

St Thomas' (Halliwell) CE School



Relationships and Sex Education (RSE) Policy

January 2026

To be reviewed January 2027

A handwritten signature in black ink, appearing to read "S. Thomas".

The logo for Bolton Council, featuring the word "Bolton" in a multi-colored font (blue, green, yellow, orange, red, purple) above the word "Council" in a bold black font.



Relationships and Sex Education (RSE) Policy

At St Thomas, Halliwell CE Primary School, RSE is delivered through the Kapow Primary scheme and meets all statutory requirements set by the Department for Education. Relationships Education and Health Education are compulsory for all pupils. We teach puberty and human reproduction in line with the National Curriculum for Science and do not teach additional non-statutory sex education units. Our curriculum promotes respect, inclusion, safeguarding and emotional wellbeing.

1. Introduction

At St Thomas, Halliwell CE Primary School, we are committed to providing a high-quality Relationships and Sex Education (RSE) curriculum that supports pupils to develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and to prepare them for life in modern Britain.

This policy is written in line with:

- The statutory guidance from the **Department for Education (DfE) (2019):** *Relationships Education, Relationships and Sex Education (RSE) and Health Education*
- The Equality Act 2010
- The Children and Social Work Act 2017
- Keeping Children Safe in Education

Our RSE curriculum is delivered through the **Kapow Primary RSE & PSHE scheme of work**, which is fully aligned with statutory guidance.

2. Definition of RSE

RSE is about the emotional, social and cultural development of pupils. It involves learning about:

- Healthy relationships
- Respect, kindness and equality
- Families and caring relationships
- Physical and emotional changes during puberty
- Personal hygiene
- Keeping safe (including online safety)
- Mental wellbeing

In primary schools, Relationships Education is statutory. Sex Education beyond the National Curriculum science requirements is non-statutory.

3. Aims of RSE

Through the Kapow programme, our aims are to:

- Develop confident, respectful and responsible individuals
- Promote positive mental health and wellbeing
- Teach pupils how to form and maintain healthy relationships
- Help pupils understand the changes that occur during puberty
- Equip children with knowledge to stay safe, including online
- Promote equality and challenge discrimination
- Support safeguarding by teaching children to recognise unsafe situations

4. Statutory Content

Relationships Education (Statutory)

Pupils will learn about:

- Families and people who care for them
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

This content is mandatory for all primary schools.

Health Education (Statutory)

Pupils will learn about:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body (including puberty)

Sex Education (Non-Statutory)

At St Thomas, Halliwell CE Primary School:

- We teach puberty as part of statutory Health Education.
- We teach human reproduction in accordance with the National Curriculum for Science.
- We do **not** teach additional non-statutory sex education units beyond the science curriculum.

Parents do not have the right to withdraw their child from Relationships Education or statutory Health Education, including puberty. Parents may request withdrawal from any non-statutory sex education (if delivered).

5. Curriculum Organisation

RSE is delivered through the Kapow Primary PSHE & RSE scheme, structured into progressive units across Key Stage 1 and Key Stage 2.

Key Stage 1 includes:

- Understanding families
- Friendships and kindness
- Recognising feelings
- Personal boundaries
- Basic body knowledge
- Introduction to online safety

Lower Key Stage 2 includes:

- Healthy friendships
- Managing conflict
- Respect and equality
- Body changes and hygiene
- Understanding emotions
- Basic awareness of online risks

Upper Key Stage 2 includes:

- Puberty and physical changes
- Emotional changes during adolescence
- Healthy and unhealthy relationships
- Peer pressure
- Online safety and digital footprint
- Understanding diversity and inclusion

Lessons are age-appropriate, inclusive and developmentally sequenced.

6. Teaching and Learning Approach

RSE is taught:

- Through weekly PSHE lessons
- Using discussion-based, inclusive and interactive methods
- In a safe, respectful environment
- Using correct scientific vocabulary
- With sensitivity to pupils' backgrounds and experiences

Teachers will:

- Establish ground rules for discussion
- Encourage respect for different views
- Challenge stereotypes and prejudice
- Respond sensitively to questions

If a child asks a question outside the planned curriculum, staff will respond in an age-appropriate way and may advise the child to discuss it with their parent or carer.

7. Safeguarding

RSE supports safeguarding by helping children to:

- Recognise inappropriate behaviour
- Understand consent in an age-appropriate way
- Know how to seek help
- Identify trusted adults

If a safeguarding concern arises during a lesson, staff will follow the school's Safeguarding and Child Protection Policy.

8. Equality and Inclusion

Our RSE curriculum:

- Complies with the Equality Act 2010
- Promotes respect for all
- Teaches about different types of families
- Is inclusive of SEND pupils
- Respects religious and cultural backgrounds

We aim to ensure that all pupils feel seen, valued and respected.

9. Parental Engagement

We recognise that parents are the primary educators of their children in matters relating to relationships and values.

We will:

- Share this policy on the school website
- Inform parents before teaching puberty content
- Provide an overview of curriculum content by year group
- Offer opportunities for parents to ask questions

Parents cannot withdraw their child from statutory Relationships Education or Health Education.

10. Assessment, Monitoring and Evaluation

RSE is assessed formatively through:

- Class discussion
- Pupil reflection
- Scenario-based learning
- Teacher observation

The PSHE subject leader will:

- Monitor planning and delivery
- Conduct book looks and pupil voice
- Review policy annually
- Report to governors

11. Roles and Responsibilities

Governing Body

- Approve the RSE policy
- Ensure statutory compliance

Headteacher

- Ensure policy implementation
- Support staff training

PSHE Lead

- Oversee curriculum delivery
- Monitor quality and impact

Class Teachers

- Deliver lessons effectively
- Maintain a safe learning environment

12. Policy Review

This policy will be reviewed annually or sooner if statutory guidance changes.

Appendix 1

Parent Information Letter

Relationships and Sex Education (RSE) Curriculum Information

Dear Parents and Carers,

We are writing to provide you with information about our Relationships and Sex Education (RSE) curriculum at St Thomas, Halliwell CE Primary School.

From September 2020, Relationships Education and Health Education became statutory in all primary schools in England. At St Thomas, Halliwell CE Primary School, we deliver this through the Kapow Primary PSHE and RSE scheme, which is fully aligned with Department for Education guidance.

Our RSE curriculum supports children to develop the knowledge, skills and understanding they need to:

- Build positive and respectful relationships
- Understand different types of families
- Recognise and manage their feelings
- Keep themselves safe, including online
- Understand how their bodies change as they grow
- Promote equality, respect and inclusion

In primary school:

- Relationships Education is statutory and cannot be withdrawn from.
- Health Education (including puberty) is statutory and cannot be withdrawn from.
- Sex Education beyond the National Curriculum for Science is non-statutory.

At St Thomas, Halliwell CE Primary School, we do not teach additional non-statutory Sex Education beyond the science curriculum. In Year 6, children learn about puberty and human reproduction in an age-appropriate and sensitive way.

We understand that parents and carers are the primary educators of their children. If you would like to see lesson materials or discuss the curriculum in more detail, please contact the school office to arrange a meeting.

A full copy of our RSE Policy and a year-group overview are available on our website.

Kind regards,
Mrs A C Fielden

Headteacher

Appendix 2

Year Group RSE Overview

Reception

- Building relationships and friendships
- Kindness and sharing
- Understanding feelings
- Managing emotions
- Online safety basics

Year 1

- Different types of families
- Recognising safe and unsafe situations
- Personal boundaries
- Basic body knowledge
- Respecting others

Year 2

- Friendship problems and solutions
- Bullying and unkind behaviour
- Secrets and surprises
- Medicines and safety
- Introduction to privacy

Year 3

- Healthy friendships
- Managing conflict
- Respect and equality
- Introduction to body changes
- Online safety and digital behaviour

Year 4

- Emotional wellbeing
- Influences and peer pressure
- Personal hygiene
- Growing and changing
- Respectful relationships

Year 5

- Puberty (physical and emotional changes)
- Managing feelings
- Stereotypes and equality
- Healthy relationships
- Online relationships

Year 6

- Puberty and reproduction (National Curriculum Science)
- Consent (age-appropriate understanding of permission and personal boundaries)
- Healthy vs unhealthy relationships
- Transition to secondary school
- Online safety and digital footprint

RSE Policy Summary for Governors

St Thomas, Halliwell CE Primary School

Curriculum Provider: Kapow Primary PSHE & RSE

Statutory Framework: Children and Social Work Act 2017 & DfE statutory guidance (2019)

What is Statutory?

- Relationships Education (all year groups)
- Health Education (including puberty)
- Human reproduction (National Curriculum Science – Year 6)

What is Not Statutory?

- Additional Sex Education beyond science

St Thomas, Halliwell CE Primary School does not teach additional non-statutory sex education units.

Key Themes Covered

- Families and caring relationships
- Respectful relationships and equality
- Online safety
- Mental wellbeing
- Physical health and hygiene
- Puberty and growing up

Safeguarding

RSE supports safeguarding by teaching pupils:

- How to recognise unsafe situations
- How to seek help
- The importance of trusted adults

Parental Engagement

- Policy published on website
- Parents informed before puberty lessons
- Right to request withdrawal from non-statutory sex education (if applicable)

Monitoring

- Subject leader monitoring
- Pupil voice
- Governor oversight
- Annual policy review

