



*But as for you, be strong and do not give up, for your work will be rewarded ~ 2 Chronicles 15:7*

## Relationships and Health Education (HSE) Policy



**Weston St Mary  
CE Primary School**

Reviewed by:	Date:	Changes made:
GB	June 2020	New Policy

Schools serving their communities through excellence,  
exploration and encouragement within the love of God

*I can do all things through him who strengthens me ~ Philippians 4:13*

## Relationships and Health Education (RHE) Policy

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019 make Relationships and Health Education (RHE) compulsory for all pupils receiving primary education and Relationships, Sex and Health Education (RSHE) compulsory for all pupils receiving secondary education. They also make Health Education compulsory in all schools except independent schools. The regulations also set out the rights of parents/carers to withdraw pupils from Sex Education but not from Relationships or Health Education. The DfE statutory guidance on Relationships and Health Education (RHE) and Relationships, Sex and Health Education (RSHE) can be found here –

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/805781/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

### Weston St Mary Church of England Primary School “Inspire Believe Achieve”

This policy has been developed in consultation with all stakeholders, including governors, staff, pupils and parents/carers.

#### **1. A Definition of Relationships and Health Education for Church Schools**

All Church of England schools within the Diocese of Lincoln are statutorily required to teach Relationships and Health Education. Within the context of Christian beliefs about human dignity (e.g. Genesis 1:26-27) and the need to love your neighbour as you love yourself (e.g. Mark 12:30-31), RHE enables pupils to flourish and gain every opportunity to live fulfilled lives.

RHE (Relationship and Health Education) is about the emotional, social and physical aspects of growing up and developing healthy relationships. It is also about the spiritual and moral aspects of relationships within a context of a Christian vision for the purpose of life. Through RHE in church schools, pupils will have the chance to learn about how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

Relationships Education is learning about how to:

- be appreciative of existing relationships
- to form new healthy relationships
- to enjoy strong positive, non-exploitative, caring relationships online and in person.

This will particularly reference family relationships including marriage, friendships and relationships with peers and adults.

Sex Education in primary schools is not mandatory; however, the National Curriculum for Science in primary schools includes content about human body parts, growth, puberty and reproduction.

**Parents/carers do not have the right to withdraw from this aspect of the curriculum.**

## **2. Statutory Requirements**

As a primary church academy, we must provide Relationships Education to all pupils as per section 34 of the Children and Social Work Act 2017. We do not have to follow the National Curriculum, but we are required to offer all pupils a curriculum that is similar in breadth and depth to the National Curriculum, including requirements to teach science, which would include the elements of sex education contained within the Primary Science curriculum.

In teaching RHE, we have regard to the guidance issued by the secretary of state as outlined in in [section 403 of the Education Act 1996](#).

## **3. Our Aims of the RHE Curriculum**

The aims of the RHE curriculum within our school are to:

- Provide a framework in which sensitive discussions can take place.
- Prepare pupils for puberty, give them an understanding of how relationships and their bodies are developing and the importance of health and hygiene.
- Help pupils develop feelings of self-respect, confidence and empathy.
- Create a positive culture around issues of friendships and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

## **4. RHE Curriculum**

Our RHE curriculum has been developed by JigsawPSHE and the decision to implement this scheme of work was taken into careful consideration and consultation with various stakeholders, including governors, staff and pupils but also it was taken into account the context of the school and our pupils.

Topics that are covered within the scheme are:

- *Being Me in My World*
- *Celebrating Difference*
- *Dreams and Goals*
- *Healthy Me*
- *Relationships and*
- *Changing Me*

This RHE curriculum is also planned into the context of our broader curriculum intent, and the delivery of this part of the curriculum is one of the ways in which we seek to realise our overarching distinctively Christian vision. It reflects core Christian teachings about human beings and healthy relationships, including the belief that all are made in the image of God, are loved by God and are therefore to be treated with dignity and respect. This enables our pupils to understand that they should value the gift of themselves and recognise and respect this gift of uniqueness in others by seeking out healthy relationships. It will also help them understand a range of Christian views on the importance of long-term relationships as building blocks for family stability.

SMSC (Social Moral Spiritual and Cultural) and British Values are mapped into and are included in each and every lesson.

## 5. Delivery of RHE

RHE is taught as part of the broader PSHE curriculum. Biological aspects of RHE are taught within the Primary Science Curriculum and some elements of RHE may be taught within the RE curriculum, particular with relation to a range of views on relationships from religions and various worldviews. Teaching is delivered by class teachers. The school will use a range of resources that are developed alongside the JigsawPSHE scheme of work to deliver effective RHE and all staff involved in delivering RHE will receive appropriate training and support.

Pupil progress and attainment in RHE will be monitored throughout the year by the teacher using teacher assessments.

All RHE is delivered with an understanding that pupils and staff may be personally engaged in different structures of support and familial relationships, including single parent families, LGBTQ families, families headed by grandparents, adoptive parents, foster parents/carers, young carers, etc.

The RHE curriculum has been carefully designed to ensure that no person feels stigmatised; this is set within the context of the biblical teaching that all human beings are created in the image of God (Genesis 1:26-7) and that Christians are called to respect and honour everyone (e.g. 1 Peter 2:17).

For more information about the delivery of RHE, please contact the school's reception and your questions or concerns will be passed on to the relevant person who can answer them.

## 6. Parental Right to Withdraw from Sex Education

Parents/guardians do not have the right to withdraw their children from Relationships Education.

Elements of Sex Education are included in the Primary Science Curriculum and parents/guardians do not have the right to withdraw their children from the Science Curriculum.

Parents have the right to withdraw their children from the non-science elements of Sex Education within RSHE but this will not be necessary due to Weston C of E being a primary school and only delivering RHE (Relationship and Health Education).

## 7. Training

Staff will be trained and upskilled on the delivery of RHE as part of their induction to the school and it will also be included in our continual professional development calendar throughout the year.

## 8. Monitoring arrangements

The delivery of PSHE including RHE will be monitored by the Senior Leadership Team within the school. This monitoring will include planning and work scrutinies, lesson observations, learning walks and listening to the pupil's voice etc...

The pupil's development and progress within PSHE and RHE lessons will be monitored by the teacher who delivers the lessons as part of our internal assessment systems.

**This policy will be monitored and reviewed by Executive Head, Head of School and Governing Body**

It was approved by the full governing body on [xxx]

Date of review: March 2021