



PSHE (Including Relationships, Sex and Health Education) Policy

Updated September 2026

Vision and Ethos

At All Saints Church of England Academy and Nursery, our vision is:

"Learning and Growing Together to be the Best That We Can Be."

Our vision is rooted in the Parable of the Sower (Luke 8:15), reflecting our commitment to creating the fertile soil in which every member of our school community can flourish and achieve their God-given potential.

We believe that education should promote academic achievement alongside wellbeing, character development and personal growth. Through our PSHE and RSHE curriculum, we seek to prepare pupils for life in modern Britain by helping them develop positive relationships, emotional resilience, respect for others and the confidence to make safe and informed choices.

As a Church of England school, we promote the Christian values of dignity, compassion, respect, forgiveness and service. We value every child as unique and created in the image of God. Our curriculum reflects our commitment to inclusion, equality and the flourishing of all.

Aims

The aims of PSHE and RSHE at All Saints are to:

- support pupils' personal development, mental health and wellbeing;
- develop children's understanding of themselves and their place within society;
- equip pupils with the knowledge, skills and attributes they need to build healthy, respectful and safe relationships;
- teach pupils how to recognise risk, stay safe and seek support when needed;
- promote positive physical and mental health;
- prepare pupils for the opportunities, responsibilities and experiences of later life;
- develop aspiration, resilience, self-belief and confidence;
- help pupils understand and respect difference and diversity;
- promote British Values and citizenship;
- ensure pupils understand their rights and responsibilities in an increasingly digital world;
- prepare pupils for successful transition to secondary education and adulthood.

These aims are particularly important within our school community, where we are committed to raising aspirations, developing resilience and ensuring that every child is equipped to thrive.

Statutory Requirements

This policy reflects:

- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019;
 - The Department for Education Statutory Guidance: *Relationships Education, Relationships and Sex Education (RSE) and Health Education (2025), for implementation from September 2026*;
 - Keeping Children Safe in Education;
 - The Equality Act 2010;
 - The SEND Code of Practice;
 - Church of England guidance including *A Charter for Faith Sensitive and Inclusive Relationships Education, Relationships and Sex Education (RSE) and Health Education (RSHE)* and *Valuing All God's Children*.
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Definitions

Relationships Education (Statutory)

Relationships Education teaches children about healthy, respectful and safe relationships, including:

- families and people who care for us;
- caring friendships;
- respectful relationships;
- online relationships;
- keeping safe.

It also includes learning about boundaries, consent, privacy, kindness, respect and how to seek help if concerns arise.

Health Education (Statutory)

Health Education teaches pupils about:

- physical health;
- mental wellbeing;
- healthy lifestyles;
- online wellbeing;
- personal safety;
- drugs, alcohol, tobacco and vaping;
- puberty and growing up;
- basic first aid;
- healthy relationships with food and exercise.

Sex Education (Non-Statutory)

Sex Education is not compulsory in primary schools.

However, All Saints CE Academy believes that children should be prepared for secondary education and adolescence through age-appropriate learning about human reproduction.

Additional Sex Education is therefore taught through My Happy Mind Plus in Years 5 and 6. This includes:

- conception;
- pregnancy;
- human reproduction;
- birth;
- the emotional and physical responsibilities associated with becoming a parent.

Parents have the right to request withdrawal from this additional non-statutory Sex Education.

Curriculum Organisation and Delivery

PSHE and RSHE are delivered through:

My Happy Mind Core Programme

The five modules are:

- Meet Your Brain
- Celebrate
- Appreciate
- Relate
- Engage

These modules support emotional wellbeing, resilience, self-awareness, self-esteem and positive relationships.

My Happy Mind Plus

This provides full coverage of:

myHappyBody

Including:

- physical wellbeing;
- safety;
- puberty;
- healthy choices;
- health education.

myHappyRelationships

Including:

- families;
- friendships;
- respectful relationships;
- online safety;
- sex education;
- anti-bullying.

myHappyWorld

Including:

- economic wellbeing;
- careers education;
- media literacy;
- citizenship;
- preparing for future opportunities.

The curriculum is carefully sequenced so pupils build knowledge and skills progressively from Nursery to Year 6. Teaching is adapted to meet the needs of all learners.

Inclusion, Equality and SEND

All pupils are entitled to access a high-quality PSHE and RSHE curriculum. Learning is adapted to ensure accessibility for pupils with SEND and additional needs. Staff take account of pupils' developmental stage, learning needs, communication needs and personal circumstances.

The curriculum promotes respect and equality and meets the requirements of the Equality Act 2010.

Teaching reflects the diverse society in which children live and helps pupils understand:

- protected characteristics;
- inclusion;
- respect for difference;
- diversity within families and communities;
- the importance of treating everyone with dignity.

As a Church of England school, we affirm the value and worth of every individual.

Safeguarding

Safeguarding is central to the delivery of PSHE and RSHE.

Pupils learn:

- how to recognise unsafe situations;
- healthy boundaries;
- privacy and consent;
- online safety;
- how to recognise abuse;
- how to seek help.

The curriculum provides preventative education designed to keep children safe and empower them to speak out about concerns.

Any safeguarding concerns or disclosures arising from PSHE or RSHE lessons will be managed in accordance with the school's Child Protection and Safeguarding Policy and reported immediately to the Designated Safeguarding Lead.

Staff never guarantee confidentiality to pupils where safeguarding concerns are identified.

Working with Parents

We recognise that parents and carers are children's first educators and play a vital role in supporting their personal development.

We are committed to working in partnership with families through:

- annual consultation regarding the RSHE policy and curriculum;
- curriculum information shared with parents;
- opportunities to view teaching materials;
- communication prior to the teaching of Sex Education lessons;
- responding positively to parental questions and feedback.

Parents may request to view any PSHE or RSHE curriculum resources used by the school.

Right to Withdraw

Parents do not have the right to withdraw their child from:

- Relationships Education;
- Health Education;
- National Curriculum Science.

Parents may request that their child is withdrawn from non-statutory Sex Education lessons taught through My Happy Mind Plus in Years 5 and 6.

Where a request is made, the Headteacher will meet with parents to discuss:

- the nature and purpose of the curriculum;
- the reasons for the request;
- any concerns raised.

Following this discussion, the request will be granted and the pupil will receive appropriate alternative educational provision during the lesson.

Managing Difficult Questions

Children are encouraged to ask questions in a safe and supportive environment.

Staff will:

- answer questions honestly and age-appropriately;
- remain within the agreed curriculum content;
- avoid providing inappropriate levels of detail;
- encourage discussion with parents where appropriate;
- signpost children to trusted adults and sources of support.

Where a question raises a safeguarding concern, staff will follow safeguarding procedures.

Monitoring, Evaluation and Review

The Headteacher and PSHE Lead are responsible for monitoring the quality and effectiveness of PSHE and RSHE provision.

Monitoring may include:

- lesson observations;
- learning walks;
- pupil voice;
- scrutiny of pupil work and journals;

- staff feedback;
- curriculum reviews;
- parental feedback.

The impact of the curriculum will be evaluated through pupils' knowledge, understanding, attitudes and personal development outcomes.

This policy will be reviewed annually or sooner if national guidance changes

My Happy Mind Plus curriculum maps demonstrate full coverage of the DfE 2026 requirements and are available on request