# Goodrich CE Primary School

# Relationships, Sex and Health Education Policy

Date of consultation: October 2026
Review by: October 2027

# GOODRICH CE PRIMARY SCHOOL
# RSHE Policy

**Goodrich Church of England VC Primary School**
**Achieve ∞ Believe ∞ Care**




*'But I will bless the person who puts his trust in me. He is like a tree growing near a stream and sending out roots to the water. It is not afraid when hot weather comes, because its leaves stay green;*
*it has no worries when there is no rain; it keeps on bearing fruit.'* ***Jeremiah 17:7-8*** *(Good News)*

**RSHE and the Goodrich Tree Aims**

Relationships, Sex and Health Education (RSHE) is an important part of helping our children to grow and flourish. It nurtures the whole child, helping them to develop the knowledge, understanding, skills and attitudes they need to build healthy relationships, care for themselves and others, and make safe and responsible choices.

RSHE helps to strengthen the roots of our tree by developing children's sense of self-respect, confidence, values and understanding of what it means to treat others with kindness and dignity.

It strengthens the trunk by developing the personal and social skills children need to demonstrate our TIPTOP values – particularly being thoughtful, independent, a team player and persevering when faced with challenges.

It develops the branches and leaves by giving children age-appropriate knowledge and opportunities to explore relationships, health, wellbeing, emotions, growing and changing, and how to keep themselves safe.

Ultimately, RSHE contributes to the fruit of our tree: children who are caring, respectful, confident and empathetic, who understand themselves and others, and who are prepared to make positive contributions to their families, school and wider community.

Through RSHE, we aim to:

- Provide a safe and supportive framework in which sensitive discussions can take place.
- Prepare pupils for puberty and help them understand physical and emotional development, health and hygiene.
- Help pupils develop self-respect, confidence and empathy, alongside positive characteristics such as kindness and integrity.
- Develop an understanding of healthy and respectful relationships and promote positive attitudes towards physical and mental health.
- Teach pupils the correct vocabulary to describe themselves and their bodies.
- Help pupils understand how to keep themselves safe and where to seek help and support.
- Encourage children to recognise their own worth and the importance of treating themselves and others with dignity and respect.

In this way, RSHE helps our children to put down strong roots, grow with confidence, blossom as unique individuals and ultimately bear the fruit of a caring, resilient and responsible member of society.

## Statutory Requirements

As part of the Diocese of Hereford Academy Trust , we must provide relationships education to all pupils under section 34 of the Children and Social Work Act 2017. We must also teach health education.
We don't have to follow the National Curriculum, but we are expected to offer all pupils a curriculum that is similar to the National Curriculum including requirements to teach science. This would include the elements of sex education contained in the science curriculum.

In teaching RSHE, we're required by our funding agreements to have regard to guidance issued by the secretary of state, as outlined in section 403 of the Education Act 1996.

We also have regard to legal duties set out in:

- Sections 404 to 407 of the Education Act 1996
- Part 6, chapter 1 of the Equality Act 2010
- The Public Sector Equality Duty (PSED) (as set out in section 149 of the Equality Act 2010). This duty requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities

At Goodrich CE Primary School, we teach RSHE as set out in this policy.

## Policy Development

This policy has been developed in consultation with staff, pupils and parents/carers. The consultation and policy development process involved the following steps:

- Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance.
- Pupil consultation – we listened to what exactly pupils want from their RSHE.
- Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations.
- Parent/stakeholder consultation – parents/carers were given a copy of our updated policy and feedback welcome for consideration.
- Ratification – once amendments were made, the policy was shared with governors and ratified.

## Definition of RSHE at Goodrich CE Primary School

**Relationship, sex and health education** will:

- Teach the skills and knowledge that form the building blocks of all positive relationships
- Support children from the start of their education to grow into kind, caring adults who:
    - Have respect for others
    - Know how to keep themselves safe
    - Have emotional awareness

- Highlight the benefits and importance of physical activity, good nutrition, sufficient sleep and time spent outdoors
- Emphasise the relationship between physical health and mental wellbeing
- Aim to reduce stigma attached to health issues, in particular relating to mental health, and discourage the pejorative use of language related to ill health

**Curriculum Content (2026 Framework Updates)**

Our curriculum is structured around the PSHE Association's 2026 Programme of Study. We have integrated the mandatory 2026 RSHE updates to ensure our provision meets all local and national requirements.

Key areas of learning include:

- **Online Safety and Wellbeing:** Helping children navigate digital environments safely and critically.
- **Body Knowledge and Terminology:** The use of accurate, scientific terminology for body parts (including genitalia) from an early age to ensure safeguarding and clarity.
- **Personal Safety:** Expanding hazard awareness to include personal safety around water, roads, and railways.
- **Change and Loss:** Helping children understand and cope with change, loss, and bereavement.
- **Preparation for Puberty:** Ensuring both boys and girls are prepared for the change's adolescence brings (including menstruation) before they occur.

In Year 6, our non-statutory sex education provision includes identifying the links between committed relationships and conception and understanding how a baby is made and develops.

**Delivery of RSHE**

RSHE is taught within the personal, social, health and economic (PSHE) education curriculum following the PSHE Association Guidance. Biological aspects of RSHE are taught within the science curriculum, and other aspects are included in other areas of the curriculum, e.g. RE and Computing.

The school will make sure that:

- Core knowledge is sectioned into units of manageable size
- The required content is communicated to pupils clearly, in a carefully sequenced way and within a planned scheme of work
- Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge, so that it can be used confidently in real-life situations

When answering pupils' questions, including those that may fall outside the planned curriculum:

- Teachers will respond in a factual, age-appropriate, and sensitive manner using correct terminology.
- Ground rules will be established in classrooms to ensure a safe learning environment.

Our relationships education focuses on teaching the skills and knowledge that form the building blocks of all positive relationships, supporting children from the start of their education to grow into kind, caring adults who have respect for others and know how to keep themselves and others safe, including:

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships

- Online safety and awareness
- Being safe
- Health education will:
- Highlight the benefits and importance of physical activity, good nutrition, sufficient sleep and time spent outdoors
- Emphasise the relationship between physical health and mental wellbeing

Our primary sex education taught in Year Five and Year Six will be taught in line with the National Curriculum for science, and focus on:

- The main external body parts
- The human body as it grows from birth to old age (including puberty)
- Reproduction in some plants and animals
- How a baby is conceived (in line with the factual curriculum of conception set out in the science curriculum)

Throughout each year group we will use appropriate material to assist learning, such as:

- Diagrams
- Videos
- Books
- Games
- Discussions and practical activities

Teachers will make sure that all pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and appropriately for the age of the pupils.

The programme will be designed to focus on boys as much as girls, and activities will be planned to make sure both are actively involved.

Pupils will be introduced to protective and preventative content in a way that does not cause unreasonable alarm and does not appear to normalise risky behaviours or activities. The school will make sure that all teaching and materials are appropriate for the ages and needs of the pupils, including any additional needs, such as special educational needs and disabilities (SEND).

In addition, we provide additional Sex and Relationships education sessions to Year 6 which are provided in conjunction with our school nurse.

**SEND Inclusion**

High-quality RSHE is every child's right. We use the PSHE Association's 2026 Planning Framework for Pupils with SEND to tailor learning. This progressive framework allows pupils to access content at a stage appropriate to their individual learning needs, ensuring adaptable and accessible learning for all.

We will teach about these topics in a manner that:

- Considers how a diverse range of pupils will relate to them
- Is accessible to pupils with SEND
- Is sensitive to all pupils' experiences
- During lessons, makes pupils feel:
    - Safe and supported
    - Able to engage with the key messages

We will also:

- Make sure that pupils learn about these topics in an environment that's appropriate for them, for example in:
    - A whole-class setting
    - Small groups or targeted sessions
    - 1-to-1 discussions
    - Digital formats
- Careful consideration is given to the level of differentiation needed.

**A Whole-School Approach & Safeguarding**

We recognise that RSHE does not happen in a vacuum. We take a whole-school approach, linking our RSHE curriculum to wider school policies, including behaviour and safeguarding, to create a consistently supportive environment. The welfare of our children is our top priority, and we encourage pupils to speak freely to staff about any concerns.

External visitors may be used to enhance the curriculum; however, they will always be supervised by a member of school staff and evaluated for safeguarding suitability in line with 2026 statutory guidance.

**Parents' Right to Withdraw**

We believe in open communication and transparency with parents regarding the RSHE materials and curriculum.

- Parents/carers cannot withdraw their child from statutory Relationships Education, Health Education, or the National Curriculum Science components.
- Parents/carers have the right to withdraw their child from the non-statutory sex education components provided in Year Six.

Before granting a withdrawal request, the Headteacher will discuss the request with parents to clarify the curriculum's purpose, discuss the benefits of sex education, and explain any potential social and emotional impacts of withdrawal (such as hearing inaccurate information from peers). If a pupil is withdrawn, they will receive appropriate, purposeful alternative education during those lessons.

**Monitoring and Review**

The delivery of RSHE is monitored by the PSHE Lead and Senior Leadership Team through learning walks, pupil voice questionnaires, and curriculum audits against the 2026 RSHE Statutory Guidance.

This policy will be reviewed annually to ensure it remains highly relevant to our pupils and compliant with national updates.