



Kettlefields Primary School

Relationships Education, Relationships and Sex Education (RSE) and Health Education Policy

Status: Statutory Policy

Policy Lead: Sarah Mallyon (PSHE/RSE Subject Leader)

Headteacher: Alicia Gadsby

Chair of Governors: Diane Kingdon

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Document Distribution

This policy is available to:

- All staff
- Governors
- Parents and carers
- The Local Authority (on request)
- External agencies where appropriate

The policy is published on the school website and is available free of charge from the school office upon request.

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1. Statement of Intent

At Kettlefields Primary School, we believe every child deserves to grow up feeling safe, valued, respected and equipped with the knowledge, understanding and confidence to lead healthy, happy and fulfilling lives.

Relationships Education, Relationships and Sex Education (RSE) and Health Education form an essential part of our broad, balanced and inclusive curriculum. They contribute significantly to pupils' personal development, wellbeing, safeguarding and preparation for life in modern Britain.

Our curriculum reflects our commitment to nurturing the whole child. We believe education should develop not only academic success but also character, resilience, emotional intelligence and the ability to build positive relationships throughout life.

Our approach is underpinned by our core values of:

- Respect
- Kindness
- Compassion
- Responsibility
- Honesty
- Courage

Inclusion

These values are woven throughout every aspect of school life and provide the foundation upon which Relationships Education and RSE are delivered.

As a small rural primary school with a broadly Christian ethos, we value every member of our school community and celebrate the uniqueness of every child. We recognise that families come in many forms and that children need to understand and respect the diversity of modern society whilst developing empathy, tolerance and acceptance of others.

We believe that effective Relationships Education is one of the most important aspects of safeguarding. By teaching children about healthy relationships, personal boundaries, consent, online safety, emotional wellbeing and where to seek help, we empower them to recognise risks, make informed decisions and know that trusted adults are always available to support them.

Our curriculum has been carefully designed using the Kapow Primary RSE and PSHE Scheme of Work, ensuring full compliance with statutory guidance whilst allowing learning to reflect the specific needs and values of our school community.

At Kettlefields Primary School we aim to create confident communicators. Through our commitment to high-quality oracy, pupils are encouraged to develop the language, confidence and emotional vocabulary needed to express their thoughts, feelings and opinions respectfully. We believe that strong communication skills enable children to build healthy relationships, resolve conflict positively and seek help when they need it.

Relationships Education, RSE and Health Education are therefore not always taught as isolated subjects but also as part of our wider vision for personal development, safeguarding, inclusion and lifelong learning.

We work closely with parents and carers, recognising that they are children's first and most important educators. We are committed to openness, transparency and partnership, ensuring that families understand what is taught, when it is taught and how they can support learning at home.

Ultimately, our ambition is that every child leaves Kettlefields Primary School with the knowledge, confidence, resilience and values needed to flourish throughout secondary education and beyond.

2. Policy Development

This policy has been developed in accordance with statutory guidance issued by the Department for Education and reflects the individual context, values and priorities of Kettlefields Primary School.

The policy has been written following consultation with:

- School leaders
- Teaching and support staff
- The Governing Board
- Parents and carers
- Pupils through pupil voice activities

The consultation process included:

- A review of existing provision
- Evaluation of the updated statutory guidance (2025)
- Review of the Kapow Primary RSE curriculum
- Parent consultation through the newsletter, information provided and a questionnaire
- Governor scrutiny and approval
- Staff consultation regarding implementation and training

The school recognises that meaningful engagement with parents is essential in developing an effective Relationships Education and RSE programme. Parents have been provided with opportunities to view curriculum materials, ask questions and contribute to the development of this policy.

This policy should be read alongside the school's:

- Child Protection and Safeguarding Policy
- Behaviour Policy
- Online Safety Policy
- Equality Information and Objectives
- SEND Policy
- Mental Health and Wellbeing Policy
- Attendance Policy

The policy will be reviewed annually or sooner if there are significant changes to legislation, statutory guidance or the needs of the school community.

3. Statutory Framework

This policy has been developed in accordance with current legislation and statutory guidance issued by the Department for Education.

Kettlefields Primary School fulfils its statutory duties through the delivery of Relationships Education, Relationships and Sex Education (RSE) and Health Education in line with the updated statutory guidance published in 2025 for implementation from September 2026.

Our curriculum is underpinned by the principle that high-quality Relationships Education supports children's wellbeing, protects them from harm and prepares them to become responsible, respectful and active citizens.

The policy reflects the requirements of:

- Children and Social Work Act 2017
- Education Act 1996
- Learning and Skills Act 2000
- Education and Inspections Act 2006
- Equality Act 2010
- Keeping Children Safe in Education (2025)
- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (2025)
- The National Curriculum for England
- SEND Code of Practice
- Working Together to Safeguard Children

The curriculum also supports the school in fulfilling duties relating to:

- Safeguarding children
- Promoting equality of opportunity
- Preventing discrimination
- Supporting pupils' mental health and wellbeing
- Promoting British Values
- Spiritual, Moral, Social and Cultural (SMSC) development
- Personal Development as defined within the Ofsted Education Inspection Framework

In accordance with statutory requirements:

Relationships Education is compulsory for all pupils in primary schools.

Health Education is compulsory for all pupils in primary schools.

Elements of human growth, puberty and reproduction are taught through the National Curriculum for Science and cannot be withdrawn.

Kettlefields Primary School also teaches additional non-statutory Sex Education in Year 6 to prepare pupils for secondary education. Parents have the legal right to request withdrawal from these specific lessons only.

Our curriculum has been carefully mapped using the Kapow Primary RSE and PSHE Scheme to ensure complete coverage of all statutory requirements while remaining appropriate to the age, maturity and needs of our pupils.

Through this curriculum, we aim not only to meet statutory expectations but to promote children's happiness, safety, dignity and lifelong wellbeing.

4. Curriculum Content and Organisation

Curriculum Intent

At Kettlefields Primary School, we believe that Relationships Education, Relationships and Sex Education (RSE) and Health Education are fundamental to developing confident, caring and responsible young people. Our curriculum is designed to equip children with the knowledge, understanding, language and skills they need to build positive relationships, make informed decisions, keep themselves safe and contribute positively to society.

Our curriculum has been carefully planned to reflect:

- The statutory requirements of the Department for Education (2025).
- The needs of pupils within our school community.
- Our commitment to safeguarding and personal development.
- Our whole-school values of kindness, respect, compassion, responsibility, honesty, courage and inclusion.
- Our commitment to developing excellent oracy skills, enabling pupils to communicate confidently, express emotions appropriately and seek help when needed.

We recognise that children develop at different rates and come from diverse backgrounds and family experiences. Our curriculum is therefore progressive, inclusive and responsive to the needs of all learners.

Curriculum Organisation

Relationships Education, RSE and Health Education are delivered primarily through our Personal, Social, Health and Economic (PSHE) curriculum using the **Kapow Primary PSHE and RSE Scheme of Work**.

The Kapow curriculum has been selected because it:

- fully meets all statutory requirements;
- provides a carefully sequenced progression of knowledge and skills from Reception to Year 6;
- promotes safeguarding throughout the curriculum;
- reflects diversity and inclusion;
- develops children's emotional literacy and wellbeing;
- supports high-quality discussion and oracy;
- enables children to become informed, respectful and resilient citizens.

Learning is carefully sequenced so that concepts are revisited and developed as pupils mature, allowing children to build on prior learning and deepen their understanding over time.

Relationships Education and RSE are not taught in isolation. Opportunities to reinforce learning are planned across the wider curriculum, including:

- Science
- Computing (Online Safety)
- Religious Education
- Collective Worship and Assemblies
- Outdoor Learning
- Educational Visits
- Anti-Bullying Week
- Children's Mental Health Week
- Safer Internet Day
- Personal Development activities
- Pupil Leadership opportunities

This whole-school approach enables pupils to see the relevance of their learning across different contexts and promotes consistent messages throughout school life.

Curriculum Content

The curriculum is organised into progressive units that build children's knowledge and understanding throughout primary school.

Relationships Education

Children learn about:

- Families and caring relationships
 - Friendships
 - Respectful relationships
 - Kindness and empathy
 - Bullying and discrimination
 - Resolving conflict positively
 - Respecting personal boundaries
 - Consent and seeking permission
 - Online friendships
 - Trusted adults
 - Community and belonging
-

Health Education

Children learn about:

- Physical health
- Mental wellbeing
- Emotional literacy
- Healthy lifestyles

- Nutrition
 - Physical activity
 - Sleep
 - Dental health
 - Medicines
 - Personal hygiene
 - Puberty
 - Growing and changing
 - Keeping safe
 - Basic first aid
-

Relationships and Sex Education (RSE)

Year 6 pupils receive additional non-statutory Sex Education to complement the statutory Science curriculum.

This includes age-appropriate learning about:

- Human reproduction
- Conception
- Pregnancy
- Birth
- Preparing for secondary school
- Respectful relationships
- Personal responsibility

These lessons are delivered sensitively and professionally, recognising the maturity of Year 6 pupils and preparing them for transition to secondary education.

Parents retain the legal right to withdraw their child from these additional non-statutory Sex Education lessons only.

Curriculum Implementation

Teachers adapt learning to meet the needs of individual pupils whilst maintaining high expectations for all.

Lessons are characterised by:

- High-quality discussion
- Active participation
- Collaborative learning
- Reflection
- Problem-solving
- Scenario-based learning
- Retrieval of previous knowledge
- Vocabulary development

- Opportunities for pupil voice

Throughout lessons pupils are encouraged to:

- ask thoughtful questions;
- justify opinions respectfully;
- listen actively;
- challenge ideas appropriately;
- appreciate different viewpoints;
- develop confidence when speaking.

Developing effective communication is central to our curriculum and reflects our commitment to oracy across the school.

5. Delivery of Relationships Education and RSE

Relationships Education and RSE are taught by class teachers who know their pupils well and have established positive relationships based on trust and mutual respect.

Where appropriate, external professionals may contribute to learning to provide specialist knowledge or expertise. Any external visitors work under the direct supervision of school staff and in accordance with this policy and all safeguarding procedures.

Creating a Safe Learning Environment

We recognise that pupils learn best when they feel emotionally secure.

Teachers create an environment where pupils feel confident to ask questions, express opinions and discuss sensitive issues appropriately.

Every lesson establishes clear expectations, including:

- respecting everyone's opinions;
- listening without interruption;
- using appropriate language;
- avoiding personal questions;
- respecting privacy;
- understanding that everyone has different experiences.

Children are reminded that they are never expected to share personal information.

Teaching Approaches

Teaching approaches include:

- whole-class discussion;
- paired and group work;
- role play;
- case studies;
- stories;
- photographs and illustrations;
- video clips;
- collaborative tasks;
- reflection activities;
- anonymous question boxes;
- scenario-based learning.

Teachers carefully select resources that are accurate, inclusive and appropriate to pupils' age and stage of development.

Managing Questions

Children are encouraged to ask questions throughout their learning.

Teachers answer questions:

- honestly;
- factually;
- sensitively;
- within the boundaries of the curriculum;
- using age-appropriate language.

If a question falls outside the planned curriculum or is not appropriate to answer within a whole-class setting, teachers will explain this sensitively and encourage pupils to speak with a trusted adult if further discussion is required.

Where questions raise safeguarding concerns, staff follow the school's safeguarding procedures immediately.

Assessment

Assessment within Relationships Education and RSE is formative.

Teachers assess pupils through:

- discussion;
- observation;
- questioning;
- reflective activities;
- pupil voice;

- retrieval activities;
- self-assessment.

Assessment focuses upon pupils' understanding, confidence and application of learning rather than personal beliefs or experiences.

6. Inclusion, Safeguarding and Confidentiality

Inclusion

At Kettlefields Primary School we believe every child has the right to access a high-quality Relationships Education and RSE curriculum.

Learning is adapted appropriately to ensure all pupils, including those with Special Educational Needs and Disabilities (SEND), can access learning successfully.

Teachers make reasonable adjustments through:

- adapted vocabulary;
- visual supports;
- additional adult support;
- scaffolded learning;
- adapted questioning;
- pre-teaching of key concepts;
- flexible grouping.

Our curriculum celebrates diversity and reflects modern British society.

Children learn that families differ and that every individual deserves dignity, kindness and respect.

Relationships Education promotes understanding of protected characteristics under the Equality Act 2010 in an age-appropriate manner while recognising the diverse beliefs and backgrounds represented within our school community.

7. Safeguarding

Relationships Education and RSE are an essential component of our safeguarding curriculum.

Children are taught to:

- recognise healthy and unhealthy relationships;
- understand personal boundaries;
- recognise unsafe situations;
- identify trusted adults;
- seek help confidently;
- understand online risks;
- recognise coercion and manipulation;

- understand consent through age-appropriate contexts;
- develop resilience.

All staff understand that RSE lessons may prompt safeguarding disclosures.

Where this occurs:

- pupils are listened to carefully;
- no promises of confidentiality are made;
- concerns are recorded promptly;
- the Designated Safeguarding Lead is informed immediately;
- school safeguarding procedures are followed.

Confidentiality

Staff cannot offer absolute confidentiality.

Pupils are reminded that:

- teachers may need to share information if they are worried about a child's safety;
- safeguarding always takes priority;
- trusted adults are available to help.

Ground rules ensure that pupils understand:

- not to disclose personal experiences publicly;
- not to ask intrusive questions;
- to respect everyone's privacy;
- to use appropriate language;
- to listen respectfully.

These expectations help create a safe, respectful learning environment where all pupils feel valued and protected.

Through this carefully planned approach, Relationships Education, RSE and Health Education make a significant contribution to safeguarding, personal development and the wellbeing of every child at Kettlefields Primary School.

8. Working in Partnership with Parents

Our Commitment

At Kettlefields Primary School, we recognise that parents and carers are children's first and most influential educators. We believe that the most effective Relationships Education, Relationships and Sex Education (RSE) and Health Education is delivered through a strong partnership between home and school.

Our aim is to ensure that parents are well informed, confident in our curriculum and able to support learning at home. We value open communication and welcome questions, discussions and feedback at all times.

The school is committed to:

- consulting parents whenever the policy is reviewed;
- providing clear information about curriculum content;
- sharing curriculum overviews with families;
- making this policy freely available via the school website and school office;
- offering opportunities for parents to view curriculum resources;
- responding promptly to parental questions or concerns;
- ensuring transparency regarding the teaching of Relationships Education and RSE.

We understand that families have different experiences, beliefs and values. While recognising this diversity, we are committed to delivering the statutory curriculum in a balanced, factual and inclusive manner that prepares pupils for life in modern Britain.

Parent Information

Parents are informed about the curriculum through:

- the school website;
- parent newsletters;
- curriculum information events;
- consultation events;
- meetings with the Headteacher or PSHE/RSE Subject Leader;
- curriculum overviews sent to families.

Parents wishing to discuss any aspect of the curriculum are encouraged to contact the school.

Representative samples of teaching materials are available for parents to view on request. Where copyright restrictions apply, materials will be viewed in school.

Supporting Learning at Home

We encourage parents to continue conversations started in school.

The school supports this partnership by:

providing curriculum information in advance of teaching sensitive topics;

signposting parents to trusted resources where appropriate;

encouraging positive conversations about relationships, health and wellbeing;

working together where pupils require additional support.

9. Parents' Right to Withdraw

Relationships Education and Health Education are statutory subjects within the primary curriculum.

Parents cannot withdraw their child from:

- Relationships Education;
- Health Education;
- any learning taught through the National Curriculum for Science, including puberty and human reproduction.

At Kettlefields Primary School, we also teach additional non-statutory Sex Education within Year 6 to complement pupils' understanding of human development and prepare them for secondary education.

Parents have the legal right to request that their child be withdrawn from these specific non-statutory lessons.

Withdrawal Procedure:

Where a parent wishes to withdraw their child they should:

- Contact the Headteacher.
- Arrange a meeting to discuss the request.
- View the relevant curriculum materials if required.
- Discuss any concerns or misconceptions.

The purpose of this meeting is to ensure parents fully understand:

- what is and is not taught;
- the statutory requirements;
- the educational rationale for teaching the content;
- how the school supports pupils.

Should parents choose to proceed, the request will be respected.

Alternative supervised learning will be provided during withdrawn lessons.

The school will keep a written record of all withdrawal requests.

Our Position

Whilst recognising parents' legal rights, Kettlefields Primary School believes that age-appropriate Sex Education contributes significantly to safeguarding children, promoting healthy relationships and preparing pupils for secondary education.

We therefore encourage all families to allow their children to participate fully in the curriculum.

10. Roles and Responsibilities

The Governing Board is responsible for:

- approving this policy;
- ensuring statutory compliance;
- monitoring implementation;
- ensuring appropriate resources are available;
- reviewing the policy annually;
- supporting school leaders in delivering high-quality provision.

The Headteacher will:

- oversee implementation of this policy;
- ensure statutory requirements are met;
- support the Subject Leader;
- ensure appropriate staff training;
- manage withdrawal requests;
- monitor quality of provision;
- report to governors.
- PSHE/RSE Subject Leader

The Subject Leader will:

- lead curriculum development;
- monitor teaching and learning;
- support staff;
- organise training;
- maintain curriculum resources;
- review statutory guidance;
- evaluate the effectiveness of provision;
- report to senior leaders and governors.

Teaching Staff will:

- deliver the curriculum professionally and confidently;
- establish safe learning environments;

- adapt teaching to meet pupils' needs;
- promote respect and inclusion;
- follow safeguarding procedures;
- answer questions honestly and appropriately;
- seek guidance where necessary;
- contribute to curriculum evaluation.

All staff are expected to model positive, respectful relationships at all times.

Support staff contribute by:

- reinforcing learning appropriately;
- supporting pupils' understanding;
- promoting positive behaviour;
- following safeguarding procedures;
- maintaining confidentiality.

Parents and Carers are encouraged to:

- support learning at home;
- engage positively with consultation;
- communicate any concerns with school;
- reinforce school values;
- work collaboratively with staff.

Pupils

Pupils are expected to:

- participate positively;
- listen respectfully;
- contribute thoughtfully;
- respect differing opinions;
- follow agreed ground rules;
- seek support from trusted adults when needed.

11. Staff Training

High-quality Relationships Education and RSE depend upon confident and knowledgeable staff.

Kettlefields Primary School is committed to providing ongoing professional development for all adults involved in delivering the curriculum.

Training includes:

- statutory guidance updates;
- safeguarding;
- child protection;
- effective questioning;
- managing sensitive discussions;
- supporting pupils with SEND;

- Equality Act responsibilities;
- curriculum developments;
- online safety;
- mental health and wellbeing.

The PSHE/RSE Subject Leader identifies training needs through:

- lesson observations;
- staff questionnaires;
- monitoring activities;
- curriculum reviews;
- changes to statutory guidance.

New members of staff receive appropriate induction before delivering Relationships Education or RSE.

12. Monitoring, Evaluation and Review

Monitoring ensures that Relationships Education and RSE remain effective, relevant and responsive to pupils' needs.

The Subject Leader monitors provision through:

- lesson observations;
- learning walks;
- planning scrutiny;
- pupil interviews;
- work scrutiny where appropriate;
- staff feedback;
- parent feedback;
- governor monitoring visits;
- curriculum audits.

The impact of the curriculum is evaluated through:

- pupil confidence;
- pupil wellbeing;
- safeguarding information;
- behaviour data;
- attendance patterns;
- pupil voice;
- parent questionnaires;
- staff evaluations.

Evaluation findings inform future curriculum development and staff training.

This policy will be reviewed annually or sooner should legislation or statutory guidance change.

13.Appendices

Appendix 1 – Curriculum Overview

A detailed year-by-year overview of the Kapow Primary PSHE and RSE curriculum is available separately and forms part of this policy.

The overview identifies:

statutory Relationships Education;

statutory Health Education;

National Curriculum Science links;

Year 6 non-statutory Sex Education lessons.

Appendix 2 – Parent Withdrawal Request Form

Kettlefields Primary School

Request to Withdraw a Child from Non-Statutory Year 6 Sex Education

Child's Name: _____

Class: _____

Parent/Carer: _____

I wish to request that my child is withdrawn from the additional non-statutory Sex Education lessons delivered as part of the Year 6 Relationships and Sex Education curriculum.

Reason for request (optional):

Signature: _____

Date: _____

Headteacher Meeting Held:

☐ Yes

☐ No

Decision Recorded:

☐ Withdrawal Agreed

Date: _____

Headteacher Signature:

Appendix 3 – Key Related Policies

This policy should be read alongside:

Child Protection and Safeguarding Policy

Behaviour Policy

Attendance Policy

Equality Policy

SEND Policy

Online Safety Policy

Computing Policy

Mental Health and Wellbeing Policy

PSHE Policy

Complaints Policy

Appendix 4 – Policy Review Schedule

Activity	Responsibility	Timescale
Curriculum Review	PSHE/RSE Subject Leader	Annually
Parent Consultation	Headteacher	Prior to policy review
Governor Approval	Governing Board	Annually
Staff Training Review	Subject Leader	Annually
Policy Publication	School Office	Following approval

Policy Approval

Approved by the Governing Board of Kettlefields Primary School

Chair of Governors: Diane Kingdon

Headteacher: Alicia Gadsby

PSHE/RSE Subject Leader: Sarah Mallyon

Approval Date: 13 July 2026

Review Date: July 2027

Final Statement

At Kettlefields Primary School, we believe that Relationships Education, Relationships and Sex Education and Health Education play a vital role in enabling every child to flourish. Through strong partnerships with families, high-quality teaching and an inclusive curriculum rooted in kindness, respect and compassion, we seek to ensure that every pupil develops the confidence, knowledge and values needed to build healthy relationships, keep themselves safe and make a positive contribution to society throughout their lives.