



King's Cliffe Endowed Primary School



Relationships, Sex and Health Education (RSHE) 2024 - 2025



Growing a love for learning

Information being shared today

- The government requirements for RSHE in primary schools
- How our policy reflects the requirements
- Where to find the full programme of study
- The right to withdraw - what and how?
- How we are inclusive
- Confidentiality and safeguarding
- Questions and feedback



Components of the PSHE curriculum

Personal Social Health Economic (PSHE) education

Relationships

Health



What does statutory Relationships Education include?

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

What does statutory Health Education include?

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Basic first aid
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Changing adolescent body (puberty including menstruation)

What about Sex Education?

- Sex Education is not compulsory in primary schools beyond the Science National Curriculum (Science National Curriculum includes some aspects although human reproduction is optional)
- DfE recommends children know 'how a baby is conceived and born' before leaving primary school
- Parents have the right to withdraw their children from Sex Education beyond the Science National Curriculum
- Right to withdraw is in our policy

How do we plan to teach RSHE?



Each year group covers the following topics as part of a spiral PSHE curriculum:





Growing a Love for Learning

Relationships, Sex and Health Education (RSHE)

From September 2020, it became a statutory requirement that all schools in England and Wales teach Relationship and Sex Education as a fundamental part of the curriculum.

[Link to PHSE and RSHE policy.](#)

As a school we will continue to use Jigsaw as our PSHE / Health & Well-being Programme; it offers a comprehensive programme which includes the statutory RSHE in an age-appropriate way.

Both programmes are underpinned and enriched by PSHE and specialised visitors

Useful links

[DfE Relationships Education, Relationships and Sex Education \(RSHE\) and Health Education Statutory Guidance.pdf](#)
[Jigsaw RSHE Overview.pdf](#)
[RSHE primary schools guide for parents.pdf](#)
[The Department for Education RSE Q&As.docx](#)

King's Cliffe Endowed Primary School is committed to Sex and Relationship Education which:

1. Is an identifiable part of our PSHE education curriculum which has planned, timetables lessons across all Key Stages. (See PSHE Mapping)
2. Is taught by staff regularly supported with expert visitors invited in to enhance and supplement the programme where appropriate.
3. Works in partnership with parents and carers, informing them about what their children will be learning and how they can support their children at home.
eg. Tapestry, details home on online safety/ sex education/ first aid training/
4. Delivers lessons where pupils feel safe and encourages participation with a variety of teaching opportunities to develop critical thinking and relationship skills. eg. Usage online, Protective behaviours

5.	Gives a positive view of human sexuality with honest and accurate information so pupils can learn about their bodies and sexual and reproductive health in ways that are appropriate to their age and maturity. eg. SE education lessons, support from school nurse,
6.	Gives pupils opportunities to continually reflect on values and influences (such as from peers, media, faith and culture) that may shape their attitudes to relationships and sex, and nurtures respect for those with different views. eg. webinars on careers, Parliament, economic lessons, Protective characteristic assemblies, RE lessons linked to faith
7.	Includes learning about how to get help and treatment from sources such as Childline, NSPCC and other health and advice services as well as to how to find reliable information online.
8.	Through Protective Characteristic lessons, assemblies and everyday school life, it fosters gender equality and challenges all forms of discrimination.
9.	Meets the needs of all pupils with their diverse experiences- including those with SEND
10.	Seeks pupils' views about RSHE so that teaching can be made relevant to their lives and assessed and adapted as their needs change. eg. Extra lessons where needed on relationships, building friendships,

Right to withdraw

Parents have the right to withdraw their children from the Sex Education unit of the RSHE curriculum, except for those parts included within the National Curriculum for Science, which are statutory. If a parent wishes to withdraw their child, they will need to make their request in writing to the Head teacher. During these lessons, the child/children may be sent to another classroom to complete alternative work set by their class teacher.

Please note - Parents and carers may NOT withdraw their children from Relationships Education or Health Education or the lessons, which form part of the National Curriculum for Science.

Full programmes of study

On our website you will find links to our PSHE skills and knowledge taught to the children in each year group.

This will tell you exactly what your child is learning.

How are we inclusive?

LGBTQ+ relevant knowledge and examples are included throughout programmes of study

Inclusive language is used, considering how individual pupils may relate to topics.

Avoid segregating by gender unless there is a clear rationale (e.g. giving girls a chance to ask questions about menstruation in a female only environment).

Ensure all faith/religious backgrounds of pupils are taken into account when planning so topics are appropriately handled (Equality Act 2010, which religion and belief are among the protected characteristics).

Confidentiality and safeguarding

Confidentiality and handling disclosure

During PSHE lessons, children may disclose a range of issues, including FGM and sexual exploitation, of which staff are trained to be aware of and discuss appropriate measures when they are raised. We have robust reporting systems in place for safeguarding disclosures which all staff are aware and receive regular training. Please see our safeguarding policy for further information.

Confidentiality

Whilst teachers will strive to be discreet and nurturing when dealing with an issue raised by a pupil, safeguarding protocols will be followed, and pupils will be made aware that information cannot be held confidential.

Thank you - any questions?

To gather your feedback, we would be grateful if you have any questions or comments about RSHE or would like more information, then please contact Mrs Singer at claire.singer@kceps.co.uk