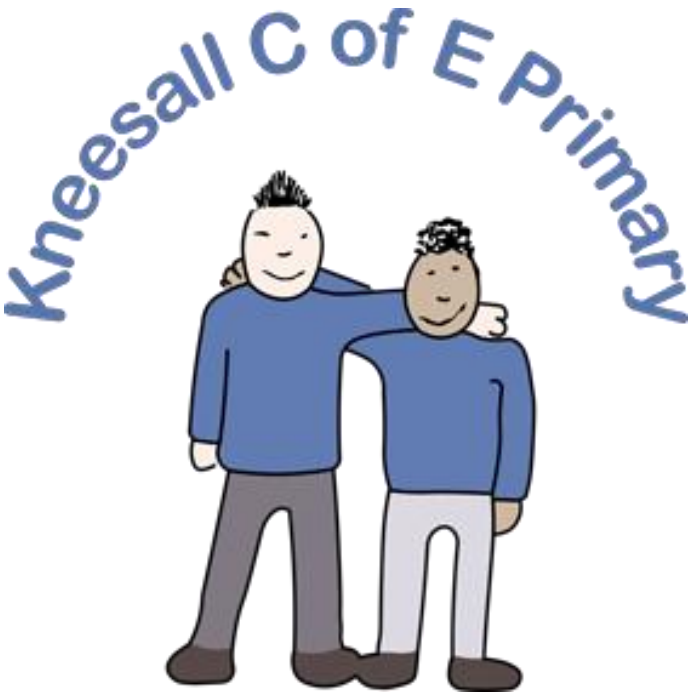


Relationships, Sex and Health Education (RSHE) Policy

Head Teacher Signature:	Chris Litchfield
Date Adopted:	September 2026
Review Date:	September 2027

Vision and Ethos

At Kneesall C of E Primary Academy, our approach to Relationships, Sex and Health Education is firmly rooted in our Christian vision and our commitment to ensuring that every child is enabled to flourish. Guided by the promise that all may experience "life in all its fullness" (John 10:10), we seek to provide an education that nurtures the academic, spiritual, moral, emotional, social and physical development of every pupil. This reflects the Church of England's vision for education.

We believe that every person is uniquely created, valued and loved. Therefore, every child is entitled to be treated with dignity, respect and compassion. Through Relationships, Sex and Health Education, pupils are supported in understanding themselves, recognising their own worth, developing healthy relationships and growing as responsible members of society. We seek to cultivate a culture in which all members of the school community are known, valued and encouraged to thrive.

As a Church of England academy, we welcome and serve pupils and families of all faiths and none. Our Christian foundation inspires us to demonstrate generous hospitality, foster mutual respect and encourage thoughtful engagement with different beliefs, experiences and perspectives. Through RSHE, children develop the knowledge, understanding and character needed to contribute positively to their communities and the wider world.

Aims

The aim of RSHE at Kneesall C of E Primary Academy is to equip children with the knowledge, understanding, attitudes and skills necessary to live safe, healthy and fulfilling lives. The curriculum seeks to help children develop emotionally, socially, morally and physically while building confidence, resilience and self-respect.

RSHE supports pupils in understanding the importance of healthy relationships, positive mental and physical wellbeing, personal responsibility and mutual respect. It enables children to develop the confidence to communicate effectively, establish appropriate boundaries, make informed decisions and seek support when required. Through this learning, pupils are encouraged to become thoughtful, compassionate and responsible citizens who are prepared for the opportunities and challenges of life in modern Britain.

Christian Foundation

As a Church of England academy, we recognise that education is concerned with the flourishing of the whole person. Relationships, Sex and Health Education contributes significantly to this by supporting children's spiritual, moral, social, emotional and physical wellbeing.

Our curriculum reflects Christian principles of dignity, compassion, respect, justice, forgiveness, reconciliation and service. Pupils are encouraged to understand that all people possess inherent worth and should be treated with kindness and respect. Through RSHE, children explore how positive relationships contribute to individual wellbeing and strong communities whilst developing an appreciation of their responsibilities towards others.

The school's approach reflects the vision articulated within Church of England Vision for Education: Deeply Christian, Serving the Common Good, which places human flourishing at the centre of educational provision and promotes wisdom, hope, dignity and community as cornerstones of a successful education.

Statutory Framework

This policy has been developed in accordance with current legislation and statutory guidance, including the Education Act 1996, the Education Act 2002, the Children and Social Work Act 2017, the Equality Act 2010, and the requirements of the Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance that came into force on 1 September 2026.

The policy also reflects the safeguarding expectations set out within Keeping Children Safe in Education 2026 and the principles contained within the Church of England Vision for Education: Deeply Christian, Serving the Common Good. The school additionally has regard to the Religious Education Statement of Entitlement for

Church of England Schools, recognising the importance of enabling pupils to flourish through a curriculum that promotes respect, understanding and engagement with a diverse society.

Governors, leaders and staff will ensure that provision remains responsive to future legislative developments, statutory guidance and local safeguarding priorities.

RSHE and Safeguarding

The school recognises that high-quality Relationships, Sex and Health Education forms a vital element of safeguarding and child protection. Through age-appropriate learning, pupils develop the knowledge and confidence required to recognise healthy relationships, understand personal boundaries and identify behaviours that may place them at risk. They learn that every person deserves to be treated with dignity and respect and that they have the right to feel safe both online and offline.

Teaching supports pupils in understanding the importance of seeking help from trusted adults whenever they have concerns. Children are encouraged to recognise situations that feel uncomfortable, unsafe or inappropriate and are given opportunities to explore practical strategies for responding to worries and accessing support.

The school acknowledges that safeguarding concerns may arise through RSHE lessons. Any disclosures or concerns will be managed in accordance with the school's safeguarding procedures and the requirements of Keeping Children Safe in Education 2026. The curriculum therefore plays a significant role in promoting children's safety, wellbeing and flourishing.

Equality, Inclusion and Human Dignity

Kneesall C of E Primary Academy is committed to creating a culture in which every individual is treated with dignity, respect and kindness. We believe that all people are of equal worth and that every child should be supported to flourish regardless of their background, identity, ability, faith, ethnicity, family circumstance or protected characteristic.

RSHE teaching reflects the requirements of the Equality Act 2010 and promotes understanding of diversity within modern society. Pupils are supported in developing empathy, respect and an appreciation of the value of difference. Where topics involve differing viewpoints, religious beliefs or personal perspectives, teaching will remain factual, balanced and objective whilst encouraging respectful discussion and mutual understanding.

The school is committed to ensuring that all pupils, including those with special educational needs and disabilities, can access a meaningful and appropriately adapted RSHE curriculum.

Educating for Community and the Common Good

Consistent with the vision of the Church of England, the school seeks to educate pupils not only for personal success but also for the benefit of others. Through RSHE, children are encouraged to consider the impact of their choices and actions upon individuals, relationships and communities.

The curriculum promotes responsibility, service, compassion, justice and active citizenship. It helps pupils understand the importance of contributing positively to society and encourages them to develop the knowledge, character and values necessary to foster healthy, inclusive and respectful communities. This reflects the Christian commitment to serving the common good and enabling both individuals and communities to flourish.

Curriculum Content

The RSHE curriculum at Kneesall C of E Primary Academy has been carefully designed to reflect the requirements of the statutory curriculum whilst supporting the school's Christian vision of enabling every child to flourish. Through age-appropriate learning, pupils develop an understanding of healthy relationships, personal wellbeing, respect, responsibility and human dignity. Teaching helps children to recognise the

importance of kindness, compassion and mutual respect within families, friendships and the wider community, whilst encouraging them to make positive contributions to society and the common good.

The curriculum provides pupils with the knowledge and skills needed to lead safe, healthy and fulfilling lives in a modern and diverse society. Learning includes relationships, physical and mental health, emotional wellbeing, personal safety, online safety and human development. In line with current statutory guidance, teaching addresses contemporary safeguarding issues including digital safety, online harms, misinformation, scams and the responsible use of technology. Pupils are also supported in understanding change, loss, bereavement and the physical and emotional changes associated with growing up. Teaching is delivered sensitively and in ways that are appropriate to pupils' age, stage of development and individual needs.

While distinct from Religious Education, RSHE complements the wider curriculum by encouraging pupils to reflect on questions of identity, belonging, responsibility and human flourishing. In accordance with the school's Christian foundation, learning promotes wisdom, hope, dignity and community and encourages respect for people of all faiths and none. Through this approach, pupils are supported to develop the confidence, resilience and moral understanding necessary to build positive relationships, make informed decisions and contribute positively to the communities of which they are a part.

Sex Education

The school will deliver all statutory elements of Relationships Education and Health Education. In addition, age-appropriate sex education may be provided to complement the National Curriculum for Science and to support pupils in understanding human development.

Any non-statutory sex education will be delivered sensitively and professionally and will reflect the school's values, safeguarding responsibilities and educational aims. Parents retain the legal right to request that their child be withdrawn from any non-statutory sex education provision in accordance with relevant legislation and departmental guidance.

Teaching and Learning

RSHE is delivered through a range of teaching approaches, including dedicated lessons, cross-curricular learning, worship, pastoral opportunities and wider enrichment activities. Teaching is informed by evidence, professional expertise and statutory guidance.

Staff create safe and supportive learning environments in which pupils feel confident to engage in discussion, ask questions and express views respectfully. Resources used within the curriculum are age appropriate, educationally sound and regularly reviewed to ensure continued relevance and accuracy.

Use of External Agencies

The school may occasionally invite external contributors to support specific aspects of RSHE where specialist knowledge would enhance pupils' learning experiences. Such contributions supplement and enrich the curriculum but do not replace the responsibility of teachers to deliver high-quality RSHE.

All visitors are expected to comply with school safeguarding procedures and will work under the supervision and direction of school staff.

Working with Parents and Carers

The school recognises parents and carers as the primary educators of their children and values the important contribution families make to children's understanding of relationships, wellbeing and personal development.

Kneesall C of E Primary Academy is committed to maintaining positive and transparent relationships with parents. Information about curriculum content and learning objectives will be made available, and the school will seek to engage families in the ongoing development of provision. This openness reflects both statutory expectations and the school's commitment to partnership, trust and mutual respect.

Monitoring, Evaluation and Review

The effectiveness of this policy and the impact of RSHE provision will be monitored by school leaders and governors. Monitoring activities may include curriculum review, lesson visits, pupil voice, safeguarding monitoring, parental feedback and self-evaluation processes.

Governors will ensure that the policy remains consistent with statutory requirements, safeguarding expectations and the school's Christian vision. The policy will be reviewed annually or sooner if changes to legislation, government guidance or local circumstances make this necessary.

This policy will be reviewed **annually**.