

Welbourn Church of England Primary
School
High Street
Welbourn LN5 0NH



Tel/Fax: 01400 272798
Email: enquiries@welbourn.lincs.sch.uk
Website: www.welbournprimary.co.uk

Welbourn Church Of England Primary School

Relationships, Sex and Health Education Policy

Date ratified by Governors	September 2026
Review date	September 2027
Signed by Chair of Governors	
Name of Chair of Governors	

Rationale

The vision and values at our school underpin the need for developing the children's self-awareness and their empathy for the other children and people who surround them. An amendment to the Children and Social Work Act 2017 made Relationships Education, Relationships and Sex Education (RSE) and Health Education at primary age statutory subjects. This has been active since September 2020. To provide pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up. They learn to understand and respect our common humanity; diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

Introduction

The teaching of Relationships, Sex and Health Education at our school, using an integrated and consistent approach, is an important aspect of pupils' education. Relationship, sex and health Education includes supporting young people in developing self-confidence in preparing for physical and emotional changes into adulthood. We believe that the teaching of Relationship, sex and health Education should be shared with parents and be mutually supportive and complementary. It promotes an understanding of the range of family types and other people who contribute to providing children with the care, love and support they need to grow and develop.

The policy has been developed to ensure that staff and parents or carers are clear about the statutory requirements regarding Relationships, Sex and Health Education, and that the pupils receive their educational entitlement. Through implementation of this policy, the school will meet specific aspects of the legal and statutory requirements.

Aims of Relationship, Sex and Health Education

Relationship, Sex and Health Education is to be taught within a moral framework. Children will learn about moral values through all aspects of school life and in all curriculum areas, not just in Relationship, Sex and Health Education.

Taking account of the age, maturity and needs of the pupils, and alongside other learning in school, Relationship, Sex and Health Education aims to achieve the following:

- Help pupils develop sensitivity and respect for themselves and other;
- Provide a friendly and caring environment in which children are able to ask questions and further their understanding;
- Support pupils in taking responsibility for their actions and the consequences of their actions;
- Provide equality of opportunity for all children in a caring community in which each individual is encouraged to make a valuable contribution;
- Provide the knowledge and information to which all pupils are entitled;
- Help children to develop feelings of self-respect, self-esteem, self-confidence, sympathy and

- empathy;
- Provide children with the ability to safeguard themselves;
- Help children learn to recognise unhealthy relationships;
- Provide children with the confidence to be participating members of society and to value themselves and others;
- Prepare pupils for puberty and encourage them to take responsibility for their own actions;
- Give them an understanding of reproduction and sexual development;
- Give them an understanding of the importance of health and hygiene;
- Develop and use communication skills and assertiveness skills for children to cope with the influences of their peers and the media;
- Encourage children to respect and care for their bodies;
- Answer pupils' questions honestly and sensitively – referring the children to parents where appropriate;
- Develop knowledge of boundaries and confidence to say 'no'; and
- Provide information on where individuals and families can get help and support.

How It Is Taught?

PSHE/RSE and SMSC run through our school and it's core values. We teach Relationship, Sex and Health Education in the context of the school's aims and church school values framework. Pupil wellbeing is at the centre of everything we do. We provide a range of opportunities to support our pupils' mental health and wellbeing including special days and events and our Hope programme. Visitors, outside agencies, trips, links to community and charity groups, a focus on difference and diversity and supporting a calendar of PSHE related events all support a PSHE ethos in our school. At Welbourn C of E Primary, we teach PSHE lessons from Reception to Year 6 following a scheme assisted approach, adapting the KAPOW scheme of work to the needs of our pupils, cohorts.

Our PSHE scheme of work promotes emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. Teaching strategies are varied and are mindful of preferred learning styles and the need for differentiation.

Lessons across Years 1 to 6 are organised into nine key areas:

- **My healthy self**
- **Connecting with others**
- **The online world**
- **Staying safe**
- **Health protection**
- **Growing up**
- **Citizenship** (*non-statutory at present; included in the forthcoming National Curriculum from September 2028*)
- **Sex education** (*non-statutory*)
- **First aid** (*non-statutory*)

We teach Relationships, Sex and Health Education discretely. However, some biological aspects are covered in Science. Most SRE content is taught during the second half of the year.

Relationship and Sex Education (Relationships, Sex and Health Education)

Definition of Relationships, Sex and Health Education (RSHE) From September 2026, Relationships Education is compulsory for all primary schools, and Health Education is a statutory duty for all

maintained schools, as set out in the updated DfE statutory guidance. This framework requires primary-aged children to learn about the 'changing adolescent body' as part of the expected outcomes for primary Health Education, alongside enhanced content covering emotional regulation, grief, personal safety (including road, rail, and water safety), and accurate anatomical language for body parts to support safeguarding.

Compulsory aspects of Relationships, Sex and Health Education.

End of primary expectations and curriculum content is given in the Relationships Education, Relationships and Sex Education, and Health Education DfE guidance (2026). It is up to schools to determine how this is taught as part of a broad and balanced curriculum. Where a school delivers this as part of a whole programme of PSHE, such as Kapow, they are free to continue with this approach.

The sex education contained in National Curriculum science (Key Stages 1–4) is compulsory in maintained schools.

'All children, including those who develop earlier than average, need to know about puberty before they experience the onset of physical changes' (1.13)

Children should learn 'how a baby is conceived and born' before they leave primary school (1.16)

It is compulsory for all maintained schools to teach the parts of sex education that fall under National Curriculum Science which must be taught to all pupils of primary and secondary age e.g. the biological aspects of puberty and reproduction (Education Act 1996, National Curriculum 2014).

The Role of the Parents

At Welbourn C of E Primary School, we wish to build a positive and supporting relationship with parents working in partnership with trust and cooperation to support this aspect of the curriculum. Parents/carers have the right to withdraw their children from Sex Education provided at school except for those parts included in statutory National Curriculum Science and that included within Statutory Relationships and Health Education. Those parents/carers wishing to exercise this right are invited in to see the head teacher and/or PSHE Lead in school who will explore any concerns and discuss any impact that withdrawal may have on the child.

Information regarding the content of our RSE lessons is available on our school website for parents to read. Once a child has been withdrawn, they cannot take part in the specific sex education lessons until the request for withdrawal has been removed.

Parents are informed of our intent to teach puberty and SRE through communication via our website and letters home.

Confidentiality

Teachers conduct Relationships and Sex Education lessons in a sensitive manner and in confidence. However, if a child makes a reference to being involved, or likely to be involved in sexual activity, or indicates that they may have been a victim of abuse, this will be dealt with in line with our child protection policy.

Questions from Pupils

It is recognised that children will have questions during the teaching of SRE. The following statements set out how the school will deal with pupil questions.

- Children's questions will not be disregarded. Where they fall outside the SRE lessons, teachers will make a professional judgement about whether to answer immediately, or to answer the question during a later SRE lesson. Where children do not feel confident to ask questions orally, they are given opportunity to write questions down and place them in a "Questions Box" which will be available in the classroom. Where questions from pupils that are within the planned content of the curriculum, in the professional judgement of the teacher, the questions will be answered openly, honestly and using the correct vocabulary.
- Where the teacher is unsure whether a question falls within the agreed content, the teacher will seek the professional advice of the Headteacher / PSHE Coordinator. This person will advise on whether to answer the question and the answer to be given. All answers will be provided in a sensitive manner in keeping with policy and school guidance.

Children with Special Educational Needs

We have a duty of care to all our children at Welbourn C of E Primary School. Additionally, we must provide alternative provision to ensure that there are no barriers to learning for any children, including children with special educational needs. This means, during the teaching, learning and delivering of the Relationships and Sex Education curriculum we, as a staff, must be mindful to ensure that delivery of the learning is inclusive. This could mean additional support within lesson time, small group or perhaps individual support. Including this, adaptation of resources and additional support from outside agencies may be accessed to provide the best learning environment which is inclusive for all. Working well with staff and parents, we will ensure that learning is suitable for any child with any physical, social or emotional additional needs.

Monitoring

Due to the statutory requirements of Relationships and Sex Education, the PSHE Lead will continuously monitor this document within the normal framework of staff discussion and according to our monitoring schedule for teaching and learning.

Safeguarding

All staff should record any concerns that they have during the delivery of these lessons in regard to safeguarding. If a child were to display any concerning behaviours or make a disclosure, then these should be dealt with in line with our Safeguarding policy.