

Relationships, Sex and Health Education (RSHE) Policy

School Name: St John's Primary School

At our school we believe that Sex education should ensure that both boys and girls are prepared for the changes that adolescence brings (puberty) and – drawing on knowledge of the human life cycle set out in the national curriculum for science – how a baby is conceived and born'.

At our school, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me'.

1. Introduction

At St John's, we are committed to working in partnership with parents and carers to support pupils' personal development, wellbeing and safety. This policy outlines the provision of Personal, Social, Health and Education (PSHE), including statutory Relationships and Health Education and non-statutory Sex Education, delivered during the summer term.

2. Our Approach to PSHE

The school uses the Jigsaw programme as its structured scheme of work for PSHE. This consists of six progressive units ("Puzzles"): Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me. Content is delivered in an age-appropriate and developmentally appropriate way across all year groups.

Information about the PSHE curriculum is shared with parents and carers through newsletters, the school website, curriculum overviews and safeguarding communications. The full PSHE policy is available on the school website.

3. Statutory Requirements

In line with Department for Education guidance, Relationships Education and Health Education are statutory in all primary schools. The school complies with updated statutory guidance (2025) and ensures all required content is delivered appropriately.

4. Curriculum Content - Summer Term

4.1 Relationships (First Half Term)

Teaching focuses on:

- Building and maintaining positive relationships
- Understanding family, friendships and communities
- Recognising healthy and unhealthy relationships
- Staying safe, including online safety

4.2 Changing Me (Second Half Term)

This unit supports pupils in understanding and managing change:

- **Early Years and Key Stage 1:**
Pupils learn about life cycles, growth and change, correct anatomical vocabulary, privacy and personal boundaries. This supports safeguarding and early understanding.

- **Key Stage 2:**

Pupils are taught about puberty in line with statutory Health Education requirements. This includes physical and emotional changes, menstruation, hygiene and emotional wellbeing. Teaching ensures pupils are prepared for changes that may begin between ages 8-11.

Age-appropriate Sex Education is taught in Years 5 and 6, in line with Department for Education recommendations.

5. Sex Education and the Right to Withdraw

Sex Education at St John's includes learning about the emotional, social and physical aspects of growing up, relationships, human sexuality and sexual health.

- Parents and carers **cannot withdraw** their child from statutory Relationships or Health Education, or from content taught within the Science curriculum.
- Parents and carers **can request withdrawal** from non-statutory Sex Education lessons focusing on human reproduction within PSHE (typically in Years 5 and 6).

Requests for withdrawal should be made to Mrs Stone. The school will offer a discussion to explain the content, address concerns and outline the educational implications of withdrawal.

6. Teaching and Learning

All RSHE content is delivered by class teachers and is carefully matched to pupils' age and developmental stage. Teachers will:

- Deliver content sensitively and inclusively
- Encourage a safe and respectful learning environment
- Respond appropriately to pupils' questions

If pupils ask questions beyond the planned curriculum, staff will respond appropriately and may direct pupils to discuss these with parents/carers or revisit them at a later stage.

7. Parental Engagement and Access to Materials

The school is committed to transparency and partnership with parents and carers.

- Parents and carers may request access to RSHE teaching materials via the Jigsaw Parent Portal. Access is provided upon request by contacting Mrs Stone, who will generate a secure online link.
- Knowledge Organisers and curriculum overviews are shared to inform parents of termly content.
- A Key Stage 2 parent training session will be offered where there is sufficient interest. Parents and carers will be invited to express interest via a separate communication.

8. Monitoring and Review

This policy will be reviewed regularly to ensure compliance with statutory requirements and alignment with best practice in safeguarding, wellbeing and PSHE education.

9. Safeguarding

RSHE plays a vital role in safeguarding by equipping pupils with the knowledge and confidence to understand their bodies, recognise appropriate and inappropriate behaviour, and seek support from trusted adults.

Policy Lead: Gemma Stone

Role: Personal Development Lead & Assistant Headteacher