

GRINDON INFANT SCHOOL



Relationships Education, Relationships and Sex Education (RSE) and Health Education Policy

Grindon Infant School

Relationships Education, Relationships and Sex Education (RSE) and Health Education Policy

Intent

At Grindon Infant School, we are committed to delivering high-quality Relationships Education and Health Education in accordance with the statutory guidance issued by the Department for Education, which came into effect on 1 September 2026. These subjects support children to develop positive, respectful relationships, understand how to stay safe, and promote their physical and mental wellbeing.

We believe that Relationships Education and Health Education are most effective when taught as part of a broad PSHE curriculum and through our wider safeguarding work, including the Kidsafe programme. Through carefully planned learning, children develop the knowledge, skills and confidence to build healthy relationships, communicate effectively, respect boundaries, manage emotions, make safe choices, and seek help when needed.

Our curriculum includes learning about families, friendships, online and offline safety, inclusion, mental wellbeing, healthy lifestyles and personal safety. These themes are closely linked to our work on safeguarding, anti-bullying and personal development.

Grindon Infant School does not teach sex education as part of its curriculum. We teach the statutory requirements for Relationships Education and Health Education, alongside the relevant content within the National Curriculum for Science. Our curriculum focuses on friendships, families, respect, personal safety, online safety, physical health and mental wellbeing, and does not include sex education. Learning is delivered sensitively, appropriately and in partnership with parents and carers.

The Aims of the Policy

This policy aims to:

- Ensure that Relationships Education and Health Education are delivered in accordance with statutory Department for Education guidance and are age-appropriate, inclusive and responsive to the needs of all children.
- Support children to develop positive, respectful and healthy relationships, understand personal boundaries, and recognise how to seek help when needed.
- Promote children's physical health, mental wellbeing, personal safety and healthy lifestyles, including staying safe online and offline.
- Place Relationships Education and Health Education within the context of the school's wider PSHE curriculum, safeguarding responsibilities and Kidsafe programme.
- Foster children's communication skills, emotional literacy, resilience, self-regulation and decision-making skills.
- Work in partnership with parents and carers by providing clear information about the curriculum and opportunities for consultation and engagement.
- Provide guidance for staff and visitors involved in the delivery of Relationships Education and Health Education.

- Ensure that the school's approach reflects and supports other key policies, including safeguarding and child protection, behaviour, online safety, equality, inclusion and anti-bullying.
- Promote a culture of respect, kindness, inclusion and belonging, preparing children for life in modern Britain and their future education.

Policy Development

This policy has been developed in accordance with the Department for Education's statutory guidance *Relationships Education, Relationships and Sex Education (RSE) and Health Education* (2026), the Equality Act 2010, the Education Act 1996 and relevant safeguarding legislation.

The policy has been developed through consultation with school leaders, staff, governors and parents and reflects the needs of the children at Grindon Infant School. The curriculum has been carefully designed to be age-appropriate, inclusive and responsive to the needs of our school community.

Parents and carers are informed about the content of the Relationships Education and Health Education curriculum and are given opportunities to view resources and contribute to policy reviews. The policy will be reviewed regularly by governors to ensure it remains compliant with statutory requirements and reflects best practice.

The school's curriculum is designed in accordance with the guiding principles set out in the 2026 DfE guidance, including pupil engagement, parental engagement and transparency, positivity, inclusivity, safeguarding, skilled teaching and careful curriculum sequencing.

Equality, Inclusion and SEND

Grindon Infant School is committed to ensuring that Relationships Education and Health Education are inclusive, accessible and appropriate for all children. In delivering the curriculum, the school will meet its duties under the Equality Act 2010 and will promote respect, inclusion and equality for all.

Children will learn that families may differ in structure and composition and that loving, caring relationships can exist in a range of family forms. Teaching will reflect the diversity of modern British society and promote respect for all families.

Teaching will be adapted, where appropriate, to meet the needs of all children, including those with special educational needs and disabilities (SEND). Teachers will take account of children's age, stage of development, learning needs and individual circumstances to ensure that all children can access the curriculum and make progress.

Guidelines

- Relationships Education and Health Education will be delivered through the school's planned PSHE curriculum and wider safeguarding provision.
- Learning will be carefully sequenced to ensure progression across Nursery, Reception and Key Stage 1. Teaching will be age-appropriate, inclusive and responsive to the needs of all children.

- The curriculum will promote positive relationships, respect, kindness, inclusion, personal safety, physical health, mental wellbeing and healthy lifestyles.
- Children will learn that families may differ in structure and composition and that loving, caring relationships can exist in a range of family forms. Teaching will reflect the diversity of modern British society and promote respect for all families.
- Learning will support children to understand change, loss and bereavement in an age-appropriate way and help them identify sources of support.
- Children will learn how to recognise unsafe online experiences, seek help from trusted adults and understand that not everything seen online is accurate, kind or safe
- Kidsafe is delivered to all children in Reception and Key Stage 1. The programme aims to protect, educate and empower children to recognise unsafe situations, understand personal boundaries and seek help when needed.
- Children will receive the statutory content relating to human development through the National Curriculum for Science, including: identifying, naming and labelling basic parts of the human body and recognising the functions of the senses; understanding that animals, including humans, have offspring which grow into adults.
- Grindon Infant School does not teach sex education. The curriculum focuses on the statutory requirements for Relationships Education and Health Education, together with the relevant content of the National Curriculum for Science.
- Children will be taught the correct names for body parts in an age-appropriate manner. Using accurate anatomical terminology supports safeguarding, body awareness, personal safety and children's ability to communicate concerns clearly.
- Alongside knowledge, children will develop important life skills including communication, emotional literacy, resilience, self-regulation, decision-making and relationship-building.
- Teachers will answer children's questions honestly, sensitively and in an age-appropriate manner, taking account of the individual child's stage of development and the context in which the question arises.
- Where a question is considered inappropriate for the whole class or beyond the developmental understanding of most children, teachers may respond to the child individually and, where appropriate, in consultation with parents or carers.

Roles and Responsibilities

Governing Board

The Governing Board will approve the Relationships and Health Education Policy and monitor its implementation. Governors will ensure that the school complies with statutory requirements and fulfils its duties under equality and safeguarding legislation.

Head Teacher

The Head Teacher is responsible for ensuring that Relationships and Health Education is taught consistently across the school, that staff receive appropriate support and training, and

that parents are consulted and informed about the curriculum.

Staff

Staff are responsible for delivering Relationships and Health Education in accordance with this policy, responding appropriately to children's needs and questions, and following safeguarding procedures where concerns arise.

Parents and Carers

Parents and carers are the primary educators of their children and are encouraged to work in partnership with the school to support children's learning and wellbeing. Information about the curriculum will be shared regularly and opportunities for consultation will be provided.

Children

Children are expected to engage positively in lessons, show respect for themselves and others, and contribute to a safe and supportive learning environment.

Right to Withdraw

Relationships Education and Health Education are statutory subjects for all primary-aged children and parents do not have the right to withdraw their child from these lessons.

Grindon Infant School does not teach sex education. Children receive only the statutory content relating to the human body, growth and development contained within the National Curriculum for Science, from which there is no right of withdrawal.

Monitoring and Review

The delivery and effectiveness of Relationships Education and Health Education will be monitored by the Head Teacher and designated subject leader through lesson observations, pupil voice, staff feedback and curriculum review. Monitoring will include pupil outcomes, curriculum impact and pupil understanding of key Relationships and Health Education concepts.

The Governing Board will monitor the implementation of this policy and ensure that statutory requirements are met.

This policy will be reviewed every two years, or sooner if there are changes to statutory guidance, legislation or the needs of the school community.

The school uses a range of carefully selected PSHE and safeguarding resources, including Jigsaw and Kidsafe.

PSHE Curriculum Outline

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Reception	Being Me in My World 'Who am I and how do I fit?'	Celebrating Difference Respect for similarity and difference. Anti-bullying and being unique	Dreams and Goals Aspirations, how to achieve goals and understanding the emotions that go with this Kidsafe	Healthy Me Being and keeping safe and healthy	Relationships Building positive, healthy relationships	Changing Me) Coping positively with change
Year 1	Being Me In My World	Celebrating Differences Kidsafe	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 2	Being Me In My World Kidsafe	Celebrating Differences	Dreams and Goals	Healthy Me Kidsafe	Relationships Kidsafe	Changing Me



Relationships Education, Relationships and Sex Education (RSE) and Health Education Policy

Author's Name	Grindon Infant School
Review Date	September 2028

Date Ratified by Governing Body	September 2026
--	----------------

SIGNATURES:

Head Teacher	
Chair of Governors	