



Christ Church
CE Primary School

Growing and Learning Together in Christ

Head of School: Mrs K James

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

School Name: Christ Church C.E. Primary
Policy Shared with Governors: Autumn 2026
Date to be approved: 19th October 2026
Review Date: October 2027
PSHE/RSE Lead: Mrs James

Introduction

At Christ Church C.E. Primary School, Walshaw, we are committed to providing a broad and balanced curriculum that promotes the spiritual, moral, cultural, mental and physical development of all pupils. We recognise that PSHE and RSE play a fundamental role in preparing children for life, helping them to become healthy, independent, respectful and responsible members of society.

RSE teaching will be delivered within the context of the school's Christian vision and values, promoting dignity, respect, compassion and the worth of every individual.

We use the Kapow Primary RSE and PSHE scheme of work as the basis for our curriculum. The scheme is designed to meet the requirements of the statutory Relationships Education, Health Education and the National Curriculum, while supporting pupils' personal development and wellbeing.

This policy should be read alongside the school's policies on:

- Safeguarding and Child Protection
- Behaviour
- Anti-Bullying
- Equality and Diversity
- SEND + Inclusion
- Mental Health and Wellbeing



Aims

The aims of PSHE and RSE education at our school are to enable pupils to:

- Develop confidence, resilience and self-esteem.
- Build positive, respectful and healthy relationships.
- Understand how to keep themselves physically and mentally healthy.
- Recognise and manage risk, including online risks.
- Develop emotional literacy and self-awareness.
- Understand the importance of diversity, equality and inclusion.
- Become responsible, active citizens.
- Prepare for the opportunities, responsibilities and experiences of later life.
- Know how and when to seek help and support.

Statutory Requirements

This policy has been developed in accordance with:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (DfE, July 2025), effective from 1 September 2026.
- The Equality Act 2010.
- The Children and Social Work Act 2017.
- The Keeping Children Safe in Education guidance.

In primary schools:

- **Relationships Education and Health Education are statutory.**
- Parents cannot withdraw children from Relationships Education or Health Education.

Curriculum Content

We follow the **Kapow Primary RSE and PSHE curriculum**, which is delivered through carefully sequenced lessons from Reception to Year 6.

The curriculum is organised into several key themes, including:

Families and Relationships

Pupils learn about:

- Friendships
- Families and caring relationships
- Respectful behaviour
- Managing conflict
- Bullying and discrimination
- Diversity and inclusion
- Online relationships

Health and Wellbeing

Pupils learn about:

- Mental health and emotional wellbeing
- Physical health
- Healthy lifestyles
- Personal hygiene
- Puberty
- Growing and changing
- Safety and risk management
- Evaluating online information
- Managing change

Safety and the Changing Body

Pupils learn about:

- Personal safety
- Consent and boundaries
- Online safety
- First aid
- Medicines and household substances
- Keeping safe in different environments

Citizenship

Pupils learn about:

- Rights and responsibilities
- Democracy
- Community involvement
- Respect for others
- Diversity within modern Britain
- Environmental responsibility

Economic Wellbeing

Pupils learn about:

- Money management
- Enterprise
- Careers awareness
- Aspirations and goal setting
- Online financial harm

Relationship and Sex Education

Relationship Education supports pupils in understanding:

- Family relationships
- Friendships
- Respectful relationships
- Online relationships
- Keeping safe

Age-appropriate learning about human reproduction and puberty is taught through the National Curriculum for Science.

Teaching will always:

- Be factually accurate.



- Be age appropriate.
- Be inclusive and respectful.
- Reflect the needs of all pupils.
- Promote equality and respect.
- Avoid discrimination and stereotyping.

Teaching and Learning

PSHE and RSE are taught through:

- Dedicated curriculum lessons.
- Assemblies.
- Cross-curricular links.
- Whole-school events.
- Visits and visitors where appropriate.

Teachers create a safe learning environment where pupils can:

- Ask questions.
- Express views respectfully.
- Discuss sensitive topics appropriately.
- Develop critical thinking skills.

Ground rules are established to ensure discussions remain respectful and inclusive.

Inclusion

At Christ Church, we believe all pupils should have access to high-quality PSHE and RSE education.

Teaching takes account of:

- Special Educational Needs and Disabilities (SEND)
- Cultural backgrounds
- Religious beliefs
- Family circumstances
- Gender identity and protected characteristics

- Individual developmental needs

We actively promote equality and challenge prejudice, discrimination and stereotyping.

Reasonable adjustments will be made to ensure all pupils can access the curriculum.

Safeguarding

Through the RSE curriculum, pupils are taught age-appropriate knowledge about personal safety, online safety, media literacy, healthy relationships and the correct anatomical names for body parts, including external genitalia, taught in an age-appropriate way in line with safeguarding requirements.

Teachers understand that discussions within PSHE and RSE lessons may lead to disclosures.

As part of our safeguarding responsibilities:

- Teachers will not promise confidentiality.
- Concerns about a child's welfare will be reported in line with the school's safeguarding procedures.
- Pupils will be reminded of trusted adults and sources of support.

PSHE and RSE contribute significantly to safeguarding by teaching pupils how to recognise unsafe situations and seek help.

Assessment

Assessment is used to support pupils' learning and inform future teaching.

Assessment may include:

- Class discussion
- Self-reflection
- Teacher observation
- Quizzes and activities
- Written and practical outcomes



Pupils are not assessed on personal beliefs or experiences.

Working with Parents and Carers

We recognise that parents and carers are the primary educators of their children. Parents and carers will be consulted whenever significant changes are made to the RSE curriculum or policy.

Curriculum overviews and learning objectives will be available to parents on request and through the school website.

Parents are welcome to discuss curriculum content with the Headteacher or RSE Lead.

We value positive partnerships with families to support children's personal development.

Right to Withdraw

Christ Church C.E. Primary School has decided not to teach the non-statutory primary sex education lessons contained within some commercial RSE schemes.

Pupils will continue to receive all statutory Relationships Education and Health Education teaching, together with the required National Curriculum Science content relating to human development, reproduction, puberty and life cycles.

Therefore, no additional primary sex education programme beyond statutory requirements will be taught.

Therefore, there are currently no curriculum elements within RSE from which parents may request withdrawal.

Parents cannot withdraw their child from:

- Relationships Education
- Health Education
- National Curriculum Science content relating to human development and reproduction.

Monitoring and Evaluation

The quality of PSHE and RSE provision will be monitored through:

- Lesson observations
- Learning walks
- Pupil voice activities
- Teacher feedback
- Curriculum reviews
- Monitoring of outcomes

The PSHE Lead and Senior Leadership Team will review the effectiveness of the curriculum regularly.

Policy Review

This policy will be reviewed annually or sooner if required by changes to legislation, statutory guidance or school circumstances.