



# **BAILEY GREEN PRIMARY AND NURSERY SCHOOL**

## **Relationships, Sex and Health Education Policy**

**September 2026**

## Rationale

This policy has been written in line with the **Department for Education's statutory guidance for Relationships, Sex and Health Education (RSHE)**, including the updated requirements to be implemented by September 2026. It also reflects the National Curriculum for Science, the school's PSHE programme, and guidance from North Tyneside Local Authority.

Bailey Green Primary School trialled the draft RSHE guidance from 2019–2020 and has continued to refine its curriculum in consultation with staff, governors and parents. The current policy has been shaped through ongoing engagement with the school community, including a parent working group who contributed to the development of our programme of study and parent information materials.

RSHE is part of lifelong learning about physical, emotional, social and moral development. It helps children understand the importance of healthy, respectful and caring relationships. RSHE at Bailey Green reflects the values of our PSHE curriculum and is taught within the context of positive relationships, self-esteem, safety and well-being.

RSHE supports children to form and maintain healthy relationships, value themselves and others, and make informed, safe choices at home, at school and in the wider community.

## Roles and Responsibilities

The RSHE programme is led by the PSHE subject leader, supported by the Senior Leadership Team, and delivered by all teaching staff. Where appropriate, external agencies may support delivery in line with school safeguarding procedures.

Staff receive regular training to ensure they are confident, up-to-date and able to deliver RSHE effectively and sensitively.

## Statutory Requirements

RSHE is a statutory part of the curriculum for all primary-aged pupils. This includes:

- Relationships Education
- Health Education
- National Curriculum Science

Parents retain the right to withdraw their child from non-statutory sex education, specifically content not included within the Science curriculum. Parents cannot withdraw their child from Relationships Education or Health Education.

Our RSHE policy supports and aligns with the school's PSHE, RE, Science, Safeguarding and British Values policies. It reflects our mission statement which is as follows:

*We aim to make our school and nursery a welcoming and friendly place to be so that children can be happy in our nursery and in school. We want them to enjoy learning, reach their full potential and we will nurture their health and emotional well-being at all times. We will provide a stimulating learning environment and a variety of exciting opportunities and experiences within a broad and balanced curriculum. We aim to give children the best possible start to their education by developing their curiosity, imagination and desire to learn. Each child is valued as an individual irrespective of their race, gender, culture or sexual orientation.*

## Aims and Objectives

The aim of RSHE at Bailey Green is to provide children with the knowledge, skills and values they need to:

- Build healthy, respectful relationships
- Understand and manage their emotions
- Stay safe, including online
- Develop confidence, self-esteem and resilience
- Make informed, healthy choices
- Understand the changes that occur during puberty
- Respect their own bodies and the bodies of others
- Recognise unsafe or harmful situations and know how to seek help

We aim to ensure all children receive RSHE that is age-appropriate, developmentally appropriate, and inclusive, in line with the Equality Act 2010.

## Definitions

**Relationship education** at Bailey Green is learning about the physical, social, legal and emotional aspects of human relationships including friendships, family life and relationships with other children and adults, both online and offline. Relationships education supports children to be safe, happy and healthy in their interactions with others now and in the future.

**Health Education** at Bailey Green is learning about various aspects of health, including physical, mental, emotional, social well-being and the skills needed to make informed decisions and adopt behaviours, that lead to healthy lifestyles.

**Sex education** at Bailey Green is learning about the process of reproduction and birth as part of the human lifecycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for.

In primary schools, sex education is not statutory, except for the biological elements of human reproduction taught in Science. When additional content (such as how a baby is conceived) is taught in UKS2, parents have the right to withdraw their child.

## Curriculum Design

Our RSHE curriculum is part of our whole-school PSHE provision and includes all statutory content as described in [Relationships and sex education \(RSE\) and health education - GOV.UK](#)

It builds on the EYFS Personal, Social and Emotional Development (PSED) framework. It covers:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships and digital safety
- Being safe
- Physical health and mental well-being
- Puberty and body changes (taught in upper KS2)

We use the Kapow scheme of work, which has been updated to reflect the 2026 statutory guidance.

## National Curriculum Science Links

### Key Stage 1

- Year 1: Naming basic body parts and identifying which body is associated with each senses
- Year 2: Noticing that animals, including humans, have offspring, which grow into adults

### Key Stage 2

- Year 3: Plant reproduction
- Year 4: There are no specific science objectives that relate to RSHE this year
- Year 5: Describe the changes as humans develop to old age. Reproduction in plants and animals. Children should learn about different types of reproduction, including asexual reproduction in plants, descriptive reproduction of animals (statutory) and sexual reproduction in humans (non-statutory)
- Year 6: Variation off offspring, and difference between the offspring and parent

## **Use of Scientific Vocabulary**

Bailey Green uses correct scientific names for body parts from EYFS to Year 6, in line with safeguarding best practice.

## **PSHE Curriculum**

All year groups follow planning, which outlines the objectives and topics that children will learn about. A long term overview for KS1 and KS2 classes can be found on the *Curriculum Overview* page on our school website.

## **Resources**

All resources are carefully selected, age-appropriate and recommended by the Local Authority, Kapow or national bodies. Parents may view all RSHE resources on request.

## **SEND Provision**

Teaching and resources are adapted to ensure all pupils, including those with SEND, can access RSHE at an appropriate level.

## **Assessment**

Assessment is ongoing and based on pre and post-unit mind maps, teacher observations, discussions and planned activities in lessons.

## **Diversity and Equality**

At Bailey Green, we celebrate the differences between ourselves and those around us; children learn to treat others with kindness and recognise that everyone's family is special. Fundamental British Values are promoted and to help children become responsible, respectful members of society. Children will also be helped to understand the importance of equality and respect, learning about different types of families, including same sex relationships.

## **Safe and Effective Practice**

To ensure a safe learning environment:

- Ground rules are established at the start of RSHE lessons
- An anonymous question box may be used
- Staff answer questions honestly but within age-appropriate boundaries
- If a question is inappropriate for the class, staff will address it individually or involve parents where necessary

- Any safeguarding concerns are reported immediately to the Designated Safeguarding Lead who will record it, following our school Child Protection Policy.

Staff cannot promise confidentiality where a child's safety is at risk.

## **Engaging Stakeholders**

The RSHE policy is available on the school website and in the school prospectus. Parents are informed when specific content such as puberty education is taught and are invited to view teaching materials.

Parents may withdraw their child from non-statutory sex education, but not from Relationships or Health Education. The school works closely with parents to ensure they understand the purpose and importance of RSHE. Children are rarely withdrawn from non-statutory aspects of sex and relationship education as close partnership with parents means that they recognise the importance of this in their child's education.

## **Monitoring and Evaluation**

The RSHE programme is monitored by the Headteacher, PSHE Lead, and the named governor. Monitoring includes:

- Lesson observations
- Planning scrutiny
- Pupil voice
- Staff feedback
- Parent feedback

Evaluation informs future planning and ensures the curriculum remains effective, relevant and compliant with statutory requirements.

This policy is reviewed annually and approved by our school governors. Updates are reflected in the school prospectus and shared with staff as part of induction.