

Ridgeway Farm CE Academy Relationships, Sex and Health Education (RSHE) Policy

Title of Policy/Procedure	Relationships, Sex and Health Education (RSHE) Policy
Reviewer(s):	Headteacher and Chair of Governors
To be read in conjunction with the following policies:	<ul style="list-style-type: none">• Safeguarding and Child Protection Policy• Behaviour Policy• Anti-Bullying Policy• SEND Policy• PSHE Curriculum Map• Equalities Policy
Policy Date:	July 2025
Review Date:	July 2026
This policy has been ratified by:	Local Governing Body

1. Our Vision: Believe ~ Learn ~ Grow

At Ridgeway Farm CE Academy, we believe every child is loved, valued, and made in the image of God. RSHE is a vital part of preparing our pupils to flourish – emotionally, socially, physically and spiritually – as they grow and learn to live well in community with others. We follow a faith-sensitive and inclusive approach, in line with the Church of England’s principles and statutory expectations from the DfE. At Ridgeway Farm Church of England Academy, everyone will be treated with dignity as all people are made in the image of God and are loved equally by God.

Our curriculum is rooted in the belief that:

“I have come in order that you might have life – life in all its fullness.” (John 10:10)
“So God created humankind in his image, in the image of God he created them”
(Genesis 2:7)

2. Statutory Compliance

This policy is based on:

- DfE Statutory RSHE Guidance (July 2025)
- The Equalities Act 2010
- Keeping Children Safe in Education (KCSIE)
- Church of England RSHE Charter
- Our Safeguarding & Behaviour Policies
- SEND Code of Practice (2014)

As required, we teach:

- Relationships Education (Primary statutory)
- Health Education (Primary statutory)
- Biological aspects of sex education (Statutory through the Science Curriculum)

3. Intent and Purpose

RSHE at Ridgeway Farm CE Academy helps children:

- Understand the characteristics of healthy relationships (friendships, families, online & offline).
- Learn about their own bodies, emotions, and mental wellbeing.

- Develop respect for themselves and others, promoting dignity for all.
- Stay safe and know how to report concerns.
- Recognise and reject abuse, exploitation or unhealthy influence.
- Learn about puberty in a clear and supportive way.
- Develop character and virtues in line with our Christian values.

Our school seeks to ensure that the RHE curriculum protects, informs and nurtures all pupils. It clearly differentiates between factual teaching (biology, medicine, the law, marriage, different types of families and the composition of society) and moral teaching about relationships and values, recognising that the distinction can be easily blurred and that there needs to be discernment about the manner in which this is taught. We teach RHE within a moral (but not moralistic) framework.

RHE in Ridgeway Farm Church of England Academy is about what constitutes wellbeing and loving care for ourselves (physical and mental health education), how we show loving care for others (relationships education) and, when at an appropriate age and stage in life, how we show loving care to those we choose to be intimate with, including within marriage (sex education).

It is also about the spiritual and moral aspects of healthy, loving and nurturing relationships within a context of a Christian vision for the purpose of life.

Pupils will consider how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

4. Curriculum Content & Delivery

We use the Jigsaw PSHE Programme to deliver RSHE, ensuring a spiral, progressive curriculum from EYFS to Year 6.

Core Themes Include:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me (including puberty)

The statutory RSHE content is explicitly mapped to Jigsaw units. A detailed curriculum map is available on our website and shared with parents annually.

What Is Taught – Statutory Overview

Area	Taught at Ridgeway Farm?	Notes
Relationships Education	Yes	Families, friendships, online relationships, respect & safety.
Health Education	Yes	Mental wellbeing, physical health, healthy eating, sun safety.
Puberty Education	Yes	Taught as part of Health Ed and Science; non-withdrawable.
Sex Education (non-compulsory)	Not currently taught	We do not teach additional sex education beyond Science.

Defining Relationships Education

Relationships Education is learning about how to:

- be appreciative of existing relationships;
- form new healthy friendships; and
- enjoy strong positive, caring, relationships with good boundaries, online and in person.

This will particularly refer to family relationships (including marriage), friendships and relationships with peers and adults.

In this school any content that might be regarded as sex education (learning about human body parts, growth, puberty and gestation) will be taught through the science curriculum. Parents do not have the right to excuse their children from this aspect of the curriculum.

Defining sex education

Sex education is about reproduction: learning how babies can be made and the emotions that people experience when they are ready for close intimacy.

The national curriculum for science includes content about human body parts, growth, puberty and gestation. Parents do not have the right to withdraw from this aspect of the curriculum.

At Ridgeway Farm CE Academy, we will not teach sex education within our relationships and health education.

The Jigsaw programme map can be found on the school website under the curriculum pages.

Defining health education

Health education is learning about physical health and mental wellbeing so that pupils can make wise choices to ensure their own flourishing and the flourishing of others

5. Parental Rights & Consultation

We are committed to working closely with parents. Each year:

- A parent consultation is held on the RSHE curriculum.
- Information about what is taught and when is made available.
- Parents have the right to withdraw their child from non-statutory sex education. However, as we do not deliver non-statutory sex education, this is not applicable.

Parents cannot withdraw from:

- Relationships Education
- Health Education
- Puberty education in Science

6. SEND and Accessibility

We ensure RSHE is fully inclusive:

- Lessons are differentiated and scaffolded.
- Visuals, role play, and small group discussions are used.
- Mindfulness strategies support emotional regulation.
- Individual needs are considered during sensitive topics.

Safe and Inclusive Delivery

- RSHE is taught by trained, confident staff.
- Staff receive regular CPD to deliver RSHE sensitively and effectively.
- Ground rules are set in each class to create a safe space for discussion.
- Resources are age-appropriate, inclusive, and respectful of diversity.

No teaching or resource will undermine the rights and dignity of any group. RSHE will uphold all protected characteristics under the Equality Act 2010.

Monitoring and Evaluation

- Subject leader monitors through planning reviews, learning walks and pupil voice.
- Governors are informed of curriculum content and statutory compliance.
- Feedback from parents, pupils, and staff informs curriculum development.

RSHE Through a Christian Lens

At Ridgeway Farm CE Academy, RSHE promotes:

- A sense of purpose and belonging rooted in God's love.
- Respect for all individuals, regardless of faith, gender, family structure, or background.
- Understanding that good relationships are built on kindness, empathy, respect and responsibility.
- Faithfulness and honesty as values underpinning positive relationships.

Our school's Christian values—friendship, compassion, respect, courage, perseverance and service—are embedded throughout the RSHE curriculum.