



*Jesus is the centre of our lives, Our learning
and friendships.
In a safe, happy and caring community Where
all are welcome.*

HOLY CROSS CATHOLIC PRIMARY ACADEMY

RELATIONSHIPS, SEX & HEALTH EDUCATION POLICY

May 2025

Review January 2027

Holy Cross Catholic Primary Academy

Mission Statement

*Jesus is the centre of our lives, Our learning
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In this policy we set out our intentions and approach to relationships, sex and health education (RSHE) in our school.

Implementation and Review of Policy

This policy will be reviewed every 2 years; the next review date is May 2027.

Programme Resources

'A Journey in Love' is the RSE scheme that we use at Holy Cross. It is a resource created by Brentwood Diocese. It is the recommended programme of study for Catholic schools for Relationship and Sex Education, and has been written as a progressive scheme of work that supports the Religious Education, PSHE and Science curricula taught within the school. The Health Education aspect OF RSHE is supported by the Jigsaw programme.

Aims

The aims of Relationships Sex and Health Education (RSHE) at our school are to:

- Provide a framework in which sensitive discussions can take place.
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene.
- Help pupils develop feelings of self-respect, confidence and empathy.
- Create a positive culture around issues of relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies

Rationale

We are involved in relationships and sex education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in our school.

Our approach to Relationships, Sex and Health Education (RSHE) therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals and Gospel values.

Following the guidance of the Bishops of England and Wales and as advocated by the DfE. RSHE will be firmly embedded in the Personal, Social, Health and Citizenship Education (PSHCE) and Religion frameworks as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils.

It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All RSHE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

Sex Education is developed through cross-curricular links within Science, RE & PSHCE but essentially education in Sex and Personal Relationships is concerned with the development of positive relationships with ourselves, other people, the world around us and with God. Sex education will be taught in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family.

Values

Our programme enshrines Catholic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential in responding to God's call to love others with a proper respect for their dignity and the dignity of the human body.

Whilst promoting Catholic values and virtues and teaching in accordance with Church teaching, we will ensure that pupils are offered a balanced programme by providing an RSHE programme that offers a range of viewpoints on issues.

Education

The DfE guidance states that:

“children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way”.

The Department of Catholic Education and Formation’s ‘Learning to Love’ states that the content of RSHE ‘must reflect the teaching of the Church’ with the key theme centralising on human dignity, also stating that ‘Human dignity originates from God - every person has an inherent dignity because we are made in God’s own image and likeness’.

In primary schools, the focus should be on:

“teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.”

Children should be taught the language of love which is not confined to sexual expression, therefore learning would encompass the topics of families and the people who care for me, caring friendships, respectful relationships, online relationships and being safe.

Our Aims and Objectives for the curriculum are:

Aims

- To appreciate the whole of creation as a sign of God’s love.
- To develop a greater understanding of the nature of relationships with families, friends and communities which exist in our multi-racial, multi-faith society.
- To develop a greater understanding of the responsibilities of the individual.
- To promote good health and understanding of physical development, respecting and reverencing the wonder of the body.
- To promote a source of self-esteem and well-being.
- To support the personal, moral and social development of all pupils.

Objectives

By the end of the Foundation Stage, the majority of pupils should be able to:

- To recognise and verbalise the way that they are feeling.
- To talk about their own family and home life.
- To be able to manage their own personal hygiene needs.
- To be able to identify whether they are male or female.
- To be able to name the major parts of the body.

By the end of Key Stage 1, the majority of pupils should be able:

- To understand the importance of valuing themselves and others.
- To recognise their membership of the family and recognise the roles of individuals in families.
- To understand growth.
- To recognise that babies have special needs.
- To appreciate relationships, friends, family, caring, working together, sharing and playing together.
- To know about rituals that mark life, and especially, birth, marriage and death.
- To recognise the range of emotions and how we deal with them.
- To know about being safe.
- To have an awareness of personal health and safety and personal hygiene.

By the end of Key Stage 2, the majority of pupils should be able:

- To appreciate that life is precious and a gift from God and to use this gift in God's service.
- To value themselves as a child of God, and their body as God's gift to them.
- To understand that they grow and change throughout life.
- To understand what is meant by relationships within families, friends and communities.
- To develop an appreciation of what is involved in bringing up children and what responsibility parents have.
- To become aware of the different patterns of friendship.
- To know the rituals celebrated in Church, marking birth, marriage and death.
- To be aware of their changing emotions and the need to respect the emotions and feelings of other people, valuing their own identity.
- To begin to know about and understand the changes that come about through puberty.
- To know and understand their own bodies and their need for personal hygiene.
- To know the names for the parts of the body.
- To know the basic biology of human reproduction.

- To become aware of the choices they make and that there are good choices and wrong choices.
- To recognise the importance of forgiveness in relationships.

Equal Opportunities

The Holy Cross RSHE Policy reflects its commitment to the principle of equal opportunities.

We will ensure that our school strives to do the best for all children, irrespective of: disability, educational needs, race, nationality, ethnic or national origin, gender identity, religion or sexual orientation or whether they are looked-after children. In teaching RSHE, we will ensure that the needs of all children are appropriately met, and that all children understand the importance of equality and respect.

We will ensure that we comply with the Equality Act of 2010, under which sexual orientation and gender reassignment are amongst protected characteristics. Teaching will enable pupils to develop an understanding of how the law applies to different relationships.

At Holy Cross we respect and value all families, home lives and life choices within our school community.

Differentiation

A differentiated programme of work is offered to the children through teachers' planning, activities, resources, outcomes and adult support where appropriate respecting children's individual needs and personal circumstances. Lessons will help children to realise the nature and consequences of discrimination: teasing, bullying, and aggressive behaviours (including cyber-bullying), the use of prejudice-based language and how to respond or ask for help.

Organisation

The PSHCE & RE Lead, along with the Head Teacher and members of the relevant teams (including the Link Governor), have the responsibility to ensure that the planned sex education programme is delivered effectively.

All class teachers will be responsible for delivering their section of the programme to their class.

After consultation with teachers, if specific training is required, it will be provided through the school's INSET programme.

Classes will remain mixed (boys and girls) for all elements of the Sex Education Programme, except in Years 5 and 6, where if appropriate, separate gender provision could be available.

Children's Questions

The governors want to promote a healthy, positive atmosphere in which RSHE can take place. They want to ensure that pupils can ask questions freely, be confident that their questions will be answered, and be sure that they will be free from bullying or harassment from other children and young people.

Controversial or Sensitive issues

There will always be sensitive or controversial issues in the field of RSHE. The governors believe that children are best educated, protected from harm and exploitation by discussing such issues openly within the context of the RSHE programme. The use of ground rules, negotiated between teachers and children, will help to create a supportive climate for discussion.

Some questions may raise issues which it would not be appropriate for teachers to answer during ordinary class time, e.g., where a child's questions hints at abuse, is deliberately tendentious or is of a personal nature.

Supporting children who are at risk

Children will also need to feel safe and secure in the environment in which RSHE takes place. Discussion may well lead to disclosure of a safeguarding issue. Teachers will be aware of the needs of their children and not let any fears and worries go unnoticed. Where a teacher suspects that a child is a victim of or is at risk of abuse they are required to follow our school's safeguarding policy and immediately inform the designated senior member of staff responsible.

Specific Issues

Personal beliefs and attitudes of teachers will not influence the Catholic teaching of sex and relationships education at Holy Cross.

Working with Parents/Carers

We recognise that parent/carers are the primary educators of their children. As a Catholic school, we provide the principal means by which the Church assists parent/carers in educating their children. Therefore, the school will support them by providing material to be shared with their children at home.

Parents/carers will be informed by letter when the more sensitive aspects of RSHE will be covered in order that they can be prepared to talk and answer questions about their children's learning.

Parent/carers continue to have the right to withdraw their children from Sex Education except in those elements which are required by the National Curriculum science orders. Should parent/carers wish to withdraw their children they are asked to notify the school by contacting the Head Teacher. The school will provide support by providing material for parent/carers to help the children with their learning.

We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed. However, parent/carers must be aware that 'Sex Education' takes place at home, on TV and in the media, so withdrawing a child from these lessons may result in the child becoming confused.

External Visitors

If we call upon external professionals to deliver aspects of RSHE (e.g. School nurse); such visits will always complement the current programme and never substitute or replace teacher led sessions. It is important that any external visitor is clear about their role and responsibility whilst they are in school delivering a session. Any visitor must adhere to our code of practice developed in line with CES guidance '*Checklist for External Speakers to Schools*'. It will be ensured that all teaching is rooted in Catholic principles and practice.

Parents/Carers right to withdraw

Parent/carers do not have the right to withdraw their children from relationships and health education. They do however have the right to withdraw their children from the non-science components of sex education within RSHE.

Requests for withdrawal must be put in writing using the form found in Appendix 1 of this policy and addressed to the Headteacher.

Alternative work will be given to pupils who are withdrawn from sex education.

RSHE Policy Appendix 1 Withdrawing from Sex Education Lesson form

Application to withdraw child from the non-scientific aspect of sex education			
Name of child		Class	
Name of parent/carer		Date	
Reason for withdrawing from sex education within Relationships, Sex and Health Education			
Any other information you would like the school to consider			
Parent signature			
Agreed Actions from discussion with parents			
Headteacher Signature			