

STANBURN PRIMARY SCHOOL



Relationship and Health Education Policy

Committee Responsible:	Governing Body
Review Date:	Autumn Term 2025
Reviewed By: (Committee Name)	Governing Body
Next Review Date:	Autumn Term 2026
Name and Signature:	

INTRODUCTION

The teaching of Relationship and Health education (RHE) is part of our curriculum and it is tailored to meet the needs of our pupils at each stage in their development and maturity, focusing on relationships. RHE covers a variety of topics, with particular emphasis on relationships, privacy, consent, rights & responsibilities, communication skills and scientific knowledge of the human body. RHE includes supporting young people in developing self-confidence in preparing for physical and emotional changes into adulthood. This also includes, body health and hygiene. The teaching of RHE (and PSHE) will be shared with parents each half-term through year group curriculum newsletters. RHE also promotes an understanding of the range of family types and other people who contribute to providing children with the care, love and support they need to grow and develop.

The Jigsaw RHE scheme relates to the PSHE curriculum. It is about understanding the importance of: family life, stable and loving relationships, respect, love and care and promoting the value of tolerance. We do not use RHE as a means of promoting any form of sexual orientation. Children will learn about Stanburn values and British values through all aspects of life and adapted to our school curriculum.

Also, in accordance with the statutory requirements outlined in the RHE framework, the school explicitly teaches the computer safety statements to all pupils. This provision is delivered through the **PiXL Digital Wellbeing** programme, which offers a structured and progressive scheme of learning in digital literacy, online safety, and responsible technology use. Teaching takes place on a half-termly basis in every year group, with 5 lessons delivered from Autumn 2 term to Summer 2 term, and each child has a Digital Wellbeing booklet, thereby ensuring consistent and comprehensive coverage of the digital safety curriculum as pupils progress through the school. This approach forms a key part of our safeguarding practice and is aligned with statutory guidance, including *Keeping Children Safe in Education (KCSIE)*, equipping pupils with the knowledge and skills to recognise, avoid, and respond to potential online risks.

Staff and parents/carers are informed clearly about the statutory requirements regarding RHE and pupils receive their educational entitlement. Through implementation of this policy, the school will meet specific aspects of the legal and statutory requirements.

Children are entitled to receive RHE at Stanburn Primary School and this is an opportunity to experience a programme of RHE at a level which is appropriate for their age and physical development with differentiated provision if required.

PSHE is taught across the school from Nursery – Year 6. Age-appropriate RHE concepts, such as understanding feelings, forming friendships, respecting personal boundaries, and maintaining hygiene, are introduced to the youngest pupils through play-based and practical activities. Pupils in EYFS (Nursery and EYFS) also follow the same Jigsaw framework as the rest of the school, ensuring continuity and progression in teaching healthy relationships, self-care and emotional development from the earliest stage.

This policy should be read in conjunction with the policies for:

1. Teaching and Learning
2. Personal, Social, Health and Economic Education (PSHE, Jigsaw Scheme)
3. Equalities
4. Science
5. Safeguarding
6. Inclusion

AIMS

As part of our mental health and wellbeing vision in Stanburn Primary School and alongside our Social & Emotional Wellbeing Provision, we believe in empowering our pupils to develop 'lively and enquiring minds with which to acquire the knowledge and skills they will need throughout their lives'. We are

therefore committed to ensuring that pupils are taught about the world that we live in today and leave Stanburn Primary School with an excellent understanding of our ever evolving society. As part of the curriculum, schools are expected to teach pupils about relationships and health education as it is a statutory requirement. We believe in promoting positive and healthy relationships and helping our future generation to grow a happy and healthy mindset.

The aims of RHE at our school are to:

1. Provide a framework in which sensitive discussions can take place, using the Jigsaw Scheme
2. Prepare pupils for puberty, and give them an understanding of their development and the importance of health and hygiene
3. Help pupils develop feelings of self-respect, confidence and empathy
4. Create a positive culture around issues of health and relationships
5. Teach pupils the correct vocabulary to describe themselves and their bodies (as per the Jigsaw Programme)
6. Equip pupils with the knowledge and skills to use technology safely and responsibly, including understanding online relationships, recognising potential risks, and knowing how to seek help and support if they encounter unsafe or inappropriate content.

STATUTORY REQUIREMENTS

As a maintained primary school, we must provide relationships education to all pupils as per section 34 of the Children and Social Work Act 2017.

We are not required to provide sex education, though we do need to teach the elements of sex education contained in the science curriculum.

In teaching RHE, we must have regard to guidance issued by the Secretary of State as outlined in section 403 of the Education Act 1996.

At Stanburn Primary School we teach RHE as set out in this policy.

DEFINITION

RHE is concerned with the emotional, social and cultural development of pupils, and encompasses learning about relationships, healthy lifestyles, diversity and personal identity. It provides pupils with opportunities to acquire accurate information, explore issues and values, and develop the knowledge and skills necessary to make informed decisions about their wellbeing and relationships. As part of this, pupils are taught to use technology safely and responsibly, including understanding online risks and how to seek help. RHE is not concerned with the promotion of sexual activity.

CURRICULUM

At Stanburn Primary School, we base our RHE lessons on Jigsaw, a Personal, Social, Health, Economic (PSHE) Association Quality Assured scheme of work and adapt them to suit our school community. An overview of our Summer 2 unit 'Changing Me' is set out in Appendix 1. This can also be found on our school [website](#).

Online safety and awareness is taught to pupils each half term through the **PiXL Digital Wellbeing** platform as outlined in our [Computing](#) overview found on the school website.

The curriculum has been developed in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate and sensitive manner.

Primary RHE Education will focus on:

1. The fundamental building blocks and characteristics of positive relationships.
2. Preparing boys and girls for the changes that adolescence brings.
3. Describing the life processes of reproduction in some plants and animals.

In the EYFS, RHE concepts are introduced through play, stories, songs and daily routines. Focus areas include recognizing and naming emotions, understanding personal space, developing early friendships and practicing hygiene and self-care. Pupils in EYFS (Nursery and Reception) follow the same Jigsaw framework as the rest of the school, ensuring that children receive a consistent and progressive foundation in relationships and health education, preparing them for Key Stage 1 and beyond.

DELIVERY OF RHE

RHE is taught within the Personal, Social, Health and Economic (PSHE) education curriculum using Jigsaw and our own resources/materials. Biological aspects of RHE are taught within the Science curriculum, and other aspects are included in PSHE lessons across the curriculum where deemed appropriate. The Personal Social Health and Education (PSHE) curriculum includes issues of disability, difference and valuing diversity. At Stanburn Primary School PSHE is taught across 6 units which include:

Autumn 1: Being Me In My World – includes understanding my place in the class, school and global community as well as devising learning charters.

At the beginning of each academic year [NSPCC PANTS](#)/My Body My Rules Learning will also take place.

Autumn 2: Celebrating Differences – includes anti-bullying, cyber-bullying and diversity work.

Spring 1: Dreams and Goals – includes goal setting, aspirations for yourself and the world working together.

Spring 2: Healthy Me – includes drugs and alcohol education, promoting self-esteem and confidence as well as healthy lifestyle choices.

Summer 1: Relationships - includes understanding friendship, family, people who care for me and other relationships, conflict-resolution and communication skills.

Summer 2: Changing Me - This unit includes reproduction, relationships and health education in the context of coping positively with change. Sex education is taught as part of this unit as outlined in Appendix 1 however we do not teach sex education which goes beyond that which is taught in the statutory science curriculum. .

INCLUSION

For pupils with special educational needs on EHC plans, the delivery of the RHE curriculum will be discussed at their annual review and any adaptations needed will be detailed on their SEND Support Plan, with agreed outcomes and suggested strategies. The teacher and SENDCo should agree in consultation with parents and pupils the interactions, support and any adjustments that are needed. The information will be shared with all relevant staff and professionals including appropriate strategies and approaches that are required. Support should be based on meeting the agreed learning outcomes and on reliable evidence of effectiveness. The school will aim to work in partnership with parents to provide appropriate support at home and at school.

ROLES AND RESPONSIBILITIES

The Governing Body - will approve the RHE policy, and hold the Headteacher to account for the implementation of this policy.

The Headteacher - is responsible for ensuring that RHE is taught consistently across the school.

The Pastoral leader - is responsible for ensuring staff are fully prepared to teach lessons through monitoring the teaching and learning of this area in the line with the policy.

Staff - are responsible for:

- 1 Delivering RHE in a sensitive way.
- 2 Modelling positive attitudes.
- 3 Monitoring progress.
- 4 Responding to the needs of individual pupils.
- 5 Responding appropriately to pupils whose parents who have queries about the teaching of RHE.

Staff do not have the right to opt out of teaching RHE. Where possible, RHE lessons will always be taught by the class teacher. Staff who have concerns about teaching RHE are encouraged to discuss this with the pastoral lead in the first instance and then SLT Leaders and the Headteacher.

Pupils - are expected to engage fully in RHE and when discussing issues related to RHE, treat others with respect and sensitivity.

PARENTS' RIGHT TO WITHDRAW

1. Parents do not have the right to withdraw their children from relationships education.
2. Parents have the right to withdraw their children from the non-science components of reproduction education within RHE. However at Stanburn Primary School, we do not teach sex education which goes beyond that which is taught in the statutory science curriculum.

TRAINING

Staff are trained on the delivery of RHE and it is included in our continuing professional development programme. The pastoral lead may also invite visitors from outside the school, such as school nurses or other health professionals, to provide support and training to staff teaching RHE.

MONITORING ARRANGEMENTS

The delivery of RHE lessons is monitored by Year Group Leaders and overseen by the pastoral lead. Monitoring may include:

1. Planning scrutiny
2. Book looks (floor books)
3. Learning walks
4. Discussions with the children (pupil voice)

Pupils' development in RHE is monitored by class teachers as part of our internal assessment systems. This policy will be reviewed by the pastoral lead and Senior Leadership Team annually. At every review, the policy will be approved by the Headteacher and Governing Body.

Appendix 1: Curriculum Overview for Summer 2 ‘Changing Me’ (Jigsaw Scheme from Reception to Year 6) and Primary Science Curriculum.

	Summer 2 - RHE - Changing me		
	Weekly lesson	Learning intentions	Vocabulary
Nursery	My Body	I can name parts of my body and show respect for myself	
	Respecting my body	I can tell you some things I can do and some food I can eat to be healthy	
	Growing up	I understand that we all start as babies and grow into children and then adults	
	Growth and change	I know that I grow and change	
	Fun and fears	I can talk about how I feel moving to School from Nursery	
	Celebration	I can remember some fun things about Nursery this year	
Reception	My Body	<u>To name parts of the body</u>	Chest
	Respecting my body	I can tell you some things I can do and foods I can eat to be healthy	
	Growing up	I understand that we all grow from babies to adults	
	Fun and fears Part 1	I can express how I feel about moving to Year 1	
	Fun and fears Part 2	I can talk about my worries and/or the things I am looking forward to about being in Year 1	
	Celebration	I can share my memories of the best bits of this year in Reception	

Year 1	Life cycles	I am starting to understand the life cycles of animals and humans	Breasts Nipples Penis Testicles Vulva Bottom Anus
	Changing me	I can tell you some things about me that have changed and some things about me that have stayed the same	
	My changing body	I can tell you how my body has changed since I was a baby	
	Boys' and girls' bodies	<u>I can identify the parts of the body that make boys different to girls and can use the correct names for these</u>	
	Learning and growing	I understand that every time I learn something new I change a little bit	
	Coping with changes	I can tell you about changes that have happened in my life	

Year 2	Life cycles in a nature	I can recognise cycles of life in nature	Breasts Nipples Penis Testicles Vulva Bottom Anus Private Public
	Growing from young and old	I can tell you about the natural process of growing from young to old and understand that this is not in my control	
	The changing me	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old	
	Boys' and girls' bodies	I can recognise the physical differences between boys and girls, use the correct names for parts of the body and appreciate that some parts of my body are private	
	Assertiveness	I understand there are different types of touch and can tell you which ones I like and don't like	
Year 3	Looking ahead	I can identify what I am looking forward to when I move to my next class	Uterus Womb Birth
	How babies grow	I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby.	
	Babies	I understand how babies grow and develop in the mother's uterus/ I understand what a baby needs to live and grow.	
	Family stereotypes	I can start to recognise stereotypical ideas I might have about parenting and family roles	
	Looking Ahead	I can identify what I am looking forward to when I move to my next class	

Year 4	Unique me	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm	Puberty Menstruation Menstrual cycle Period pants Menstrual pads Periods Ovaries Vagina Oestrogen Vulva
	Puberty and menstruation	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this → Boys and girls to be taught separately	
	Circles of change	I know how the circle of change works and can apply it to changes I want to make in my life	
	Accepting change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	
	Looking ahead	I can identify what I am looking forward to when I move to a new class	
Year 5 <i>*Puberty lessons taught as part of Science curriculum</i>	Self and body image	I am aware of my own self-image and how my body image fits into that	Puberty Menstruation Menstrual towels Menstrual pads Periods Ovary Vagina Oestrogen Vulva Womb Uterus Sperm Semen Testicles/Testes
	Puberty for girls	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	
	Puberty for boys	I can describe how boys' and girls' bodies change during puberty	
	Looking ahead 1	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	
	Looking ahead 2	I can identify what I am looking forward to when I move to my next class.	

Year 6	My self-image	I am aware of my own self-image and how my body image fits into that	Embryo Foetus Placenta Umbilical cord Contractions Cervix Wet dream
	Puberty	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	
	Babies: conception to birth	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	
	Real self and ideal self	I am aware of the importance of a positive self-esteem and what I can do to develop it	
	The Year ahead	I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.	

The [DfE statutory guidance](#) states (p. 23) the following in relation to Sex Education:
"The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals." The Department for Education continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born."

Year Group	Science Programme of Study – Statutory requirements	Science Programme of Study – Non statutory notes and Guidance	Vocabulary
Year 1	Animals, including Humans Pupils should be taught to: Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.	<i>Pupils should have plenty of opportunities to learn the names of the main body parts (including head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth) through games, actions, songs and rhymes.</i>	head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth
Year 2	Animals, including Humans Pupils should be taught to: Notice that animals, including humans, have offspring which grow into adults Pupils should be taught to: Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.	<i>They should also be introduced to the process of reproduction and growth in animals. The focus at this stage should be on helping pupils to recognise growth; they should not be expected to understand how reproduction occurs. The following examples might be used: egg, chick, chicken; egg, caterpillar, pupa, butterfly; spawn, tadpole, frog; lamb, sheep. Growing into adults can include reference to baby, toddler, child, teenager and adult.</i>	baby, toddler, child, teenager, adult
Year 5	Animals, including humans Pupils should be taught to: describe the changes as humans develop to old age Living things and their habitats Pupils should be taught to: Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird Describe the life processes of reproduction in some plants and animals	<i>Pupils should draw a timeline to indicate changes in the growth and development of humans. They should learn about the changes experienced in puberty.</i> <i>Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals</i>	gestation period, pregnancy, live birth sexual reproduction, sperm, ovum, internal fertilisation, external fertilisation, egg, live birth, gestation

Year 6	Evolution and inheritance Pupils should be taught to: Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents	<i>Pupils should be introduced to the idea that characteristics are passed from parents to their offspring, for instance by considering different breeds of dogs, and what happens when, for example, Labradors are crossed with poodles. They should also appreciate that variation in offspring over time can make animals more or less able to survive in particular environments</i>	evolution, inherit, adaptation, organism, offspring
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