Relationships, Sex, and Health Education (RSHE) Policy

Policy agreed on 8th October 2026

Policy Review Date: 8th October 2027

Aim

At Normanton-on-Soar Primary School, our goal is to provide a comprehensive Relationships, Sex, and Health Education (RSHE) curriculum that aligns with statutory guidance and meets the needs of all our pupils, parents, and the wider community. Our aim is to equip pupils with the knowledge, skills, and understanding to lead healthy, safe, and fulfilling lives. We are committed to creating an inclusive, supportive environment where students can explore physical, emotional, and social well-being.

Policy Scope

This policy applies to all staff, pupils, and governors at Normanton-on-Soar Primary School and covers:

• Relationships Education (mandatory in primary schools)

• Sex Education (optional for primary schools)

• Health Education (mandatory in primary schools)

Definitions

• Relationships Education: Statutory content focused on friendships, families, respectful relationships, and staying safe (both online and offline). Parents cannot withdraw their children from this part of the curriculum.

• Sex Education: Refers to lessons that specifically cover sexual intercourse, typically taught in Year 6. Parents have the right to request their child's withdrawal from this content. However, please note that in Year 5, students will learn about asexual and sexual reproduction, including the union of male and female sex cells in mammals (which may include humans). This content is part of the statutory Science curriculum, and withdrawal is not permitted from these lessons.

• Health Education: Statutory content covering physical health and mental wellbeing, including:

o Puberty and the changing adolescent body

o Healthy lifestyles (nutrition, physical activity)

o Mental health awareness and emotional well-being

o Basic first aid

o Online safety and harms

Parents cannot withdraw their children from Health Education.

Curriculum Content and Delivery

We follow the EC Publishing Complete PSHE Scheme of Work to deliver a spiral curriculum that builds on prior knowledge and prepares students for each stage of their development. Key elements of the RSHE curriculum include:

Relationships Education

• Families and people who care for us

• Caring friendships

• Respectful relationships

• Online safety and relationships

• Mental well-being

• How to stay safe (both physically and emotionally)

Health Education

• Physical Health: The importance of exercise, healthy eating, and sleep.

• Mental Health: Recognising and talking about emotions, and strategies for building resilience.

• Puberty and the Changing Adolescent Body: Taught in Years 4 to 6, preparing pupils for the physical and emotional changes during adolescence.

• First Aid: Basic emergency first aid techniques.

• Online Safety: Understanding online risks, including exposure to harmful content and cyberbullying.

Science Curriculum (Statutory)

• Human Reproduction: The union of male and female sex cells, taught as part of the Science curriculum in Year 5.

• Puberty: The biological and emotional changes associated with puberty, taught in both Health Education from Year 4 and Science from Year 5.

Optional Sex Education (Year 6)

• A lesson on sexual intercourse and conception, separate from the Science curriculum. Parents may request to withdraw their child from this specific content.

Who Delivers the Curriculum?

The RSHE curriculum will be delivered by:

• Class teachers, supported by the PSHE Lead, who ensures that all staff are trained to deliver high-quality RSHE lessons.

• Teaching assistants, who will provide additional support for SEND pupils or those who require differentiated instruction.

We use high-quality resources from EC Publishing to ensure consistency and engagement. Lessons are scaffolded, progressive, and aligned with British values and the PSHE Association guidelines.

Parental Consultation and Right to Withdraw

At Normanton-on-Soar Primary School, we are committed to working closely with parents to shape our RSHE curriculum. We will:

• Hold annual parent consultation meetings to discuss RSHE content and policy updates.

• Share teaching resources with parents upon request. This will typically be in the form of a meeting with the class teacher or another appropriate staff member, so that the rationale behind the resources, as well as any statutory requirements, can be discussed openly.

• Review and update RSHE provision in response to emerging local or national issues. Where significant changes to the agreed policy or curriculum occur, parents will be informed and given access to relevant materials.

• Answer questions from pupils in an age-appropriate and factual way. If questions relate to content outside the agreed curriculum or to topics from which a pupil has been withdrawn, staff will

follow school procedures, which may include signposting pupils to trusted sources or encouraging discussion with parents/carers.

• Notify parents before delivering Sex Education lessons in Year 6.

Parents have the right to request their child be withdrawn from the specific Sex Education lesson on sexual intercourse in Year 6. All requests must be made in writing to the Headteacher, and a meeting will be arranged to discuss the request. Parents cannot withdraw their child from Relationships or Health Education or from statutory elements of the Science curriculum.

Inclusivity and SEND

We ensure that RSHE is inclusive and accessible for all pupils, including those with Special Educational Needs and Disabilities (SEND). We are committed to:

• Differentiating lessons to meet diverse learning needs.

• Providing additional support where needed, such as teaching assistants or adapted resources.

• Ensuring content is delivered sensitively, with consideration to pupils' cultural, religious, and individual backgrounds.

Monitoring and Evaluation

The delivery of RSHE will be regularly monitored by the PSHE Lead and the Senior Leadership Team through:

• Classroom observations and teacher feedback.

• Pupil feedback gathered through discussions, surveys, and self-assessment.

• Parental feedback, collected during consultation meetings and through surveys.

The impact of RSHE will be assessed through formative and summative assessments, ensuring pupils build a strong understanding of key concepts. This will help track student progress and ensure readiness for secondary school and future life challenges.

Legal Requirements and Policy Review

This policy has been developed, and will continue to be reviewed and updated, in consultation with parents, staff, governors, and pupils, in line with statutory guidance, and aligns with the following statutory frameworks:

• The Children and Social Work Act 2017

• The Equality Act 2010

• The Relationships Education, Relationships and Sex Education (RSE), and Health Education (England) Regulations 2019

• The Relationships Education, Relationships and Sex Education (RSE), and Health Education (England) Regulations 2025

The policy will be reviewed annually to ensure its relevance and effectiveness, with feedback from parents, pupils, and staff informing any updates or changes.

Further Information

For more information or to request a copy of this policy, parents and stakeholders are encouraged to contact the school office. The policy is also available on the Normanton-on-Soar Primary School website. Home - Normanton-On-Soar Primary School