Aim High Never Give Up Follow Your Dream Lead By Example

RSE POLICY

Ratified By	FGB
Date	28/09/2026
Minute	7
Review Date	Autumn 2027
Policy Statement	
What is the policy for?	For all staff and volunteers at Norwood Primary School
Who has devised and contributed to this policy?	The policy has been written via a working party involving the subject leader, SLT and Governors. Staff in school have been fully consulted and parent/carers were also consulted on the policy, reviewed annually
How will this policy be communicated?	Website and 365
How will this policy be monitored?	As outlined in the policy
Which other policies are linked to this policy?	Safeguarding, PSHE, Science and other curriculum policies

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1. Aims

The aims of relationships and sex education (RSE) at Norwood are to:

Deliver a progressive, age-appropriate and inclusive RSHE curriculum.

Create a safe environment for discussing sensitive topics.

Develop pupils' confidence, empathy and self-respect.

Equip pupils to build healthy, respectful relationships, online and offline.

Prepare pupils for puberty and promote healthy lifestyles.

Teach accurate vocabulary for bodies, relationships and emotions.

Help pupils recognise boundaries, stay safe and seek support.

Promote respect, responsible decision-making and strong partnerships with parents and carers.

Norwood's approach to RSE consists of a comprehensive and developmental programme of teaching and learning, which is delivered in the context of Healthy Schools where the health and wellbeing of pupils and the whole school community are actively promoted. Our RSE programme has a positive influence on the ethos, learning and relationships throughout the school. It is central to our values and to achieving our school's stated aims and objectives. Our RSE programme helps pupils to develop the knowledge, understanding, skills and attitudes they need to live a confident, healthy and independent life now and in the future.

2. Statutory requirements

As a maintained primary school we must provide relationships education to all pupils as per section 34 of the Children and Social work act 2017.

However, we are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum.

In teaching RSE, we must have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

At Norwood school we teach RSE as set out in this policy.

This policy document is freely available on request to the whole school community. A copy of the policy can be found on the school website. A physical copy of the policy can be requested by contacting the school office.

Relationships Education – Statutory

Relationships Education teaches children about healthy, respectful and safe relationships, including relationships with family, friends, carers, trusted adults and people online. It also covers respect, kindness, personal boundaries, permission-seeking, privacy, recognising safe and unsafe situations, and knowing how to ask for help. It may include sensitive, age-appropriate safeguarding topics, such as personal boundaries, unsafe touch, consent, online safety and harmful behaviours, to help pupils recognise risk and stay safe.

Although teaching about Female Genital Mutilation, also known as FGM, is not a statutory requirement at primary school, myHappymind Plus includes age-appropriate learning about FGM as part of its wider safeguarding and personal safety curriculum. This supports pupils to understand body privacy, their rights over their own bodies, safe and unsafe touch, and the importance of speaking to a trusted adult if they are worried about themselves or someone else.

Where FGM is taught, it is delivered sensitively and in an age appropriate way. Pupils learn that FGM is illegal, harmful and a form of abuse. Any concerns or disclosures will be managed in line with Norwood's Safeguarding and Child Protection Policy and reported to the Designated Safeguarding Lead.

Health Education - Statutory

Health Education teaches pupils about physical health, mental wellbeing, growing and changing, puberty, healthy lifestyles, emotional wellbeing and how to seek support when needed.

Sex Education - Non-statutory in Primary

Primary schools are not required to teach sex education beyond the statutory science curriculum. Where Norwood chooses to teach additional sex education, this is delivered in an age appropriate way and may include learning about human reproduction, how babies are conceived, age-appropriate information about conception, pregnancy and how pregnancy can be prevented when people are older, and preparation for the physical and emotional changes linked to growing up. At Norwood, this content is taught in years 5 and 6. Parents and carers will be consulted about this content in advance and provided with clear information about what will be taught.

Relationships, Sex and Health Education - RSHE

RSHE brings together Relationships Education, Health Education and, where the school chooses to teach it, sex education. It helps pupils develop the knowledge, skills and values they need to build healthy relationships, look after their physical and mental health, respect difference, develop a positive sense of identity and make safe, informed decisions. RSHE encourages discussion and understanding and is delivered in an age-appropriate, inclusive and respectful way.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents and carers. The consultation and policy development process involved the following steps:

1. Review – a working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and carers and any interested parties were invited to share their views about the policy
4. Pupil consultation – we investigated what exactly pupils want from their RSE.

5. Ratification – once amendments were made, the policy was shared with governors and ratified
6. Reviewed through consultation with staff on an annual basis by the RSE Leader.

4. Definition

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

Here is a link to the Department for Education statutory guidance 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' (2026). https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education

5. Curriculum

We have developed the curriculum in consultation with parents and carers, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and don't seek answers online.

Primary sex education is not compulsory in primary schools, Norwood have chosen to cover additional context on sex education to meet the needs of our pupils.

Primary sex education will focus on:

Preparing boys and girls for the changes that adolescence brings

How a baby is conceived and born

6. Delivery of RSE

Norwood School takes responsibility to provide relevant, effective and responsible RSE to all of its pupils as part of the school's personal, social, health education (PSHE) curriculum very seriously. We do this through a structured programme from Reception to year 6. The school wants parents and carers and pupils to feel assured that RSE will be delivered at a level appropriate to both the age and development of pupils, and safe to voice opinions and concerns relating to the RSE provision.

RSHE is delivered through weekly myHappymind lessons taught by class teachers. Class teachers are well placed to provide a consistent, trusted and supportive environment in which pupils feel safe to learn, reflect and ask questions. Weekly lesson delivery incorporates the statutory requirements for Relationships Education and Health Education and is supported through the following programmes:

myHappymind – Core Programme The core myHappymind programme supports pupils' mental health and wellbeing by helping them develop preventative habits, resilience, self-esteem, emotional awareness and positive relationships.

myHappymind Plus myHappymind Plus provides complete PSHE coverage, including health, wellbeing, relationships, sex education and life skills.

British Values British Values are promoted through assemblies, classroom activities and interactive sessions, helping pupils understand respect, responsibility, democracy, individual liberty and the rule of law.

Pupils will develop the skills to critically evaluate information they encounter online, including recognising misinformation, manipulated images, unrealistic expectations and harmful online influences in an age-appropriate way.

At Norwood Primary School, RSHE is delivered through myHappymind and myHappymind Plus, which provide a progressive and age-appropriate curriculum. Learning is carefully sequenced to build on pupils' prior knowledge and develop their understanding and skills as they move through the school. The curriculum is delivered through the myHappymind learning platform, which combines interactive lessons with journals and worksheets to support reflection and recording.

Lessons are inclusive and adapted where appropriate to meet the needs of all pupils, including those with SEND. Staff at Norwood Primary School receive regular safeguarding training and understand the procedures for responding to any concerns or disclosures that may arise during lessons.

Any safeguarding concerns are managed in line with the school's Safeguarding and Child Protection Policy and are reported promptly to the Designated Safeguarding Lead, Designated Safeguarding Lead (DSL), so pupils receive the support they need.

For each year group, objectives from the PSHE Association are mapped to myHappymind and myHappymind Plus lessons. This enables teachers to monitor whether pupils are working towards, meeting or exceeding objectives. Assessment information is used in line with Norwood Primary School's assessment policy to monitor progress across lessons and modules.

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the Science curriculum.

To deliver RSE Norwood school have bought into a teaching resource named 'My Happy Mind'. This is an adaptable scheme of work ensuring progression of skills and builds teachers subject knowledge.

https://courses.myhappymind.org/

Pupils with special educational needs will be given the opportunity to fully participate in RSE lessons, and a differentiated program will be provided where necessary, by familiar adults, to ensure that all pupils gain a full understanding.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

Families and people who care for me

Caring friendships

Respectful relationships

Online relationships

Being safe

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single-parent families, married parents, separated parents, same-sex parents, families headed by grandparents, adoptive families, foster families, kinship carers and many other family structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Here is an overview of each myHappymind module, Plus theme and British Values topic.

Strand	Module/ Content Pillars	Description/ Core Content
myHappymind	Meet Your Brain	Helping children to understand how their brains work and teaching strategies for regulation such as Happy Breathing.
	Celebrate	Building children's self-esteem through recognising and celebrating their Character Strengths.
	Appreciate	Developing an Attitude of Gratitude! Teaching children the importance of thinking about what we are grateful for and sharing this with others.
	Relate	Introducing relationship-building skills such as Active Listening to ensure children have the foundations to form friendships, be heard and understand others.
	Engage	Introducing the power of Goal Setting to children so that they aspire, dream and learn to persevere.
myHappymind Plus	myHappybody	Section 1: Relationships (Sex) and Health Education (RSHE): Covering topics such as physical wellbeing and keeping safe.
	myHappyrelationships	Section 1: Relationships (Sex) and Health Education (RSHE): Covering topics such as families and close positive relationships, bullying and respecting ourselves and others.
	myHappyworld	Section 2: Economic Wellbeing and Careers Education: Covering topics such as media literacy, economic wellbeing and career education.
British Values	Democracy	Promoting a democratic process.
	Rule of Law	Teaching the importance of laws and rules, their purpose in protecting society, and the consequences of breaking them.
	Individual Liberty	Ensuring children understand their rights and freedoms, while also learning to exercise them responsibly within a safe environment.
	Mutual Respect	Teaching children to respect the protected characteristics of others and to treat everyone with respect.
	Tolerance of Different Faiths and Beliefs	Encouraging an understanding and appreciation of different cultures, faiths and beliefs, and promoting respect for all people regardless of their background.

7. Roles and responsibilities

7.1 The governing board

The governing board will approve the RSE policy, and hold the Head teacher to account for its implementation.

7.2 The headteacher

The head teacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw pupils from the non-statutory components of RSE (see section 7).

7.3 Designated Safeguarding Lead

At Norwood, safeguarding principles are embedded throughout the RSHE curriculum and wider school practice.

This includes learning about online safety, healthy relationships, consent, personal boundaries, recognising safe and unsafe situations, and emotional wellbeing.

Lessons are delivered in a safe, age-appropriate and supportive manner, ensuring pupils feel respected and able to seek help if needed.

Staff at Norwood are alert to any safeguarding concerns that may arise during lessons and know how to respond in line with the school's safeguarding procedures, including sharing information with the Designated Safeguarding Lead where appropriate.

Clear signposting is provided so pupils know who they can talk to if they are worried or need support. Staff can also refer to the myHappymind guidance on using journals to help ensure any potential safeguarding disclosures are recognised and responded to appropriately.

7.4 Staff

Staff are responsible for:

Delivering RSE in a sensitive way

Modelling positive attitudes to RSE

Monitoring progress

Responding to the needs of individual pupils

Responding appropriately to pupils whose parents and carers wish them to be withdrawn from the, non-statutory/non-science, components of RSE

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headteacher.

Educational staff are responsible for teaching RSE at Norwood Primary School.

7.5 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

Managing questions:

At Norwood, we recognise that pupils may ask questions about topics that go beyond the sex education covered by the school, or that relate to content from which they have been withdrawn.

Staff will respond sensitively and in an age-appropriate way. This may include encouraging the pupil to speak with a parent, carer or another trusted adult, or signposting them to appropriate support.

We understand that unanswered questions may lead children to seek answers from inappropriate or online sources. For this reason, questions are handled thoughtfully and safely, rather than avoided.

7.6 Parents and carers

At Norwood, we are committed to working in partnership with families by providing clear, accessible information about our RSHE curriculum and ensuring parents and carers have opportunities to engage with and understand the learning taking place.

Our RSHE policy and curriculum overviews are available to parents and carers to promote transparency and support meaningful engagement with their child's learning. We offer opportunities for parents and carers to review the curriculum and resources used within school, through an annual parental consultation and information session.

Parents and carers are welcome to contact Norwood Primary School at any time if they wish to discuss the curriculum or view lesson materials. They can do this by contacting the school office or the RSHE Subject Leader. Where Norwood Primary School chooses to deliver sex education beyond the statutory science curriculum, parents and carers will be consulted in advance and provided with information about the content being taught.

In line with statutory guidance, parents and carers have the right to request that their child is withdrawn from non-statutory sex education lessons. Through the myHappymind Parent App, families can access resources linked to the core myHappymind programme, helping them understand lesson content and reinforce key strategies, such as Happy Breathing, at home.

8. Parent/carer right to withdraw

At Norwood, parents and carers have the right to request that their child is withdrawn from non-statutory sex education lessons. This right does not apply to statutory Relationships Education, Health Education or content covered through the National Curriculum for Science.

Where a parent or carer wishes to make this request, the Headteacher will first meet with them to discuss their concerns, understand the reasons for the request and explain the purpose and value of the teaching. Where appropriate, the pupil may also be involved in this discussion.

Following this discussion, Norwood will grant the request and ensure that the pupil receives appropriate, purposeful alternative education during any lessons from which they are withdrawn.

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

9. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The headteacher may also invite visitors from outside the school, such as school nurses, to provide support and training to staff teaching RSE. External visitors complement rather than replace the role of the class teacher and work within the school's safeguarding procedures.

10. Monitoring arrangements

The delivery of RSE is monitored by the subject leader and SLT.

The subject leader will

- Develop the school policy and review it on a yearly basis
- Ensure all members of the governing body will be offered appropriate RSE training
- Ensure that all staff are given training on the issues relating to RSE as well as how to deliver lessons on such issues
- Ensure that all staff are up to date with policy changes, and familiar with school policy and guidance relating to RSE.
- Provide support to staff members who feel uncomfortable or ill-equipped to deal with the delivery of RSE to pupils
- Ensure that RSE is age appropriate and needs-led across all year groups; this means ensuring that the curriculum develops as the pupils do and meets their needs
- Ensure that the knowledge and information regarding RSE to which all pupils are entitled is provided in a comprehensive way
- Support parent/carer involvement in the development of the RSE curriculum
- Ensure that personal beliefs, values and attitudes will not prevent staff from providing balanced RSE in school
- Communicate freely with staff, parents/carers and the governing body to ensure that everyone is in understanding of the school policy and curriculum for RSE, and that any concerns or opinions regarding the provision at the school are listened to, taken into account and acted on as appropriate
- Share the school's provision for RSE with parents and carers in order to ensure they can support this at home
- Communicate to parents and carers and additional support that is available from the school to support them with RSE at home
- Other monitoring will include planning scrutinies and learning walks when able to do so.

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by the subject leader annually, or sooner following changes in legislation or statutory guidance. at every review, the policy will be approved by the staff, governing board, parents and carers and the headteacher.

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