



Relationships, Sex and Health Education Policy (RSHE) Easy-read version

Last updated July 2026

What is RSHE?

- RSHE stands for **Relationships, Sex and Health Education**.
- It helps children learn about **friendships, families, growing up, staying healthy, and keeping safe**.
- It is part of our **PSHE curriculum**, which supports children's confidence, emotional literacy, identity and wellbeing.
- RSHE teaches children that **every person is unique and deserves respect**, and helps them understand the world they are growing up in.

Why do we teach RSHE?

- To help children **understand their feelings** and talk about them confidently.
- To teach children how to **build healthy, respectful relationships** with friends, family and adults.
- To help children learn how to **look after their bodies and minds**, including mental wellbeing.
- To prepare children for the **physical and emotional changes** that happen as they grow up.
- To help children understand **consent, personal boundaries, and appropriate vs. inappropriate behaviour**.
- To keep children **safe**, both online and offline, by giving them the vocabulary and confidence to ask for help.
- Because it is **statutory** for all primary schools to teach Relationships and Health Education.

What do children learn?

- **Friendships and getting along with others**, including kindness, respect and managing disagreements.
- **Different types of families**, including single parents, step-families, adoptive families and LGBT+ families — taught sensitively within our Jewish Orthodox ethos.
- **Health and wellbeing**, including hygiene, sleep, exercise, healthy choices and emotional regulation.
- **Safety**, including online safety, personal boundaries, private vs. public behaviour, and who to talk to if something feels wrong.
- **The changing body**, including puberty, periods, and how bodies grow and change.
- **Human reproduction**, taught as part of the science curriculum (statutory).
- **Sex education in Year 5 and 6**, including how babies are conceived and born (parents may request withdrawal).
- **Identity (Year 6)** — understanding personal identity, self-esteem and respecting differences.
- **Economic wellbeing and citizenship**, including money, community and responsibilities.

How do we teach RSHE?

- Lessons are taught through a **spiral curriculum**, meaning children revisit topics and build on previous learning.
- We use **Kapow**, **Medway Public Health Directorate**, and **Think Equal** (EYFS) resources.
- Lessons are **age-appropriate**, planned carefully, and follow the **DfE RSHE Guidance (2025)**.
- Teachers use **stories, discussions, group work, activities and reflection**.
- Children are encouraged to ask questions and will receive **honest, factual, age-appropriate answers**.
- Sometimes **visitors** (e.g., nurses or health professionals) support lessons — always supervised by staff.
- All teaching is delivered in line with our **Jewish Orthodox ethos** and is inclusive of all pupils.

Who is involved?

- The **Headteacher**, **PSHE Lead**, and **class teachers** plan and deliver RSHE.
- The **SENDCO** ensures lessons meet the needs of pupils with SEND or additional needs.
- The **Governing Board** monitors the quality of RSHE and ensures it meets statutory requirements.
- **Parents and carers** can see what is being taught and talk to the school at any time.
- The school listens to **pupil voice** and **parent feedback** to improve lessons.

Important points for parents

- **Relationships and Health Education are statutory**. Parents **cannot withdraw** their child from these lessons.
- **Sex Education** (beyond science) is taught in **Year 5 and 6**. Parents **can request withdrawal** from these lessons.
- All teaching is **age-appropriate**, respectful, and sensitive to children's backgrounds and needs.
- Teachers will answer children's questions **kindly, honestly and appropriately**.
- The school makes **reasonable adjustments** to support pupils with SEND.
- RSHE helps children understand **consent, personal boundaries, and staying safe**.

Staying Safe

- Children learn how to **keep themselves safe**, including online safety, body privacy, and who to talk to if they feel worried.
- If a child shares something that makes a teacher concerned for their safety, staff will follow the **Safeguarding Policy** to ensure the child is protected.
- RSHE helps children understand that their body belongs to them and that they can say **no** to unwanted touch.

If you want to know more

- Parents can ask to **see RSHE lesson plans**, resources or speak with the **Headteacher** or **PSHE Lead**.
- The school holds **consultation opportunities** (surveys, meetings, focus groups) so parents can share views.
- The school will hold an **annual RSHE information session** for parents.
- This policy is **published on the school website** and available in hard copy on request.
- The school reviews this policy **every two years**, using feedback from parents, pupils and staff.

Right to Withdraw from Sex Education (Years 5–6 only)

- Parents wishing to withdraw their child from sex education should **submit a written request to the Headteacher**.
- The school will arrange a **meeting** to discuss the request.
- Children who are withdrawn will receive **alternative, purposeful education** during these lessons.
- Parents cannot withdraw from **statutory science content** (e.g., human reproduction).

How we listen to pupils

- Pupil feedback is gathered through **surveys, discussions, floor books, and focus groups**.
- Their views help us improve lessons and ensure RSHE meets their needs.