



**POULTON ST CHAD'S**  
CHURCH OF ENGLAND  
PRIMARY SCHOOL

**LOVE LEARNING. LOVE GOD. LOVE ONE ANOTHER.**

**Relationships, Sex and Health Education (RSHE) and Personal, Social and Health Education (PSHE) Policy**

<b>Issue Number</b>	<b>Date</b>	<b>Author</b>	<b>Approver</b>	<b>Changes</b>
1	16/07/2025	Ashlee Archer	Chair of Governors – Rachelle Hayton	Newly Written

Poulton St. Chad's C of E Primary School  
Relationships, Sex and Health Education (RSHE) Policy  
incorporating Personal, Social and Health Education (PSHE)

**Our Mission statement:**

At Poulton St Chad's, we believe every child is a gift from God, blessed with their own gifts and talents. It is our mission to ensure children are safe, happy and can thrive. We aim to give our children a love for learning through our engaging curriculum and enrichment opportunities; a love for God within our distinctly Christian setting and a love for one another through our nurturing environment and inclusive relationships.

Every day we are guided by our biblical root: "Let all that you do be done in love." (1 Corinthians 16:14) and by our school motto: LOVE LEARNING. LOVE GOD. LOVE ONE ANOTHER.

## 1. Introduction

This policy outlines the purpose, nature and management of PSHE and RSE education at Poulton St Chad's CE Primary School. It reflects our Christian ethos and was developed in consultation with staff, governors, pupils, and parents. This policy has been written with regard to the Department for Education's guidance 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' published in June 2019. This is statutory guidance issued under section 80A of the Education Act 2002 and section 403 of the Education Act 1996. These regulations are made under sections 34 and 35 of the Children and Social Work Act 2017 and provide that pupils receiving primary education must be taught Relationships Education and Health Education. The policy is also influenced by a number of other statutory legislation and non-statutory guidance including the Departments for education's guidance 'Personal, Social, Health and Economic (PSHE)' Updated February 2020, the Equality Act 2010 and Keeping Children Safe in Education.

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## 2. Definition of PSHE and RSHE

**Relationships, Sex and Health Education (RSHE)** is lifelong learning about physical, moral and emotional development. It enables children to understand the characteristics of safe, positive and healthy relationships, manage changes during adolescence, assess risk, and keep themselves safe—both physically and emotionally.

**Personal, Social, Health and Economic Education (PSHE)** encompasses RSHE and provides a broader curriculum to prepare children for adult life, promoting health, wellbeing, and citizenship.

### RSHE and PSHE Importance

Our Relationships, sex and health education (RSHE) programme is compliant with statutory guidance and our personal, social and health education (PSHE) programme is compliant with both statutory requirements and non-statutory guidance

RSHE and PSHE at Poulton St. Chad's promotes children's personal, social and economic development, as well as their health and wellbeing. It helps to give children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. At Poulton St. Chad's, children's wellbeing, happiness and safety are of high priority, and RSHE and PSHE are the key vehicles through which we share this with children. We regard RSHE and PSHE as an important, integral component of the whole curriculum; it is central to our approach and at the core of our ethos.

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### 3. Aims

Our PSHE and RSHE curriculum aims to:

- Develop children's knowledge, skills and understanding to lead confident, healthy and independent lives.
- Teach pupils about safe and healthy relationships, online safety, emotional wellbeing, and personal responsibility.
- Promote self-respect, empathy, inclusion, and equality.
- Teach children how to assess and manage risk.
- Prepare children for the physical and emotional changes of growing up.
- Embed Christian values through every aspect of PSHE and RSHE.
- Support mental health and wellbeing.
- Reflect and celebrate the diversity of our school and wider society.

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### 4. Curriculum Overview

At Poulton St Chad's, we follow the **Pol-Ed (1decision)** scheme of work, a high-quality, progressive PSHE and RSE curriculum, ensuring full compliance with statutory and non-statutory guidance.

**In addition, we offer:**

- **Bereavement Lessons** – to help children explore grief and loss in a safe, age-appropriate context.
- **Dogs Trust Workshops** – to promote safety around dogs and responsible pet ownership.
- **First Aid Education** – teaching basic first aid, how to contact emergency services and respond to accidents.
- **Road Safety Education** – particularly in EYFS and KS1, pupils learn pedestrian safety and hazard awareness.

Additional themed weeks and visitors enrich our programme, alongside assemblies and day-to-day opportunities for personal and social development.

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### 5. Early Years (PSED)

In the EYFS, **Personal, Social and Emotional Development (PSED)** is a core area of learning. It is taught through modelling, play, circle time, and Pol-Ed resources, focusing on relationships, emotions, routines, and independence.

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### 6. Sex Education

At Poulton St Chad's, sex education is taught through the **science curriculum** only. Pupils learn about body parts, human development and reproduction in animals and plants. We do not deliver additional, non-compulsory sex education beyond what is required in science.

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### 7. Inclusion and Equality

We are committed to inclusion and equality. RSHE and PSHE are accessible to all pupils, including those with SEND and from diverse family backgrounds. Lessons and resources reflect:

- **SEND needs** through differentiated support and communication with parents.
- **Diverse families** including single-parent, adoptive, foster, and LGBTQ+ families.
- **Challenging gender stereotypes** and promoting respect and equity for all.

All teaching reflects our legal obligations under the **Equality Act 2010**.

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## 8. Safeguarding and Confidentiality

PSHE and RSE contribute directly to safeguarding. Pupils are taught how to seek help, who to talk to, and how to protect themselves. Teachers are trained to respond to disclosures and follow the school's **Child Protection and Safeguarding Policy**. While sensitivity and discretion are key, **confidentiality cannot be guaranteed** if a child is at risk.

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## 9. Teaching and Delivery

- PSHE and RSE are taught weekly in dedicated lessons using Pol-Ed resources.
- Additional delivery occurs through worship, themed days/weeks, and cross-curricular links (e.g., science, RE, computing).
- Teachers adapt content to meet the needs of their class and current issues or questions.
- Questions outside the curriculum may be answered with discretion or referred to parents if sensitive or age-inappropriate.
- Mixed-year RSE lessons are taught in separate year groups.

Topics we will **not** cover or answer questions on include:

rape, exploitative sexual practices, incest, abortion, prostitution, contraception, masturbation, or specific types of sexual intercourse.

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## 10. Assessment and Monitoring

Assessment takes place at the end of each half term through observation, discussion, written work and pupil reflection. Progress is tracked against key learning outcomes.

The PSHE lead:

- Monitors planning and delivery.
- Provides staff training.
- Gathers pupil/parent feedback.
- Reviews the policy and reports to governors.

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## 11. Roles and Responsibilities

### **Governing Body**

- Monitor policy implementation and compliance.
- Ensure statutory obligations are met.
- Link governor to liaise with PSHE subject lead.

### **Headteacher**

- Provide strategic leadership.
- Consult stakeholders.
- Ensure staff training and compliance.
- Report annually to governors.

### **Subject Leader**

- Lead curriculum development.
- Monitor teaching quality and impact.
- Provide staff CPD and parent information.

- Coordinate enrichment activities and themed events.
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## 12. Parents and Carers

We value our partnership with parents. We provide:

- Curriculum overviews and topic information.
- Opportunities for questions and feedback.
- Links to support materials on our school website.

Parents **do not have the right to withdraw** their child from **Relationships Education** or from statutory content in the science curriculum.

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## 13. Legal Framework

This policy is informed by:

- **DfE Relationships Education, RSE and Health Education (2019)**
  - **Education Act 2002 and 1996**
  - **Children and Social Work Act 2017**
  - **PSHE Association Guidance (2020)**
  - **Equality Act 2010**
  - **Keeping Children Safe in Education (KCSIE) 2025**
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## 14. Review and Dissemination

This policy will be reviewed **every two years**, or sooner if statutory guidance changes. The review process includes consultation with staff, pupils, parents, and governors.

### **Dissemination:**

- Available on the school website
  - Shared with staff and governors
  - Curriculum summaries shared with parents
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## Appendices

- Appendix A: Year group overview of PSHE and RSE content

Approved by: *Pending*

Date of policy: July 2025

Date policy to be reviewed: July 2027