

Whitstable & Seasalter Endowed Church of England (Aided) Junior School



Relationships, Health & Sex Education (RHSE) Policy

This policy reflects our schools vision

LET YOUR LIGHT *Shine*
Matthew 5:14-16

Love ★ Joy ★ Goodness ★ Resilience ★ Trust

Reviewer	M Bowles
Reviewed	March 2026
Date of Next Review	March 2028
Headteacher Signature	Ellen Taylor
This policy was adopted by the Full Governing Body at a meeting on 7 July 2026	

Our Vision

As a school family, living and learning with a thirst for knowledge, we delight in everyone's achievements sharing joy and laughter along the way.

Within the love of God, we nurture aspirations, celebrate each other's individuality enabling all to flourish. We let our lights shine in school, our community and the World beyond.

Our Values

Love ★ Joy ★ Goodness ★ Resilience ★ Trust

Matthew 5:14-16

'You are like light for the whole world. A city built on a hill cannot be hidden. No one lights a lamp and puts it under a bowl; instead he puts it on the lampstand, where it gives light for everyone in the house. In the same way your light must shine before people, so that they will see the good things you do and praise your Father in heaven.'

Curriculum Intent Statement:

Children should gain knowledge, skills and vocabulary across a range of subjects which they can relate to wider concepts and a real understanding. Activities should develop as the children progress through school and should be precisely mapped to ensure progression. The National Curriculum should not be considered a glass ceiling for each key stage but a recognition of bare minimums of knowledge and understanding.

Our school's approach to Relationship, Health and Sex Education (RHSE) follows that of the Church of England Education Office in that it seeks to be faith-sensitive and inclusive. It is underpinned by two key Biblical passages:

"So God created humankind in his image, in the image of God he created them"
(Genesis 2:7)

"I have come in order that you might have life - life in all its fullness"
(John 10:10)

At **Whitstable & Seasalter Endowed Church of England (aided) Junior School**, everyone will be treated with dignity as all people who are made in the image of God and are loved equally by God.

All pupils have a right to an education which enables them to flourish and is set in a learning community where differences of lifestyle and opinion (within that which is permissible under UK law) are treated with dignity and respect; where bullying of all kinds is eliminated; and where they are free to be themselves and fulfil their potential without fear.

Our school seeks to ensure that the RHSE 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 RHSE within a moral (but not moralistic) framework.

RHSE in **Whitstable & Seasalter Endowed Church of England (aided) Junior School** 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 or other relationships (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.

Our school focusses on the importance of relationships and the qualities and character needed to sustain the best relationships that honour each other whether within a friendship, family relationship or romantic relationship. Each child is a unique being, a child of God, loved and accepted. As such, our school seeks to enable children to develop through an inclusive programme of teaching that is based on Christian principles, which both respects the human body and seeks to ensure health and wellbeing.

- To ensure Relationships, Health & Sex Education is part of a child's broad, balanced curriculum, integral to the basic curriculum of the school and part of the child's all-round development.
- To enable pupils to understand the qualities of healthy relationships based on Christian principles, including the importance of marriage and lifelong commitments.
- To prepare children for healthy relationships in an online world.
- To understand how to stay safe, know the importance of boundaries and how to report abuse or feelings of being unsafe. Help pupils develop a positive and secure personal identity, a sense of their own value and feelings of confidence and empathy. Create a positive culture around issues of sexuality and relationship.
- To ensure that all understand the importance of respecting others and accepting those who differ, yet challenging those behaviours and attitudes which exploit others and do not reflect our Christian values.

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.

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.¹

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 **Whitstable & Seasalter Endowed Church of England (aided) Junior School** we have decided that to the current national curriculum for science content provides the statutory Sex education elements and this will be supported by the **HeartSmart & Goodness and Mercy schemes**. The **HeartSmart** programme is designed to build resilience, well-being and healthy relationships, whilst **Goodness and Mercy** is a scheme to educate the children in our community for adulthood (and for secondary school) in their last year(s) of junior school.

Every child has the right to ask questions about their own body and understanding in relation to RHSE, therefore if a child asks a question which staff feel is not appropriate to explore within our RHSE provisions it will be referred to families. At parental request school can also refer these questions to the school nurse, who will discuss it with the child/ren. In some cases, a question or request for advice may indicate the pupil to be at risk or in danger, in which case appropriate action will be taken in accordance with the school's Safeguarding procedures. This also means that if a pupil puts a private question to a teacher or other member of staff and requests secrecy, no promise of secrecy or confidentiality will be given, but with the reassurance that any steps taken will always be in the pupil's best interest.

The right to withdrawal from sex education

Parents do have the right to excuse their children from this aspect of RHSE and can do so by making concerns known and applying in writing to the Headteacher. The school will invite any enquiring parents or legal guardians to talk through concerns. An explanation of the rationale for RHSE will be given; an opportunity will be offered to review the intended materials and to consider the impact of not receiving sex education with peers.

Withdrawing a child from sex education remains a statutory right as a parent or legal guardian. If a pupil is excused from sex education it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal. There is no right to withdraw from relationships education or health education.

The school will document this process to ensure a record is kept.

The RHSE Curriculum

At **Whitstable & Seasalter Endowed Church of England (aided) Junior School** we teach RHSE mainly through the HeartSmart ² programme, supplemented by Goodness & Mercy, Science

¹ See *Mental Health and Wellbeing: Towards a Whole School Approach* (March 2018)

² See *HeartSmart Overview and Goodness & Mercy Overview*

Curriculum, PE curriculum, Computing Curriculum, RE curriculum & other cultural capital opportunities. This means we meet the statutory requirements for RHSE from the Department for Education.

How will RHSE be taught in our school?

RHSE will be delivered professionally and as an identifiable part of PSHE through the HeartSmart programme and supplemented by Goodness and Mercy. It will be led, resourced and reported to parents in the same way as any other subject. There will be a planned programme delivered in a carefully sequenced and an age appropriate way.

RHSE will be delivered in a way that affords dignity and shows respect to all who make up our diverse community. It will not discriminate against any of the protected characteristics in the Equality Act and will be sensitive to the faith and beliefs of those in the wider school community. RHSE will seek to explain fairly the tenets and varying interpretations of religious communities on matters of sex and relationships and teach these viewpoints with respect. It will value the importance of faithfulness as the underpinning and backdrop for relationships. It will encourage pupils to develop the skills needed to disagree without being disagreeable, to appreciate the lived experience of other people and to live well together.

RHSE will seek to build resilience in our pupils to help them form healthy relationships, to keep themselves safe and resist the harmful influence of the excesses of media in all its forms.

RHSE will promote healthy resilient relationships set in the context of character and virtue development that sits within the school's Christian Vision and Values.

Values such as honesty, integrity, self-control, courage, humility, kindness, forgiveness, generosity, resilience and a sense of justice.

All staff teaching this sensitive and important subject will have received training. This training will be regularly reviewed and revisited.

Pupils with SEND will have had the content made accessible to them by differentiation as deemed appropriate by the class teacher with support from the SENDCo & Head Teacher.

Roles And Responsibilities:

The Governing Board:

The governing board will approve the RHSE policy and hold the headteacher to account for its implementation.

The Headteacher:

The headteacher is responsible for ensuring that RHSE is taught in a carefully sequenced way within a planned programme, and for managing requests to withdraw pupils from sex education.

Staff: Staff are responsible for:

- Teaching in line with the Church of England foundation of the school.
- Delivering RHSE with sensitivity.
- Modelling positive attitudes to RHSE.
- Responding to the needs of individual pupils.

- Responding appropriately to pupils whose parents wish them to be withdrawn from sex education. Staff do not have the right to opt out of teaching RHSE. Staff who have concerns about teaching RHSE are encouraged to discuss this with the headteacher. Pupils: Pupils are expected to engage fully in RHSE and, when discussing issues related to RHSE, treat others with respect and sensitivity.

Training

Staff are trained on the delivery of RHSE. The headteacher may invite visitors, such as school nurses or sexual health professionals, to assist with the delivery of RHSE or to train staff. Any visitors will follow the school policy and deliver in line with the Church of England ethos of the school.

At **Whitstable & Seasalter Endowed Church of England (aided) Junior School** RHSE is taught by confident trained staff and only some elements may be taught by outside agencies (such as First Aid or aspects about puberty). It is important that pupils have confidence in the teacher and that a 'safe space' is created where pupils feel confident and can ask age-appropriate questions.³

RHSE will be monitored and evaluated

This will follow the same monitoring and evaluation processes used throughout the school for other subjects i.e. pupil conferencing, work reviews, learning walks etc.

Policy Review

This policy has been produced by consultation with the Diocese of Canterbury and all other stakeholders – Staff, Governors, parent consultations etc

It has been produced in consultation with parents and will be reviewed in consultation with parents. It must, however, be recognised that the law specifies that what is taught and how it is taught is ultimately a decision for the school.

This policy should be read in conjunction with The Equalities Act 2010

<https://www.gov.uk/guidance/equality-act-2010-guidance>

Appendix 1: [HeartSmart Overview](#)

Appendix 2: [Goodness & Mercy \(Sex Ed\)](#)

³It does not need to be the class teacher or tutor who teaches Relationships [and Sex] Education. It is best delivered by teachers who are skilled and confident at managing sensitive issues and are good at handling class discussion. See research from Bristol University about secondary RSE

<https://bmjopen.bmj.com/content/7/5/e014791>