



The
TILIAN PARTNERSHIP
Inspire to achieve

RHSE Policy

Cavendish CE Primary School

Approved by:	SGC	Date: June 2026
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Last reviewed on:

Next review due by:	June 2027
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Christian Vision

"Create in me a pure heart, O God, and renew a steadfast spirit within me."
Psalm 51:10

At Cavendish CE Primary School our vision is rooted in the Christian belief that every child is uniquely created and deeply valued by God. Through our vision of **We Learn, We Love, We Belong**, we seek to nurture pupils academically, socially, emotionally and spiritually so they can flourish as confident, compassionate and responsible members of society.

Policy Development and Review

This policy has been developed through consultation with staff, governors, pupils and parents and reflects the statutory requirements for Relationships Education, Relationships and Sex Education (RSE) and Health Education.

The policy has been written to ensure our RSHE curriculum meets the needs of our pupils, reflects our Church of England foundation and prepares children for life in modern Britain.

The policy will be reviewed annually by the Headteacher, PSHE Lead and Governing Body.

Copies of this policy are available on the school website and from the school office upon request.

Statutory Requirements

At Cavendish CE Primary School we teach Relationships Education and Health Education as required by the Department for Education.

Our provision complies with:

- Children and Social Work Act 2017
- Equality Act 2010
- Education Act 1996
- Keeping Children Safe in Education
- Relationships Education, Relationships and Sex Education and Health Education Guidance (2025) for implementation from September 2026

While Sex Education is not compulsory in primary schools, we choose to provide carefully planned, age-appropriate learning in Year 6 to support pupils' understanding of human reproduction and birth.

Definition and Aims of RSHE

RSHE is lifelong learning about relationships, physical health, emotional wellbeing, mental health, personal safety and growing up.

At Cavendish CE Primary School we believe high-quality RSHE helps children:

- Build positive and respectful relationships.
- Understand how to stay safe and healthy.
- Develop resilience and emotional wellbeing.
- Recognise and manage risk.
- Respect themselves and others.
- Celebrate diversity and difference.
- Prepare for the opportunities and responsibilities of later life.

Through our Christian vision, RSHE encourages pupils to develop kindness, compassion, dignity and respect for all people.

RSHE is not about encouraging sexual activity. It is about equipping children with the knowledge, understanding and values needed to make informed and safe choices throughout their lives.

Curriculum Content and Organisation

RSHE is taught through our Kapow Primary PSHE and RSHE curriculum and is supplemented through:

- Science
- Collective Worship
- Picture News
- Online Safety
- Assemblies
- Theme Days and National Awareness Events

Learning is carefully sequenced to build progressively across the primary years.

Key themes include:

Families and Relationships

- Friendships
- Families
- Respect
- Managing conflict
- Bullying

Health and Wellbeing

- Physical health
- Mental wellbeing

- Healthy lifestyles
- Personal hygiene
- Puberty

Safety and the Changing World

- Online safety
- Consent and boundaries
- Trusted adults
- Keeping safe

Citizenship

- Rights and responsibilities
- British Values
- Diversity and inclusion

Additional non-statutory Sex Education is taught in Year 6 and focuses on human conception and birth.

Delivery of RSHE

RSHE is primarily taught by class teachers through planned curriculum lessons.

We recognise that external visitors can provide valuable expertise and may occasionally contribute to lessons. All visitors work alongside school staff and in accordance with this policy and our safeguarding procedures.

We create a safe learning environment through:

- Agreed class discussion rules
- Respectful language
- Age-appropriate resources
- Opportunities for anonymous questions
- Clear safeguarding procedures

Teachers answer questions honestly and factually, taking account of pupils' age and maturity.

Where questions fall outside the taught curriculum, teachers will respond appropriately and may encourage pupils to discuss matters further with parents or carers.

Inclusion

At Cavendish CE Primary School we are committed to ensuring all pupils can access RSHE.

Learning is adapted where necessary to meet the needs of:

- Pupils with SEND

- Vulnerable pupils
- Pupils from different faith backgrounds
- Pupils from different family structures

Our curriculum reflects the diversity of modern Britain and promotes dignity, respect and understanding for all.

Safeguarding and Confidentiality

RSHE plays a vital role in safeguarding children.

Pupils are taught:

- How to recognise unsafe situations
- How to seek help
- How to identify trusted adults
- How to report concerns

Staff cannot offer unconditional confidentiality and will always follow safeguarding procedures where concerns arise.

Any disclosures made during lessons will be managed in accordance with the school's Safeguarding and Child Protection Policy.

Working with Parents and Right to Withdraw

We recognise that parents and carers are the primary educators of their children.

We are committed to working in partnership with families and will:

- Share curriculum information.
- Make teaching resources available on request.
- Communicate key learning before sensitive units are taught.
- Offer opportunities for discussion with school leaders.

Parents do not have the right to withdraw their child from:

- Relationships Education
- Health Education
- National Curriculum Science

Parents may request withdrawal from the non-statutory Sex Education elements taught in Year 6.

Requests should be made in writing to the Headteacher and will be discussed with parents before any decision is finalised.

Alternative supervised provision will be provided during these lessons.

Roles and Responsibilities

Governing Body

The Governing Body will:

- Approve the policy.
- Monitor implementation.
- Ensure statutory requirements are met.

Headteacher

The Headteacher will:

- Ensure effective implementation.
- Support staff.
- Manage withdrawal requests.
- Ensure compliance with statutory guidance.

Subject Leader

The PSHE/RSHE Lead will:

- Monitor provision.
- Support staff.
- Maintain curriculum quality.
- Keep resources and guidance updated.

Staff

Staff will:

- Deliver RSHE professionally.
- Follow safeguarding procedures.
- Model positive relationships.
- Participate in training.

Pupils

Pupils will:

- Engage respectfully.
- Follow class agreements.
- Treat others with kindness and dignity.

Training and Professional Development

Staff receive regular training to ensure confidence and consistency in RSHE delivery.

Training includes:

- Statutory updates
- Safeguarding
- Managing sensitive questions
- Inclusion and SEND
- Curriculum development

Monitoring and Evaluation

The effectiveness of RSHE is monitored through:

- Lesson observations
- Learning walks
- Pupil voice
- Staff feedback
- Parent feedback
- Planning scrutiny
- Governor monitoring

The curriculum is reviewed regularly to ensure it remains relevant, effective and responsive to pupils' needs.

Appendix 1

Kapow Primary RSHE Curriculum Overview

Cycle A 25/26	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Self-regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
Year 1/2	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Health protection: How can I protect myself and others in daily life?	Staying safe: How can I stay safe?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can I stay safe online?

Year 3/4	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Citizenship: What careers do people choose and why?	Staying safe: What signs help me recognise what is safe or unsafe?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?
Year 5/6	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we be in control of our money?	Connecting with others: What does it mean to stand up for myself and others?	The online world: How do I feel about being online?	Staying safe: How can I stay safe as I grow up?

26/27	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Self-regulation: My feelings	Building relationships: Special relationships	Building relationships: Special relationships	Managing self: Taking on challenges	Building relationships: My family and friends	Managing self: My wellbeing
Year 1/2	My healthy self: How can we look after our emotions?	Citizenship: How can I help others and the environment?	Citizenship: How do people belong to a community and earn money?	My healthy self: How can we look after our bodies?	Growing up: How can we look after and respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
Year 3/4	My healthy self: How can I take care of my mind and body?	Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen?	My healthy self: How can I make healthy choices?	Citizenship: How can I spend my money wisely?	Growing up: How will my body and emotions change as I grow up?
Year 5/6	My healthy self: How can I support my mind and body as I grow?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	My healthy self: How do my choices today shape my future wellbeing?	Citizenship: How can we protect everyone's rights?	Sex education: How do people become parents and carers? (Year 6 only)

Any non-statutory Sex Education lessons where the parental right to withdraw applies will be clearly identified in bold

Parent Zone - Kapow

[RSE & PSHE: Parent zone](#)