



Mareham Le Fen CE Primary School

Relationships and Sex and Health Education Policy (RSHE)

Date policy last reviewed: January 2026

1. School Vision, Ethos and RSHE Intent

Mareham Le Fen Church of England Primary School is committed to providing a caring, inclusive and nurturing environment where every child is valued as a unique individual made in the image of God. Our Christian values shape how we behave, what we say, how we build relationships and how we learn.

RSHE Curriculum Intent

At Mareham, our Relationships, Sex and Health Education (RSHE) curriculum ensures that knowledge and key skills are taught in a **systematic, well-planned and progressive manner**.

Our whole curriculum, including RSHE, is driven by:

- **Creating a sense of awe and wonder** – curiosity, excitement, encouraging children to think deeply and enquire further
- **Our place in our world** – respect for living things; local, national and global knowledge; cultures, traditions and diversity
- **Vocabulary** – refining and enriching communication to support better understanding and language development

We aim to develop our children **physically, socially, mentally, culturally and spiritually**, enabling them to embrace lifelong learning with a sense of awe and wonder and to make a positive contribution to the local and wider community. Through RSHE, children are equipped with the skills to develop their knowledge by researching and learning about people, relationships and communities, both familiar and different from their own.

Our RSHE curriculum reflects our commitment to being **friendly and inclusive**, building resilience and encouraging a positive mindset. Children are supported to understand that learning often comes through making mistakes and reflecting upon them. Everyone thrives when they feel safe, confident and valued, and the wellbeing of every individual is a priority.

Our curriculum promotes **tolerance of those with different faiths and beliefs**, mutual respect for others and the application of **British values**, supporting children to develop independence, understand relationships and achieve academically by the end of their primary education.

Our school vision underpins this work:

“Live life to the full and create a better future for all.”

2. Statutory Context and DfE Alignment (2026)

This policy is explicitly aligned with the **Department for Education (DfE) statutory guidance**:

Relationships Education, Relationships and Sex Education (RSE) and Health Education (DfE, July 2025), which becomes statutory for all schools from **1 September 2026**.

In accordance with the guidance, Mareham Le Fen Church of England Primary School ensures that:

- **Relationships Education** is taught to all pupils in primary school
- **Health Education** is taught to all pupils in primary school
- Teaching is **age-appropriate, developmentally appropriate** and **sensitive to pupils' needs**
- Content is delivered in a way that reflects the **religious background of pupils**, while ensuring all children receive a broad and balanced curriculum
- Teaching promotes **equality, respect and inclusion**, in line with the Equality Act 2010

Sex Education beyond the statutory science curriculum is **not compulsory** in primary schools. Where elements of sex education are taught (for example, puberty in upper Key Stage 2), this is done in line with DfE guidance and following parental consultation.

3. Definition of RSE

Relationships and Sex Education is lifelong learning about physical, moral and emotional development. It is about understanding the importance of family life, stable and loving relationships, respect, love and care.

In our school, RSE focuses on:

- Developing positive relationships
- Teaching children how to stay safe
- Helping children understand their emotions and wellbeing
- Preparing children for the physical and emotional changes of growing up

4. Aims of RSE at Mareham Le Fen C of E Primary School

Our RSE programme aims to:

- Help pupils develop healthy, respectful relationships
- Teach children to recognise and manage their emotions
- Encourage respect for others, including those from different families and backgrounds
- Promote self-esteem and a sense of personal responsibility
- Teach children how to keep themselves safe, including online
- Prepare pupils for the changes associated with growing up

5. Curriculum Content (Primary) – Statutory Coverage

RSE at Mareham Le Fen C of E Primary School meets the **DfE statutory requirements** for Relationships Education and Health Education.

Relationships Education (Statutory)

In line with DfE guidance, pupils are taught:

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

Teaching ensures pupils understand what constitutes a **healthy relationship**, how to treat others with kindness and respect, and how to seek help if they feel unsafe.

Health Education (Statutory)

In line with DfE guidance, pupils are taught about:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco (age-appropriate)
- Health and prevention
- Basic first aid
- Changing adolescent body (upper KS2)

Sex Education (Non-Statutory – Primary)

Any sex education taught beyond the science curriculum follows DfE guidance and focuses on:

- Preparing pupils for the changes of puberty
- Emotional and physical changes during adolescence
- Personal hygiene and self-care

All content is taught in a factual, sensitive and inclusive manner.

6. Teaching and Learning Approach (Implementation)

At Mareham, children are expected to work hard and demonstrate positive learning behaviours to maximise their individual learning potential. We are committed to working in partnership with parents and carers, recognising that when home and school work closely together, the best outcomes are achieved.

RSHE lessons:

- Follow clear learning objectives
- Are adapted responsively through effective assessment for learning
- Use open discussion and purposeful questioning
- Address misconceptions accurately
- Provide clear, direct feedback to support progress

RSHE is carefully planned over the long term so that pupils acquire and build upon the knowledge and cultural capital they need to broaden their horizons, become aspirational citizens and succeed in life. This is delivered through our chosen scheme **1Decision** and alongside enrichment opportunities.

Key vocabulary is carefully selected and shared at the start of lessons. Children are encouraged to use this vocabulary confidently, supporting them to communicate effectively and 'talk like a citizen of our world'.

All teaching is:

- Age-appropriate
- Inclusive and respectful
- Sensitive to pupils' needs and experiences

Teachers create a safe environment where children feel confident to ask questions. Any questions beyond the scope of the lesson are handled sensitively and appropriately.

7. Inclusion, Equality and Protected Characteristics

In line with DfE guidance and the **Equality Act 2010**, RSHE at Mareham Le Fen C of E Primary School:

- Does not discriminate against any protected characteristic
- Reflects a range of family structures, including single-parent families, same-sex parents and extended families
- Promotes respect for difference and diversity

Teaching is inclusive and ensures that all pupils, including those with SEND, can access RSHE in a meaningful way.

8. Safeguarding, Being Safe and Child Protection

In line with DfE statutory guidance, RSHE contributes directly to safeguarding by teaching pupils:

- How to recognise safe and unsafe situations
- The importance of personal boundaries and consent (age-appropriate)
- How to seek help from trusted adults
- How to stay safe online and offline

All staff are aware that RSHE lessons may prompt disclosures. Any concerns are handled in accordance with the school's **Safeguarding and Child Protection Policy** and statutory safeguarding guidance.

9. Working with Parents and Carers

Mareham Le Fen C of E Primary School values strong partnerships with parents and carers. We recognise that children achieve best when home and school work together.

Parents and carers will be:

- Informed about the RSHE curriculum and how it is taught
- Consulted when the policy is reviewed
- Given opportunities to view teaching materials and resources

Reception and Key Stage 1 – Parent Summary

In **Reception and Key Stage 1**, RSHE focuses on helping children feel **safe, happy and confident** in school and in their relationships with others.

Teaching at this stage is **age-appropriate**, gentle and based on everyday experiences. Children will learn about:

- Making friends and being kind
- Sharing, turn-taking and cooperation
- Recognising and talking about feelings
- Understanding what makes a good friend
- Knowing who can help them and how to ask for help
- Learning about families and people who care for us
- Understanding the importance of personal space and simple boundaries

There is **no teaching about sex** in Reception or Key Stage 1. Learning is delivered through stories, discussion, play-based activities and role play, using familiar situations that children can relate to.

If parents have any questions about RSHE teaching at this stage, they are encouraged to speak to their child's class teacher or the Headteacher.

Parents have the right to request withdrawal from **non-statutory sex education** if it is taught in upper Key Stage 2.

10. Monitoring, Review and Impact

This policy will be reviewed annually and evaluated through pupil voice, staff feedback and parent consultation.

Impact

By the end of Year 6, as pupils transition to secondary school, we aspire that children:

- Achieve the age-appropriate standard at the end of Key Stage 2
- Have a secure understanding of relationships and age-appropriate sexual knowledge
- Possess the skills and confidence to navigate relationships safely now and in the future

Children will:

- Know more, remember more and understand more
- Retain prior learning and make explicit connections between past and current learning
- Become confident individuals with positive body awareness
- Have an in-depth understanding of how to keep themselves safe and healthy
- Forge and maintain positive relationships with a diverse range of families and friendship groups through respect, tolerance and understanding
- Understand and use correct and appropriate vocabulary confidently

The governing body is responsible for ensuring the effective implementation of this policy.

11. Mapping RSHE to the 1Decision PSHE Scheme

The RSHE curriculum at Mareham Le Fen C of E Primary School is delivered primarily through the **1Decision PSHE scheme**, which provides a progressive, age-appropriate framework fully aligned with statutory Relationships Education and Health Education requirements.

The 1Decision scheme supports our RSHE aims by:

- Teaching positive relationships, emotions and wellbeing from Reception to Year 6
- Supporting children to recognise safe and unsafe situations
- Developing resilience, self-esteem and emotional literacy
- Promoting respect, diversity and inclusion
- Encouraging responsible decision-making both online and offline

Coverage Across the School

- **Reception / KS1:** Focus on friendships, feelings, kindness, families, simple rules and boundaries
- **Lower KS2:** Builds understanding of relationships, managing emotions, online safety and personal responsibility
- **Upper KS2:** Explores more complex relationships, peer influence, puberty (where taught), wellbeing and preparation for transition to secondary school

1Decision lessons are complemented by:

- Collective worship and assemblies
- Links to British values and Christian values
- Enrichment opportunities and themed days

Teachers adapt 1Decision materials to meet the needs of all learners, including those with SEND, ensuring lessons remain inclusive and accessible.

12. Policy Links

This policy should be read alongside:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- Anti-Bullying Policy
- Equality Policy
- PSHE Policy
