

Britannia Education Trust

Relationships, Sex and Health and Education (RSHE) Policy



Written by: PSHE/RSHE Lead

Date: September 2026

Approved by Board of Trustees: June 2026

Next review date: September 2027

Related School Policies: Anti-bullying; Behaviour Policy; Child Protection and Safeguarding Policy; Computing Policy; Equality Policy,

Introduction for teachers new to Newham, governors, parents and carers

Relationships, Sex and Health Education (RSHE) has been an established and well-embedded part of the school's curriculum since the introduction of the RSHE statutory guidance in 2020. The school's RSHE policy has been in place since that time and reflects our long-standing commitment to delivering high-quality, age-appropriate RSHE that supports children's wellbeing and keeps them safe. This updated version of the policy reflects the revised national guidance published in 2025, which schools are required to have in place by September 2026. The updates do not represent significant changes to what is taught, but instead provide refinement and clarity, strengthen links to safeguarding and pupil wellbeing, and ensure our practice continues to reflect best practice and the needs of our pupils.

Both the original policy and this updated version have been developed in line with Department for Education guidance and informed by local and national expectations. They have been shaped through consultation with a range of stakeholders, including school staff, pupils, parents and carers, and, where appropriate, local partners, to ensure the curriculum is relevant, inclusive and responsive to the needs of our community.

Implementation of the RSHE Statutory Guidance since 2020 – a history of the consultations completed

2020

Before the implementation of the original statutory RSHE guidance in 2020, borough-wide consultation took place with the following groups: pupils, parents and carers, community groups, faith groups, local councillors, teachers, Ofsted, school governors, Newham Local Authority and professional associations (led by Dr Jo Sell – Newham RSHE Advisor and Mrs Claire Clinton – Religious Education Advisor). The PSHE lead at Britannia Education Trust attended training provided by Dr Jo Sell and Mrs Claire Clinton.

School consultation 2020

Consultation took place before, during and after the implementation of the 2020 RSHE statutory guidance. Consultation and information meetings continued to take place regularly with the following groups:

	Parents/carers	School Staff	School Governors
Dates	Autumn 2020	March 2020	February 2020

Borough-wide consultation once again took place in the lead up to the new RSHE statutory guidance with the following groups: pupils, parents and carers, community groups, faith groups, local councillors, teachers, Ofsted, school governors, Newham Local Authority and professional associations (led by Dr Jo Sell – Newham RSHE Advisor and Mrs Claire Clinton – Religious Education Advisor). The PSHE lead at Britannia Education Trust attended training provided by Dr Jo Sell, Mrs Claire Clinton and Mrs Marie Hardie (Newham Primary PSHE Advisor).

School consultation 2026

In school, consultation has taken place with the following groups to prepare for the implementation of the updated RSHE statutory guidance in September 2026:

	Parents/carers	School Staff	School Governors	Pupils
Dates	July 2026	July 2026	June 2026	Summer 2025 Spring 2026

Intent

Aims

At Britannia Education Trust, our aim is to deliver high-quality Relationships, Sex and Health Education (RSHE), in partnership with parents and carers, in order to support the personal development, wellbeing and future success of all our pupils.

Our RSHE provision aims to:

- Provide high-quality, age-appropriate, pupil-sensitive and evidence-based RSHE that meets statutory requirements.
- Promote respect for the law and for the diverse communities that make up Newham, fostering understanding, inclusion and mutual respect.
- Help pupils to develop a secure understanding of themselves, their relationships and the world in which they live.
- Equip pupils with the knowledge, skills and language they need to make informed, responsible and healthy choices.
- Support pupils to stay safe, including understanding how to recognise risk, seek help and protect their physical and emotional wellbeing.
- Enable pupils to flourish academically, socially and emotionally, both during their time at school and beyond.
- Prepare pupils for the opportunities, responsibilities and challenges of adulthood, in a world that is complex and sometimes difficult to navigate.
- Establish RSHE as a central and valued part of the curriculum, contributing to pupils' lifelong learning and personal development and wellbeing.

Implementation

RSHE Statutory Content

By law, primary schools are required to teach relationships and health education, alongside the national curriculum for science and within the context of safeguarding.

Here at Britannia Education Trust, we acknowledge that **parents and carers are a child's first, and most effective, teacher**. To ensure that we are working in collaboration with our parents and carers, we will ensure that information about our RSHE curriculum is published on our website for parents and carers to access. We will also continue to ensure that annual meetings are held with parents and carers to present our RSHE curriculum, as well as ensuring that parents and carers have the opportunity to discuss any queries, worries or questions they may have. At Britannia Education Trust, there is a clear aim to educate pupils about these important subjects **alongside** parents and carers.

Curriculum Map

Britannia Education Trust's curriculum map for RSHE sets out in which year group each aspect of the RSHE statutory guidance expectations will be taught. Whilst some areas are only taught in RSHE, other areas may also be covered in lessons such as computing, physical education (PE) or science, as well as part of a school wide, integrated and cross curricular approach to RSHE (for example in the books used in English or themes covered in assemblies and on special weeks/days (e.g. anti-bullying week and internet safety day).

Relationships Education

In Relationships Education, the focus in primary schools is on teaching the fundamental building blocks of positive, healthy and respectful relationships with family members, other children and adults.

Teaching is designed to help pupils develop the knowledge, skills and understanding needed to form kind, caring relationships, manage feelings and conflict, set and respect boundaries, and develop self-respect and empathy for others. Lessons are evidence-based, age-appropriate and culturally sensitive, rooted in the law, and responsive to pupils' lived experiences. Teaching recognises, and represents, a wide range of family structures, ensuring that no child is stigmatised because of their home circumstances.

Pupils are taught how to keep themselves and others safe, including understanding privacy, consent and boundaries, recognising bullying, harmful or abusive behaviour (including online), and knowing how and where to seek help or report concerns. Online relationships are addressed in line with face-to-face expectations of respect and safety, whilst reflecting the additional risks that are posed by anonymous contact online.

Throughout, the school promotes fundamental British values, including mutual respect and tolerance; respect for difference does not require agreement, but by fostering respectful relationships the school supports pupils to navigate difference thoughtfully, safely and with confidence.

There is no right for parents and carers to request that their child is withdrawn from relationships education.

Non-statutory Sex Education

Sex education is not compulsory in primary schools, but the Department for Education recommends that primary schools teach sex education in Year 5 and/or Year 6, in line with content from the science national curriculum about the life cycles of mammals and the life process of reproduction in some animals.

Following recommendations from the Newham PSHE Partnership and the DfE, Britannia Education Trust has decided to continue to include the teaching of human reproduction in the Year 6 RSHE curriculum.

Parents and carers retain the right to request that their child is withdrawn from RSHE lessons that teach human reproduction. See paragraphs 16-23 of the statutory guidance for information regarding a parents' right to request withdrawal.

Health and Wellbeing

The aim of Health Education is to equip pupils with the knowledge, understanding and skills they need to make informed, responsible decisions about their physical health, mental wellbeing and personal safety.

Teaching supports pupils to recognise what is typical and healthy in themselves and others, to develop emotional awareness and appropriate vocabulary for feelings, and to understand when and how to seek help or support at the earliest opportunity.

Health education promotes the benefits of physical activity, healthy eating, sufficient sleep, time outdoors and positive use of leisure time, while also addressing health protection and prevention, including personal hygiene, illness, vaccination, sun safety and basic first aid.

Building on the 2020 statutory guidance, there is now an increasing emphasis placed on online wellbeing and safety, recognising the growing impact of digital life on pupils' mental and physical health, including

respectful online behaviour, managing screen time, understanding age restrictions, and knowing how to report concerns or seek support. Learning is age-appropriate, evidence-based and sensitive to pupils' experiences.

Puberty, including menstruation, will be covered in health education and should, as far as possible, be addressed **before** children begin puberty.

There is no right for parents and carers to request that their child is withdrawn from health and wellbeing education.

National Curriculum Science

The national curriculum content for science is located here:

https://assets.publishing.service.gov.uk/media/5a806ebd40f0b62305b8b1fa/PRIMARY_national_curriculum_-_Science.pdf

At key stages 1 and 2, the national curriculum for science includes teaching about the main external parts of the body and the changes to the human body as it grows from birth to old age (including puberty) and sexual and asexual reproduction in mammals and plants. It also includes aspects of health education and how to keep our bodies safe and healthy.

There continues to be no right for parents and carers to request that their child is withdrawn from the statutory content of the national curriculum for science.

Safeguarding

Pupil learning in RSHE strengthens safeguarding by ensuring pupils are taught, in an age-appropriate way, how to recognise risk, unsafe or abusive behaviour (including online), and how to seek help or report concerns. Through our RSHE lessons, pupils are equipped with the knowledge, language and confidence to speak to a trusted adult, supporting early identification of concerns and helping the school to fulfil its safeguarding responsibilities.

Safeguarding is an important aspect of all of the lessons taught as part of RSHE in our school. The school's safeguarding policy applies to and supports all aspects of RSHE. RSHE may provide opportunities for pupils to share concerns or make disclosures, and any such issues will be dealt with in line with the school's safeguarding policy.

Equality

The school will comply with the requirements of the Equality Act 2010 and the Public Sector Equality Duty (2014). We will not unlawfully discriminate against pupils, nor tolerate bullying, harassment or victimisation, on the basis of age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (protected characteristics). This includes discrimination or bullying directed at a pupil because of the protected characteristics of a parent, carer or other family member. The school is committed to fostering an inclusive environment in which all pupils and families are treated with dignity and respect, and where difference is recognised and valued.

Our school celebrates difference and diversity. The bullying of anyone for any reason is not acceptable. It is expected that the relationships education curriculum will lead to a stronger sense of community, mutual respect and give pupils a sense of responsibility. This will help to keep Britannia Education Trust a safe, inclusive and caring place for all, upholding the core values and ethos of the school.

SEND

The delivery of the content of RSHE will be made accessible to all pupils, including those with SEND. The SEND team will make decisions on an individual basis for each child they teach. This will depend on that child's stage of development. The SEND team will adapt the school's scheme of work, as well as using other resources that have been made specifically for teaching children with SEND.

Resources

Resources used in RSHE lessons will be carefully selected to ensure they are age-appropriate, evidence-based and appropriate to the developmental stage of pupils. All materials will be reviewed in advance by staff and used sensitively, with consideration given to pupils' backgrounds, experiences and any additional vulnerabilities. Parents and carers can request to see any of the resources being used in school and are also invited to join the parent and carer meetings that are held each year regarding what is taught in RSHE.

At Britannia Education Trust, we draw from a range of educational resources. For example, the Jigsaw scheme of work, PSHE Association materials, Oak National Academy and a range of PSHE themed storybooks.

It is the role of the P/RSHE subject leader, and the senior leader responsible for the curriculum, to ensure that resources are appropriate and up-to-date for the school's use in teaching RSHE.

Impact

Monitoring, Evaluation and Assessment

Currently, the school teaches the RSHE statutory content through a range of different subjects. While most of the teaching is carried out in PSHE, RSHE is also taught through subjects such as science, computing and physical education (PE).

In order to monitor, evaluate and assess these lessons, the school will:

- identify pupils' prior knowledge at the beginning of each lesson;
- evidence and assess pupils' learning and progress through teacher observation, class floorbooks and marking and feedback of pupil's work where appropriate

When RSHE is taught effectively, pupils will develop the knowledge, skills and confidence to form positive, respectful relationships, make informed choices about their health and wellbeing, and keep themselves and others safe. Over time, this also contributes to improved emotional literacy, resilience and behaviour, as well as increased confidence in seeking help and support when needed.

To ensure that the teaching and learning in RSHE in our school is of the highest standard, it will be monitored by the PSHE/RSHE subject leader and the senior leadership team through lesson observation, pupil voice and monitoring of pupils' work.

P/RSHE Subject Lead

Any queries about this policy, or the materials and resources used, should be addressed to the class teacher in the first instance and may be followed up with the subject leader where necessary.

Appendix 1: Information about how and why RSHE will be taught at Britannia Education Trust.

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Information about how and why RSHE will be taught at Britannia Education Trust.

- Why are we teaching R(S)HE?
 - Our children are growing up in an increasingly complex world with new opportunities, but also new challenges. We as a school want our pupils to flourish in the world they find themselves in and to work hard throughout all curriculum areas to give our pupils the skills and knowledge they need to do that. RSHE teaching is an important part of equipping our pupils for life in 21st century Britain, enabling them to embrace diversity, make the most of technology; understand the importance of, and develop the skills which lead to them being able to sustain healthy and strong relationships.
 - Relationships and health education is a statutory requirement for all primary schools in England. The government, Ofsted and local advisors recommend that sex education is also taught in primary school.
 - At Britannia Education Trust we have decided to teach sex education. We believe that it will help to equip our pupils for the transition to secondary school where they may learn about sex from less reliable sources such as friends or older children in the playground. The decision to teach sex education was taken following consultation with parents/carers and governors.
1. The teaching of RSHE at Britannia Education Trust is informed by the law, national RSHE guidance and the national curriculum set out by the DfE as well as the school ethos and policies already developed. Below is a list of some of the documents that have been taken into consideration when preparing this policy.
- Statutory Guidance on RSHE 2019
Relationships Education, Relationships and Sex Education (RSE) and Health Education
Statutory Guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers
 - Equality Act 2010 and The Public Sector Equality Duty 2014
- School ethos and educational aims.
 - The teaching of RSHE in Britannia Education Trust is delivered within and influenced by all relating school policies
 - Behaviour policy
 - Anti Bullying policy
 - Equality policy or statement
 - Safeguarding policy

- How will we ensure lessons are taught sensitively?
 - Puberty, menstruation, human reproduction and birth are seen as sensitive topics to teach in RSHE and therefore we will put in specific measures to make sure that pupils feel at ease when talking about these topics.
 - Single sex classes will be put in place for some lessons so that children feel less self-conscious and students may be more relaxed and feel able to ask questions
 - Use of anonymous question boxes
 - Same sex teachers for single sex groups
- When will RSHE will be taught?

A regular weekly 35 to 45 minute lesson.
- How will we ensure communication with parents/carers?
 - Britannia Education Trust works with parents/carers and wants to communicate what is going on in RSHE. Our aim is to offer an annual meeting to explain what will happen in RSHE, so that parents/carers can, if they wish, talk to their children ahead of lessons. This will allow parents/carers to be ready for any questions that their child may have concerning what they have learnt in school. When a meeting is not possible, information will be shared by another appropriate means.
 - Whenever sex education, outside of the national curriculum for science, is being taught, a letter or similar communication will be sent home ahead of the lesson so that parents/carers are aware of what is being taught and in which week. Our intention is to make these lessons as sensitive to the background of all our pupils as possible and our hope is that they will all remain in the lesson so that they learn facts from a teacher or nurse rather than second-hand in the playground. However, the school respects the right of parents/carers to remove their children from sex education if they wish. Parents/carers who wish to remove their children from sex education need to inform the school in writing, following a meeting with someone from the SLT to discuss concerns, alternative provision can be made for the child. This process will be documented.
- What training will staff be given?

RSHE training will be part of our annual teacher training programme using The Jigsaw Approach.

Scheme of work - will be available on our school websites