



# Thringstone Primary School

*Believe and Achieve Together*

## Relationships, Health and Sex Education (RHSE) Policy

Adopted by	October 2025
Governors:	
Due for Review:	October 2028

## 1. Vision and Purpose

At Thringstone Primary School, our vision *Believe and Achieve Together* underpins everything we do. Our Relationships, Health and Sex Education (RHSE) curriculum helps children understand who they are, how to form positive relationships and how to make healthy, informed choices as they grow.

Through RHSE, we want children to:

- build confidence, self-awareness and respect for others
- develop the knowledge and vocabulary to stay safe and healthy
- understand how to form and maintain positive relationships
- recognise their rights, responsibilities and the impact of their choices

We want every child to leave Thringstone confident, responsible and ready to thrive in the next stage of their education and beyond.

## 2. Statutory Requirements

This policy has been written in line with the **DfE Relationships Education, Relationships and Sex Education, and Health Education Statutory Guidance (July 2025)** and meets the requirements of:

- Education Act 2002
- Children and Social Work Act 2017
- Equality Act 2010
- Keeping Children Safe in Education 2025

As a stand-alone academy, Thringstone Primary School provides:

- **Relationships Education** (statutory in all primary schools)
- **Health Education** (statutory in all primary schools)
- **Sex Education** (non-statutory but taught in Year 6 to prepare pupils for puberty and reproduction)

## 3. Curriculum Delivery

RHSE is taught through our **PSHE curriculum using the SCARF programme** (Safety, Caring, Achievement, Resilience and Friendship).

SCARF is a spiral curriculum that revisits key ideas as children move through the school, ensuring progression and depth of understanding.

The six SCARF themes are:

1. Me and My Relationships
2. Valuing Difference
3. Keeping Safe
4. Rights and Respect
5. Being My Best

## 6. Growing and Changing

Lessons are practical, age-appropriate and inclusive, helping children build confidence, empathy and responsibility.

Relationships and Health Education are taught across all year groups.

Sex Education is taught within the *Growing and Changing* unit in **Year 6**, giving children factual, age-appropriate knowledge about the human body, puberty and reproduction.

The SCARF programme meets all statutory requirements for Relationships and Health Education as set out in the DfE guidance (July 2025). It provides clear, age-appropriate progression from Early Years to Year 6, including Sex Education within the *Growing and Changing* unit.

## 4. RHSE and Our School Values

At Thringstone, our RHSE curriculum is rooted in our five school values: **Respect, Resilience, Teamwork, Belief and Kindness**.

These values guide how we learn, how we treat each other and how we grow.

- **Respect:** understanding and valuing differences, treating everyone with fairness and dignity.
- **Resilience:** developing confidence to manage emotions, setbacks and change.
- **Teamwork:** learning how to communicate, cooperate and support one another.
- **Belief:** building self-worth and aspiration through positive relationships and personal goals.
- **Kindness:** showing empathy and care for others in words and actions.

By linking RHSE to our shared values, we make personal development meaningful, consistent and visible throughout school life.

## 5. Inclusion and Equality

All RHSE teaching promotes equality and inclusion and is accessible to every pupil, including those with SEND.

Lessons reflect the diversity of modern Britain and are sensitive to cultural, religious and family backgrounds.

Resources are reviewed regularly to ensure representation and relevance.

## 6. Safeguarding

RHSE plays a key role in safeguarding children.

Lessons help pupils recognise unsafe situations, know how to seek help and stay safe both offline and online.

Staff follow the school's **Safeguarding and Child Protection Policy** and act on any concerns in line with the **most recent version of Keeping Children Safe in Education**.

## 7. Working with Parents and Carers

We recognise parents and carers as the first educators in their child's life and value their partnership in delivering RHSE.

This policy and a summary of the SCARF curriculum are available on the school website.

Parents can view lesson materials by contacting the school office.

Where pupils ask questions outside the planned RHSE curriculum, staff will respond in an age-appropriate, factual and non-judgemental way, or direct pupils to speak with a trusted adult at home.

### **8. Parental Right to Withdraw**

Parents have the right to withdraw their child from **non-statutory Sex Education**.

There is **no right to withdraw** from Relationships or Health Education.

Requests to withdraw must be made in writing to the Headteacher, who will meet with the parent to discuss the request and share resources.

Alternative work will be provided for any child withdrawn from Sex Education.

### **9. Consultation and Review**

This policy was developed in consultation with **staff, governors and parents** during **Autumn 2025**.

Parents were invited to review the draft policy and curriculum overview via the school website, and feedback was considered before final approval.

The policy will be reviewed **every three years** (or sooner if national guidance changes).

### **10. Monitoring and Evaluation**

The PSHE/RHSE Lead monitors curriculum delivery, planning and pupil outcomes through lesson visits, planning scrutiny and pupil voice.

The Headteacher reports to the Governing Body on the effectiveness of RHSE provision.