



Milverton Community Primary and Pre-School

Relationships and Sex Education (RSE) Personal, Social, Health, and Economic Education (PSHE) Policy

Date: July 2026

Review date: July 2027

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Milverton Community Primary School & Pre-School

Headteacher: Nicola Stoddart

Date adopted: September 2026

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1. Introduction

At Milverton Community Primary School & Pre-School we are committed to delivering a high-quality **Relationships and Sex Education (RSE) Personal, Social, Health, and Economic Education (PSHE)** curriculum that reflects our core values:

We Care, We Aspire, We Belong

Our school vision is:

Inspiring every child to achieve their full potential.

Nurturing our children to become resilient, respectful and responsible global citizens.

RSE (PSHE) plays a vital role in achieving this vision by equipping pupils with the knowledge, understanding and skills to build positive relationships, make safe choices and develop into confident, respectful members of society.

This policy is written in line with the Department for Education statutory guidance for Relationships Education, RSE and Health Education (2025) and follows best practice guidance from the PSHE Association.

2. Aims of RSE (PSHE)

At Milverton Community Primary School, our RSE (PSHE) curriculum aims to:

- Promote our value of **We care** by helping pupils develop empathy, kindness and healthy relationships
- Encourage **We aspire** by building confidence, self-worth and ambition for a healthy future
- Foster **We belong** by creating an inclusive environment where every child feels safe, valued and respected

Through RSE (PSHE), we aim to:

- Develop understanding of **healthy, respectful relationships**
 - Enable pupils to **stay safe**, including online
 - Promote **mental wellbeing and emotional resilience**
 - Prepare pupils for **puberty and the changes of growing up**
 - Encourage respect for **diversity and equality**
 - Support pupils to become **responsible global citizens**
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3. Statutory Requirements

In accordance with statutory guidance:

- **Relationships Education is compulsory in primary schools**
- **Health Education is compulsory**
- **Sex Education is not compulsory**, but elements are taught in Key Stage 2

All teaching is:

- Age-appropriate
 - Inclusive
 - Sensitive to pupils' needs and backgrounds
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4. Curriculum Content

Our RSE (PSHE) curriculum is delivered teaching Oak National Academy RSE (PSHE) curriculum as core content. Our curriculum is enhanced with content from PSHE Association resources; No Outsiders; Active Bytes, our MHST whole school approach and wellbeing offer and outdoor Forest School learning which supports pupils' personal development in line with our school values.

Relationships Education (Statutory)

Children will learn about:

- Families and people who care for them
- Caring friendships
- Respectful, kind relationships
- Online safety and awareness
- Being safe

These themes support our values of **belonging and caring**, ensuring all pupils understand the importance of respect and kindness.

Health & Wellbeing (Statutory)

Children will learn about:

- Mental wellbeing, emotional awareness and resilience
- Physical health and the benefits of physical activity and time spent outdoors
- Healthy eating, good nutrition
- Growing and changing
- General wellbeing
- Wellbeing online
- Drugs, alcohol, tobacco and vaping
- Personal hygiene, personal safety and basic first aid
- Health Protection and prevention
- Developing bodies, human lifecycle, puberty, menstrual cycle (using the correct names of body parts to include the penis, vulva, vagina, testicles, scrotum and nipples)

This supports pupils to **aspire to healthy, balanced lifestyles**.

Sex Education (Non-statutory)

At Milverton Community Primary School, we teach age-appropriate sex education in **Years 4, 5 and 6**, including:

- Puberty and body changes
- Human reproduction, conception and birth
- How a baby is conceived and born

We teach this content in line with the National Curriculum for science.

This ensures pupils are prepared for the transition to secondary school in a **sensitive and respectful way**.

5. Key Principles

Our RSE (PSHE) curriculum reflects the following principles:

- It is rooted in our values: **care, aspiration and belonging**
- It promotes **inclusion, respect and equality**
- It is **age-appropriate and developmentally appropriate**
- It is delivered in a **safe, supportive environment**
- It responds to the **needs of our pupils and community**

We also address modern challenges such as:

- Online safety and digital influences
 - Respectful behaviour and challenging stereotypes
 - Emotional wellbeing and resilience
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6. Delivery of RSE (PSHE)

RSE (PSHE) is delivered through:

- Timetabled **PSHE lessons**
- Cross-curricular links (e.g. science, computing)
- Assemblies (to include No Outsiders assemblies) and whole-school themes

Teaching is delivered by trained staff who:

- Create a **safe and respectful classroom environment**
- Establish clear ground rules
- Use appropriate, inclusive language
- Encourage questions and discussion in a sensitive way

SEND

Pupils with special educational needs and disabilities will be taught all the curriculum content making adaptations appropriate to age and stage of individual pupil's development in a sensitive way.

As a school we are aware that pupils with SEND may be more vulnerable than their peers to harmful sexual behaviour, sexual abuse, exploitation and violence, bullying and other issues. RSHE can be particularly important for these pupils, particularly those with social, emotional and mental health needs or learning disabilities.

Managing difficult questions

Pupils may ask questions about topics which go beyond any sex education covered by the school or relate to sex education from which they have been withdrawn.

Teachers will acknowledge the question with an emphasis on supporting the child. (Thank you for your question, I will have a think about that and come back to you).

As a follow up the teacher will ask the pupil to speak to their parents or a trusted adult, and if appropriate inform the parent that such a question has been asked.

Teachers may also signpost to support services where needed.

As a school we recognise that children whose questions go unanswered might instead turn to inappropriate sources of information, including online.

SLT will support and provide training in handling questions that are better not dealt with in the classroom.

7. Safeguarding

Safeguarding underpins all aspects of RSE at Milverton Community Primary School.

Through RSE, pupils learn:

- How to recognise risks and unsafe situations
- How to seek help from trusted adults
- About personal boundaries and respect

Our approach reflects our value **“We care”**, ensuring every child feels safe, supported and listened to.

All staff follow the school’s safeguarding procedures when responding to concerns or disclosures.

8. Equality and Inclusion

We are committed to ensuring that RSE reflects our value **We belong**.

Our curriculum:

- Is inclusive of all pupils and families
- Respects diversity, including cultural and religious backgrounds
- Promotes equality in line with the Equality Act 2010

Every child is supported to feel **valued, respected and included**.

9. Working with Parents and Carers

We believe strong partnerships with parents supports children's learning and wellbeing.

We will:

- Share this policy with parents and carers
- Provide opportunities to view RSE materials
- Inform parents when specific content is taught
- Offer guidance on supporting RSE learning at home

This reflects our commitment to **working together as a community where everyone belongs**.

10. Right to Withdraw

Parents have the right to withdraw their child from **non-statutory sex education**.

- Requests should be made to the Headteacher
- Alternative provision will be arranged

There is no right to withdraw from:

- Relationships Education
 - Health Education
 - National Curriculum Science
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11. Monitoring, Evaluation and Review

The Headteacher, SLT and RSE (PSHE) Lead will:

- Monitor the quality of teaching and learning
- Gather feedback from pupils, staff and parents
- Review curriculum impact
- Update this policy regularly

This ensures our provision continues to **meet the needs of all pupils and reflect our school values.**

12. Roles and Responsibilities

Governing Body

- Approves and reviews the policy
- Ensures statutory compliance

Headteacher

- Oversees implementation
- Ensures staff training and support

PSHE Lead

- Leads curriculum planning and development
- Supports staff delivery

Teachers

- Deliver RSE effectively
 - Promote a safe and inclusive learning environment
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13. Conclusion

At Milverton Community Primary School, RSE (PSHE) is central to our vision of:

Inspiring every child to achieve their full potential.

Through our values, **We care, We aspire, We belong**, we nurture children to become:

- **Resilient** in managing challenges
- **Respectful** in their relationships
- **Responsible** as global citizens