



Relationships and Health Education (RHE) Policy

This policy was updated: February, 2026.

Date to be reviewed: February, 2027.

Our School Vision

Our school vision is based on the theme of '*Taking Care*'. We strive to encourage our children, staff and wider community to 'take care' of one another through the core Christian Values of:

Kindness, Hope, Courage and *Respect*.

Our vision is inspired by the words in Corinthians:

“Let love and kindness be the motivation behind all that you do.”

(1 Corinthians
16.14)

Ravenshead C of E Primary School is committed to valuing diversity and to equality of opportunity. In biblical tradition, children in particular are seen to hold a special place in the priorities of God. Furthermore, we hold to the foundational belief that all people are created in God's image and are intrinsically valuable. Everyone should be treated as fundamentally precious, irrespective of behaviour, achievements or potential.

Therefore, we aim to create and promote an environment in which pupils, parents/carers and staff are treated fairly and with respect and feel able to contribute to the best of their abilities. The school's biblical foundation provides a model of Christian community described as the 'body of Christ', in which everyone has a part to play, and everyone without exception has God-given gifts which are to be used for the benefit of others.

1. Introduction

This policy sets out how Relationships and Health Education (RHE) is taught and managed at Ravenshead Church of England Primary School. RHE is a statutory part of the primary curriculum and plays a vital role in supporting pupils' personal development, wellbeing, and safeguarding.

As a Church of England school, our RHE provision is rooted in our Christian vision and values and supports children to belong, flourish and thrive within a loving, respectful and inclusive community.

RHE is delivered through the 1Decision curriculum, which provides an age-appropriate, progressive and inclusive programme.

2. Church of England Ethos and Vision

We believe that every child is uniquely created and loved by God. Education nurtures the whole child: spiritual, moral, social, emotional and physical.

Our approach reflects the Church of England vision: Educating for wisdom, hope, community and dignity.

3. Aims of RHE

- Develop healthy, respectful relationships.
- Promote physical and mental wellbeing.
- Teach children how to stay safe, including online.
- Build resilience, empathy and self-esteem.
- Promote Christian values of love, respect, kindness, forgiveness and responsibility.

4. Statutory Context

This policy complies with:

- Children and Social Work Act (2017).
- DfE RSE & Health Education Guidance (2019).
- Keeping Children Safe in Education.
- Equality Act (2010).

5. Curriculum Overview

RHE is taught through the 1Decision programme from EYFS to Year 6, covering:

- Families and friendships.
- Physical and mental health.
- Personal safety and safeguarding.
- Online safety.
- Respect and equality.

6. Teaching and Learning

RHE is taught in a safe, inclusive environment. Lessons encourage discussion, reflection and respectful dialogue. Teaching is age-appropriate and sensitive.

7. Inclusion and Equality

All pupils are valued and respected. Teaching reflects diversity and challenges discrimination. Learning is adapted to meet SEND needs.

8. Spiritual, Moral, Social and Cultural Development

RHE supports spiritual, moral, social and cultural development through reflection, ethical thinking, belonging and respect for diversity.

9. Safeguarding

RHE helps children recognise unsafe situations, understand boundaries and know who to talk to. Safeguarding concerns follow school policy.

10. Sex Education and Puberty Education

Puberty Education – Year 5

- In Year 5, pupils are taught about puberty as part of statutory Health Education. This includes physical and emotional changes, body changes for boys and girls, personal hygiene and emotional wellbeing. Parents/carers do not have the right to withdraw their child from puberty education.

Sex Education – Year 6

- In Year 6, pupils receive age-appropriate Sex Education, taught sensitively and respectfully, within the context of healthy, loving and respectful relationships. Parents/carers have the right to withdraw their child from Sex Education lessons (but not from statutory Relationships or Health Education).

11. Partnership with Parents/Carers

Curriculum information for Y5 Puberty and Y6 Sex Education lessons is shared with parents/carers in advance of sessions. Parents/carers may view resources and discuss any concerns with the Headteacher, Emma Johnson.

12. Monitoring and Evaluation

RHE is monitored through pupil voice, staff feedback, lesson observations and wellbeing data.

13. Roles and Responsibilities

Governors approve the policy. The Headteacher, Emma Johnson, ensures compliance. Staff deliver RHE. The school asks that parents/carers support learning.