



St. Aloysius' Catholic Primary School

Relationships and Health Education Policy

1. Statutory Requirements

Relationships Education and Health Education are **statutory** for all primary-aged pupils under the Children and Social Work Act 2017.

This policy is written in accordance with:

- DfE *Relationships Education, Relationships and Sex Education (RSE) and Health Education* (2019, updated 2025)
- Equality Act 2010
- Education Act 1996
- Children and Families Act 2014
- SEND Code of Practice (2015)
- Keeping Children Safe in Education (2025)
- Working Together to Safeguard Children (2023)
- CES Model RSE Policy Framework (2026)

Parents **cannot withdraw** their child from Relationships Education or Health Education. Parents **can withdraw** their child from non-statutory sex education (see Section 7).

All teaching must be **age-appropriate, developmentally appropriate, and sensitive to the religious background** of pupils.

2. Catholic Framework and Aims

At St Aloysius' Catholic Primary School, RHE is taught within the Catholic understanding of the human person, rooted in the belief that every child is created, loved and chosen by God.

Our aims are to:

- Support pupils to develop healthy, respectful relationships.
- Teach the dignity of every human person and the importance of family life.
- Develop pupils' emotional literacy, resilience and self-worth.
- Help pupils understand how relationships affect physical and mental wellbeing.
- Promote virtues such as respect, forgiveness, honesty, self-control and compassion.



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- Prepare pupils for life in modern Britain while remaining faithful to Catholic teaching.

RHE is fully aligned with the **Catechism of the Catholic Church** and the **CES Model Curriculum**.

3. Aims and Objectives

We aim to develop:

a) Values and Virtues

- Respect for human dignity and the body
- Faithfulness, integrity, compassion and forgiveness
- Appreciation of family life and committed relationships
- Responsibility for actions and understanding impact on others

b) Personal and Social Skills

- Building friendships and managing relationships
- Emotional literacy and resilience
- Managing conflict positively
- Recognising and resisting pressure
- Keeping themselves safe (including online)

c) Knowledge and Understanding

- Catholic teaching on relationships and family life
- Puberty and physical development
- Basic human reproduction (Year 6)
- Mental and physical health
- Online safety and wellbeing

4. Curriculum Delivery within PSHE

RHE is primarily taught through the **Ten:Ten “Life to the Full”** programme, which is approved by the Catholic Education Service.

The programme is structured around three modules:

- 1. Created and Loved by God**
- 2. Created to Love Others**
- 3. Created to Live in Community**



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Teaching includes:

- Families and people who care for us
- Caring friendships
- Respectful relationships
- Online relationships and online safety
- Mental wellbeing
- Physical health and healthy lifestyles
- Basic first aid
- Changing bodies (puberty)

All teaching is underpinned by Catholic values and the belief that our deepest identity is as children of God.

5. Curriculum Content within Science

Some elements of reproduction are taught as part of the **statutory science curriculum**, including:

- The life cycles of plants and animals
- Human puberty
- Human reproduction (Year 6)

Parents **cannot withdraw** their child from statutory science lessons.

6. Curriculum Organisation and Sequencing

RHE is taught:

- Through discrete PSHE lessons
- Through cross-curricular links (e.g., RE, science, computing)
- Through assemblies, collective worship and whole-school ethos
- Through pastoral support and daily interactions

Curriculum maps and year-group content overviews are available on request.



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7. Differentiation and SEND

RHE is inclusive and adapted to meet the needs of all pupils and is delivered in a way that meets the needs of all pupils, including those with:

- SEND
- Emotional or social needs
- English as an additional language
- Additional vulnerabilities

The school meets its duties under the Equality Act 2010 by ensuring no pupil is discriminated against on the basis of:

- Disability
- Race or ethnicity
- Religion
- Gender or sexual orientation
- Family background

8. Parents and Carers

The school recognises parents and carers as the primary educators of their children.

We will:

- Consult parents when reviewing this policy
- Inform parents before sensitive content is taught
- Provide access to resources and lesson overviews
- Encourage home-school dialogue

Right to Withdraw

Parents may withdraw their child from **non-statutory sex education** only. Requests must be made in writing to the Headteacher.



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9. Teaching about Puberty, Fertility and Conception

From Year 5, pupils learn about:

- Physical and emotional changes during puberty
- Personal hygiene
- Body image and self-esteem

In Year 6, pupils learn about:

- Fertility
- Conception
- The Catholic understanding of the sanctity of life

All teaching is age-appropriate and rooted in Catholic teaching.

10. Teaching Responsibility

Class teachers deliver RHE, supported by:

- The RHE Co-ordinator
- The Headteacher
- The SENCo
- The DSL (for safeguarding matters)

Teaching will include:

- Ground rules and safe discussion
- Group work and reflection
- Role play and scenarios
- Questioning and discussion

Distancing techniques for sensitive topics All staff are expected to model healthy, respectful relationships in line with Catholic values.



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11. External Visitors

External visitors may support delivery of RHE but will:

- Enhance but do not replace teaching
- Follow CES guidance
- Are supervised at all times
- Use school-approved materials

Parents will be informed in advance of any external input.

12. Roles and Responsibilities

Governing Body

- Approves the RHE policy
- Ensures compliance with statutory guidance and Catholic teaching
- Ensures parents are aware of their rights
- Monitors curriculum coverage
- Oversees consultation with parents

Headteacher

- Oversees implementation of the policy
- Liaises with governors, parents, the Diocese and external agencies

RHE Co-ordinator

- Supports staff
- Leads training
- Oversees curriculum planning and resources

All Staff

- Deliver RHE in accordance with Catholic teaching
- Promote pupils' physical, moral and spiritual wellbeing
- Model positive relationships
- Follow safeguarding procedures



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13. Safeguarding

RHE is a key part of safeguarding. If a pupil makes a disclosure or raises a concern, staff must follow the **school's safeguarding procedures** and inform the DSL immediately. Staff cannot guarantee confidentiality where there is risk of harm

14. Links to Other Policies

This policy links to:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- Anti-Bullying Policy
- Online Safety Policy
- SEND Policy
- Equality Policy
- Science Curriculum
- PSHE Policy

15. Managing Questions and Sensitive Issues

Teachers will:

- Create a safe, respectful environment
- Use agreed ground rules
- Answer questions honestly but age-appropriately
- Avoid sharing personal opinions
- Refer sensitive or inappropriate questions to SLT or the DSL



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16. Monitoring and Evaluation

The RHE Co-ordinator will monitor:

- Planning
- Lesson delivery
- Pupil voice
- Staff feedback
- Samples of work

Findings will be shared with SLT and governors.

17. Review

This policy will be reviewed **every three years**, or sooner if statutory guidance changes.

Date May 2026

Review May 2029