

Frettenham Primary School
Hainford C of E VC Primary School
Horsford C of E VA Primary School
Old Catton C of E VC Junior School
St. Faiths' C of E VC Primary School
White Woman Lane Junior School



Nebula
where stars are born

Relationships, Sex and Health Education (RSHE) Policy

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Implementation Date: September 2026

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1. Policy Statement

At the schools in the Nebula Federation, we believe that Relationships, Sex and Health Education (RSHE) are important parts of every child's learning and development.

Our schools are committed to providing high-quality Relationships Education, Health Education and age-appropriate RSHE that supports pupils to develop healthy relationships, stay safe, and thrive emotionally and physically.

2. Vision and Values

The Federation's vision is to create a school where every child and adult has self-belief and the opportunity to be the best they can be, fostered through a sense of belonging, of being valued and with respect for individuality. High-quality RSHE is vital for our pupils' wellbeing and supports them in building the skills needed for positive relationships.

Our schools have worked with their communities to identify their core values, which underpin our RSHE provision:

Frettenham Primary School	- Creativity, Courage and Friendship
Hainford C of E VC Primary School	- Compassion, Responsibility and Hope
Horsford C of E VA Primary School	- Compassion, Responsibility and Courage
Old Catton C of E VC Junior School	- Love, Hope and Joy
St. Faiths' C of E VC Primary School	- Compassion, Responsibility, Honesty, Forgiveness and Perseverance
White Woman Lane Junior School	- Wisdom, Courage, Vision and Hope – underpinned by Kindness

3. Defining PSHE and RSHE

It is important to understand how these subjects fit together within our curriculum:

- PSHE (Personal, Social, Health and Economic) Education: This is a comprehensive, non-statutory subject that prepares pupils for the opportunities and responsibilities of life. It includes learning about economic wellbeing and financial capability.
- RSHE (Relationships, Sex and Health Education): This refers to the statutory requirements for Relationships and Health Education. In our schools, statutory RSHE is delivered within our broader PSHE curriculum.

Primary Requirements:

- **Relationships Education** is compulsory for all primary pupils.
 - **Health Education** is compulsory for all primary pupils.
 - **Sex Education** beyond the National Curriculum for Science is not compulsory.
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4. Guiding Principles

In line with the 2025 DfE Statutory Guidance, our curriculum is built upon the following principles:

- Engagement with pupils.
 - Engagement and transparency with parents.
 - Positivity.
 - Careful sequencing.
 - Relevant and responsive.
 - Skilled delivery of participative education.
 - Whole school approach.
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5. Policy Development and Pupil Voice

This policy was produced through collaborative consultation during both its development and review. We listened to the views of parents, staff, and pupils to ensure the curriculum meets our children's real needs.

Pupil voice informed our curriculum design through discussion groups.

6. Curriculum Content

Our curriculum follows a '**spiral**' approach, where core themes are revisited each year in an age-appropriate way.

Key Outcomes include:

- **Families:** Pupils learn that stable, caring relationships are at the heart of happy families. They learn that marriage and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
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- **Anatomical Terminology:** As part of learning about puberty and changing bodies, pupils will be taught the correct names for body parts, including the penis, vulva, vagina, testicles, scrotum, and nipples.
- **Online Safety:** Pupils will learn about the minimum age requirement for joining social media sites (currently 13) and understand why these restrictions exist to protect them.
- **Respectful Relationships:** Understanding kindness, boundaries, and how to challenge stereotypes.
- **Health:** Promoting physical activity, nutrition, dental health, and the facts relating to vaccination.

Curriculum Resources: Teaching resources are carefully selected by RSHE leaders to ensure they are high-quality, age-appropriate, evidence-informed, and compliant with DfE guidance. We maintain flexibility in our choice of providers to respond to emerging best practices and guidance.

Each school in the Federation will have a curriculum map showing what is taught in each year group and in our smaller schools how the curriculum is organised to suit the needs of children in mixed age classes.

7. Sex Education and the Right to Withdraw

Primary schools are not required to teach sex education beyond the National Curriculum for Science. However, our Governing Board has agreed to teach additional age-appropriate sex education in Years 5 and 6, focusing on how a baby is conceived and born.

The Right to Withdraw:

Parents have the right to request that their child is withdrawn from non-statutory sex education. There is no right to withdraw from Relationships Education, Health Education, or the National Curriculum for Science (which includes puberty and reproduction).

Withdrawal Process:

1. Requests should be made in writing to the Head of School.
2. The Head of School will discuss the request with parents to clarify the nature of the curriculum and explain the potential social and emotional implications of withdrawal (such as the child hearing inaccurate versions of lessons from peers).
3. If a child is withdrawn, the school will provide purposeful alternative education during that period.

8. Creating a Safe Teaching Environment for RSHE

The Nebula Federation is committed to delivering Relationships, Sex and Health Education (RSHE) in a safe, inclusive and respectful environment that supports all pupils and complies with safeguarding requirements and the Equality Act 2010. To ensure pupils feel comfortable, valued and able to participate confidently, we:

- **Establish clear ground rules** at the start of lessons to create a supportive and respectful learning environment.
- **Promote respect and inclusion**, ensuring that all pupils feel safe, listened to and valued regardless of their background or circumstances.
- **Manage sensitive topics carefully** by using age-appropriate distancing techniques, such as fictional scenarios, stories or case studies, to encourage discussion without causing embarrassment, shock or shame.
- **Encourage pupils to ask questions**, including anonymously through an “ask-it-basket”, so that they can seek information in a safe and supportive way.
- **Provide factual, age-appropriate responses** and, where appropriate, signpost pupils to their parents, carers or other trusted sources of support and information.
- **Carefully vet and supervise external visitors** who contribute to RSHE lessons, ensuring all materials are reviewed in advance and are age-appropriate, balanced and consistent with school policies.
- **Prioritise safeguarding at all times**, making it clear that staff cannot offer unconditional confidentiality. Any disclosures or concerns are managed in accordance with the school's safeguarding and child protection procedures and referred to the Designated Safeguarding Lead (DSL) where necessary.

Through these approaches, the Federation aims to provide a positive, supportive and safe environment in which all pupils can develop the knowledge, skills and understanding needed to make informed and responsible decisions about their health, relationships and wellbeing.

9. Assessment

RSHE is not assessed in the same way as other curriculum subjects. Teachers may assess learning through:

- discussion
- pupil reflection
- class activities
- observation
- pupil voice

Assessment helps staff identify misconceptions and plan future learning.

10. Parental Access to Materials

We value our partnership with families and are committed to full transparency.

- Parents can view all curriculum resources used to teach RSHE.
 - Access is provided through an annual meeting for parents.
 - In line with DfE guidance, copyright or contractual arrangements with external providers will never be used as a reason for refusing parents access to materials.
 - We ask that parents agree not to further copy or share these materials as a condition of access.
 - Parents are encouraged to discuss learning at home and reinforce key messages about relationships, wellbeing and safety.
 - We will notify parents when lessons on puberty and sex education will be taught.
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11. Safeguarding and Inclusion

RSHE is a vital tool for safeguarding. It helps pupils recognise healthy relationships, understand consent, and know how to report concerns.

Staff follow the school's Safeguarding and Child Protection Policy. We cannot offer unconditional confidentiality; if a child's safety is at risk, staff must involve the Designated Safeguarding Lead (DSL). We ensure RSHE is accessible to all, including pupils with SEND, through adapted teaching and meaningful resources.

12. Roles and Responsibilities

- **Governing Board:** Approves the policy and ensures statutory compliance.
 - **Executive Headteacher:** Oversees implementation and ensures safeguarding requirements are met.
 - **PSHE/RSHE Lead:** Coordinates delivery, supports staff training, and monitors quality.
 - **Staff:** Deliver the curriculum professionally and create safe learning environments.
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13. Policy Availability

This final policy will be available:

- on the school website
- from the school office
- in accessible formats on request

Appendix A: A summary of the areas covered in the curriculum

Relationships Education

Pupils will learn about:

- Families and Caring Relationships
- different family structures
- love, care and commitment
- stable and supportive relationships
- responsibilities within families

Friendships

- making friends
- maintaining friendships
- resolving conflict
- respectful behaviour

Respectful Relationships

- kindness
- courtesy
- empathy
- respect for differences

Online Relationships

- safe online behaviour
- digital communication
- online risks
- reporting concerns

Being Safe

- personal boundaries
- privacy
- consent in age-appropriate contexts
- trusted adults
- seeking support

Health Education

Pupils will learn about:

Mental Wellbeing

- recognising emotions
- resilience
- self-care
- seeking help

Internet Safety and Harms

- online safety
- misinformation
- harmful content
- digital wellbeing

Physical Health and Fitness

- exercise
- healthy lifestyles
- sleep

Healthy Eating

- balanced diets
- nutrition
- healthy choices

Drugs, Alcohol and Tobacco

- understanding risks
- keeping safe

Health and Prevention

- hygiene
- vaccinations
- personal responsibility

Basic First Aid

- emergency responses
- obtaining help

Changing Adolescent Body

- puberty
- physical changes
- emotional changes
- personal hygiene

Appendix B: Links to Related Policies

- Child Protection and Safeguarding Policy
 - Behaviour Policy
 - Online Safety Policy
 - Anti-Bullying Policy
 - SEND Policy
 - Equality Policy
 - PSHE Policy
 - Staff Code of Conduct
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Appendix C: Legal Framework

This policy has been developed in accordance with:

- The Education Act 2002
- The Children and Social Work Act 2017
- Equality Act 2010
- Keeping Children Safe in Education (current version)
- DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (for implementation from September 2026)

RELATIONSHIPS EDUCATION, RSE & HEALTH EDUCATION

Information for Parents

WHAT WILL MY CHILD LEARN?

- ♥ Families & Friendships
- ♥ Respect & Boundaries
- ♥ Staying Safe Online
- ♥ Health & Puberty



HOW DO WE TEACH IT?

- ✓ Age-appropriate
- ✓ Inclusive of SEND
- ✓ Taught by trained staff
- ✓ Safe & Caring Environment.



KEEPING CHILDREN SAFE

- ♥ Knowing Body Boundaries
- ♥ Recognising Unsafe Situations
- ♥ Talking to Trusted Adults



SEX EDUCATION

- Only if approved by parents
- Parents can opt out
- of non-statutory lessons



WORKING WITH PARENTS

- ♥ Curriculum Info Sessions
- ♥ Preview Lessons
- ♥ Ask Questions Anytime!



INCLUSION & DIVERSITY

- ♥ All Families Welcome
- ♥ Respecting Differences
- ♥ Equality for All



LEARN MORE:

Please visit our school website or speak to the Headteacher.