, Changes in Puberty and Sex Education programmes of Study.
Change and loss, including bereavement	Mental Health and Well Being programme of Study.

Science curriculum (compulsory) see appendix 1

- External body parts (including genitalia)
- Human growth
- Puberty (as part of human development)
- Reproduction in plants and animals, including humans (Year 5+)

Sex education

Human reproduction (conception to birth) content will be limited, factual, and age-appropriate. Parents will be consulted. Parents may request to withdraw children from any sex education content outside the Science National Curriculum.

6. How RSE is taught.

RSHE is taught primarily through PSHE lessons appropriate for each year group, supplemented by the Science curriculum. Teaching may also be supported through assemblies, themed weeks, targeted small-group work, and cross-curricular links. RSHE is delivered by teachers and other adults in school.

Teaching methods include:

- Discussion and debate
- Role play
- Scenarios and problem-solving
- Visual aids and models
- Stories and case studies
- External visitors may support delivery but will not replace school staff. All visitor-led materials will be reviewed in advance and visitors must follow the school's safeguarding procedures, including signing in, DBS requirements, and ensuring content aligns with the agreed curriculum.

Teachers will answer pupil questions openly, factually, and in line with curriculum boundaries. Questions outside the taught content or inappropriate for the child's developmental stage will be referred to parents or handled sensitively.

7. Accessibility and inclusion

The school will make reasonable adjustments to ensure RSHE is accessible to all pupils, including those with SEND. Adaptations will be proactive where possible and informed by individual need through:

- Adapting language, visuals and pacing
- Use of pre-teaching or over-learning as required
- Using familiar adults to support learning as appropriate
- Providing alternative recording methods
- Ensuring resources reflect diverse families and experiences

All pupils will be supported to understand the content in a way appropriate to their individual needs.

8. Staff training

Staff receive regular training on:

- Curriculum changes
- Safeguarding requirements
- Inclusive teaching strategies
- Responding to pupil questions
- Use of resources

New staff are inducted into RSHE expectations.

9. Working with families

Families are essential partners in RSHE. The school will:

- Share overviews of curriculum content

- Provide opportunities to view teaching materials
- Offer meetings and information sessions as appropriate
- Inform parents in advance of sex education content

Parents may request withdrawal from sex education content only, not from Relationships or Health Education.

The school will:

- Arrange a discussion with the parent
- Confirm which elements the child will not attend
- Provide alternative learning during withdrawn lessons

Teachers will not provide alternative sex education content to pupils who have been withdrawn.

10. Equal opportunities

RSHE will be delivered in line with the Equality Act 2010, ensuring:

- Respect for all families, including LGBTQ+ families
- Non-discriminatory, inclusive teaching
- Representation of diverse relationships and identities

Teaching will reflect the Equality Act 2010 by ensuring all families, including LGBTQ+ families, are represented appropriately. Content will not promote any sexual activity or ideology but will remain factual and inclusive.

11. Safeguarding and confidentiality

All RSHE will be delivered in line with the JMAT Safeguarding Policy. Staff will not promise confidentiality and will report any concerns in accordance with statutory safeguarding guidance.

Pupils will be taught:

- How to report concerns
- What is and isn't safe
- Personal boundaries and consent
- How to access support

12. Monitoring and evaluation

- PSHE Lead monitoring completed materials submitted in year group floor books
- Review and feedback with members of teaching staff
- Pupil Voice
- PSHE Lead lesson visits
- PSHE Lead monitoring alignment with Trust Expectations and Safeguarding.

13. Policy production and review

This policy was produced through:

- Review of statutory DfE guidance
- Consultation with appropriate stakeholders, including parents
- Review of curriculum resources
- Consideration of the needs of pupils

The policy is approved by the Trust Board

This policy is reviewed annually by the Senior Leadership Team and RSHE Lead or sooner if:

- Statutory guidance changes
- Curriculum changes occur
- Feedback suggests revisions are needed

14. Document history

Previous versions archived in accordance with document retention requirements.

Issue	Author/ Owner	Date Reviewed	Reviewed by	Approved by A&R Committee (date)	Comments/ Changes
V1	JMAT	July 2025	PRG	08/07/25	• Section 8 – updated wording. • Some minor word changes to ensure compliance with updated guidance (July 2025).
V2	JMAT	July 2026	PRG	09/07/26	Additions/minor word changes made in line with statutory guidance from Sept 26: • Health education- now includes Change, loss and bereavement • science curriculum/ appendix 1 to include correct terminology for genitalia • section 6- how schools will respond to sensitive questions, use of external visitors • section 9- All content will be made available

Key:

PRG – Policy Review Group

A & R Committee – Audit and Risk Committee

Appendix 1

Science National Curriculum

Key stage	Pupils must be taught:
Key stage 1	• Identify and name main external body parts. (including genitalia) • Recognise that animals (including humans) reproduce. • Understand how humans grow from babies into adults.
Key stage 2	• Describe the changes as humans develop to old age. • Understand human reproduction and development.