

Personal, Social and Health Education (PSHE) and Relationships and Sex Education (RSE) Policy

'Let all that you do, be done in love' 1 Corinthians 16:14

Introduction

St Leonards CE First School and Nursery is committed to educating the whole child in a caring community and PSHE & RSE plays an important part in these aims. At St Leonards CE First School and Nursery, our vision is for love to be at the heart of all that we do, enabling us to offer a rich curriculum in which all flourish and all know that they can make a difference. This is lived out through our values of thankfulness, trust, courage, forgiveness, service and respect.

We aim to provide high quality learning that challenges and inspires, whilst embracing Christian Values in our daily lives. Our PSHE and RSE curriculum is designed not only to fulfil statutory requirements but to enthuse all children with a love of learning. This will be achieved through a mixture of; exploration, discovery, creativity and a variety of learning opportunities that broaden children's knowledge and understanding. Children will develop enquiring minds and a love of learning encapsulating the school motto 'Learn to love, love to learn'.

This policy is overarched and subject to the agreed contents and conditions of the Safeguarding Children and E-Safety Policies. It should also be read alongside the SUAT Relationships and Sex Education and Health Education Policy.

This policy sets out the approach of St Leonard's CE First School and Nursery to Personal, Social and Health Education (PSHE) and Relationships and Sex Education (RSE) and should be read alongside the SUAT policy which can be found [here](#).

Legal context

The Children and Social Work Act 2017 made it statutory for Primary schools to teach Relationships Education and Health Education and for Secondary schools to teach Relationships and Sex Education and Health Education from September 2020. Following this change to the law the Department for Education published Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019) which includes the legal requirement for Primary schools to have a Relationships Education policy and Secondary schools to have a Relationships and Sex Education policy. A Health Education Policy is not statutory but is recognised as good practice and is included here.

This policy also supports legal requirements relating to:

- The Equality Act <http://www.legislation.gov.uk/>
- The Education Act <http://www.legislation.gov.uk/>
- Keeping Children Safe in Education

The following policies are also relevant to this policy:

- Anti-bullying
- British Values-statement
- E safety
- Safeguarding

These are available on academy website.

The following Church of England (C of E) documents are also relevant to this policy;

- Faith sensitive and inclusive Relationships Education, relationships and Sex Education (RSE) and Health Education (RSHE)
- C of E Principals and charter for RSE
- Valuing all God's children
- Pastoral Principals for living well together.

Definition

PSHE and RSE supports children and young peoples' personal development including their spiritual, moral, social and cultural development. It aims to help them to deal with the real-life issues that they face as they grow up and that they will encounter as adults. Their learning will support them to make informed choices both on and off-line about their safety, physical and mental health enabling, them to live positive and fulfilled lives.

PSHE and RSE is enhanced by a supportive school ethos where all are valued, positive relationships are promoted and there is a safe learning environment.

PSHE education is a planned and progressive programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives and contribute positively to society, now and in the future. As part of a whole school approach, PSHE education teaches pupils about the qualities and attributes they need to thrive as individuals, family members and members of the local community and wider society.

Aims

The RSHE & PSHE programme aims to: -

- Provide accurate, age appropriate information to all children.
- Support the development of knowledge, skills and attitudes to enable children to make informed choices.
- Build confidence and self-esteem.
- Develop personal attributes and prepare children as they develop and become adults.

- Develop positive and inclusive attitudes to everyone, particularly to those with protected characteristics under the Equality Act.
- To develop and embrace the Christian values of our school in our daily lives.

Roles and responsibilities

An effective programme of PSHE & RSE requires support from the whole school community, the following role and responsibilities have been identified:

Trustees

- Oversee strategies and procedures across the Trust.
- Ensure that Church Schools in the Trust follow relevant guidance and policy provided by the Church of England (C of E).

Head Teacher

- Oversee the development and delivery of PSHE & RSE in the Academy including supporting the subject leader.
- Give staff the opportunity to contribute to the development of PSHE & RSE.
- Facilitate training for the subject leader and staff as required.
- Support the subject leader's work with parents/carers so that they are kept informed of current content and delivery of the PSHE & RSE curriculum.
- As a church school, ensure that relevant C of E guidance and policy is followed.

Subject Leader

- Lead the development and delivery of effective PSHE & RSE across the Academy.
- Keep up to date with latest developments in the subject.
- Support staff as necessary.
- Monitor and evaluate PSHE & RSE throughout the year and report to the Academy Principal.
- Liaise with parents and carers as necessary to keep information on the subject content and delivery up to date.
- In church schools, ensure that relevant C of E guidance and policy is followed.

All staff

- Know and implement the policy relating to PSHE & RSE.
- Teach PSHE & RSE using the agreed academy curriculum.
- Maintain positive and supportive links with parents and carers.

- Respond to the needs and questions of children, young people and their families regarding the content and delivery of the PSHE & RSE curriculum.
- Monitor progress throughout the academic year.

Parents/Carers

- Will be encouraged to engage with staff to better understand the content and delivery of the PSHE & RSE curriculum.
- Will be kept up to date of any changes and/or additions to the PSHE & RSE curriculum.
- Will be informed of their right to withdraw their children from sex education lessons, when these are scheduled all content will be age appropriate.
- In church schools, they will be assured that relevant C of E guidance and policy is followed.

Teaching and Learning

At St Leonards PSHE & RSE will be taught through designated weekly lessons where cross curricular links are encouraged and developed. The lessons will incorporate all the School and Christian values. They may be delivered in a variety of ways through the wider context of the school in class discussions, worship, assemblies and visitors to the academy. Lessons will provide the opportunity for children develop their knowledge, skills, attitudes and revisit topics when necessary.

Our staff are confident and skilled to enable them to deliver effective PSHE & RSE lessons particularly where sensitive or controversial issues are included. The Headteacher and Subject Leader will assess the professional development needs of staff and provide training, using internal or external expertise when required.

Resources

At St Leonards, we will be following the Twinkl schemes of work, accompanied by an additional range of carefully selected resources such as Picture News. Jigsaw PSHE will be used from Summer 2 in preparation for the revised statutory guidance for Relationships, Sex and Health Education (RSHE) which will become mandatory for all schools in England from **September 1, 2026**. These changes and move to Jigsaw PSHE will aim to enhance safeguarding, increase transparency with parents, and address modern digital risks. In response to this, our schemes will be kept up to date and used to support teaching and learning in PSHE & RSE. Our topic overviews are outlined on our website.

Equality

The Equality Act sets out the duty to eliminate discrimination, advance equality of opportunity and foster good relationships between those with protected characteristics and those without. The protected characteristics are:

- Age
- Marriage and Civil partnership
- Disability

- Race
- Religion & belief
- Sexual orientation
- Sex
- Pregnancy and maternity
- Gender reassignment

In addition, we will also consider the needs of our pupils with Special Educational Needs (SEN). The PSHE & RSE programme will meet the needs of all children. Lessons will include content which will tackle discrimination and foster good relationships.

Right to withdraw

Parents and carers cannot legally withdraw their child from any aspect of Relationships Education or Health Education.

Parents and carers have the right to withdraw from Sex Education apart from content that is taught within the Science National Curriculum.

At St Leonards the implications of withdrawing a child from these lessons will be explained to parents and carers. If the parent/carer still wishes to exercise their right to withdraw the Academy will provide suitable alternative learning activities at the time the lessons are taking place.

The parent and carer right to withdraw applies up to three terms before the young person turns 16. After that point if the young person wishes to receive sex education the Academy will make the appropriate arrangements.

St Leonards teachers will inform parents/carers when sex education lessons will take place and remind them of their right to withdraw. Parents and carers must inform the academy of their intention to withdraw their child.

Safeguarding

PSHE & RSE include sensitive topics and it is therefore possible that discussions will prompt safeguarding disclosures. Reference should be made to SUAT safeguarding policies and procedures to deal with any disclosures appropriately and sensitively.

Class teachers should discuss with the Designated Safeguarding Lead any potentially sensitive topics. Appropriate steps will be taken to provide additional support for children if required.

Staff should consider the timing of lessons to ensure that children have the opportunity to report any concerns they may have either that day or the following day.

Monitoring and evaluating

The Headteacher and Subject Leader will monitor and evaluate PSHE & RSE in line with other subjects in the Academy. This will include, lesson observations, learning walks, evidence of learning, and feedback from staff,

parents/carers and children. The LAC will evaluate the provision termly. Pupils' progress will be recorded in line with other areas of the curriculum.

Support

Within the academy the Headteacher and subject leader will provide support to staff.

We will also access support via the SUAT Connected CPD programme.

Curriculum content

Overviews for each year group are available on the academy website.

Reviewed by: Mrs C Keay, Headteacher

Reviewed date: March 2026 (To be adapted further in June 2026 to reflect changes for September 2026).