



# Aston All Saints C of E Primary

## RSE & PSHE Policy for Nursery to Year 6

Peighton Parish

Last reviewed/updated: Summer 2025

Next review due: Summer 2027 or before if needed

This document outlines the statutory and non-statutory elements of our Relationships and Sex Education (RSE) policy and how it will be delivered using the Jigsaw PSHE scheme and supported by the Purple Mash Computing scheme. It has been developed with regard to the guidance provided by the Department for Education (DfE), Ofsted inspection frameworks, and national statutory obligations. The policy provides a structured framework for the provision of RSE across our Nursery to Year 6 provision, consistent with the ethos and values of our school community and compliant with the statutory requirements from September 2020.

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### 1. Legal and Statutory Framework

- Relationships Education is compulsory for all primary schools in England from September 2020, as set out in the DfE's *Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance* (DfE, 2019).
- Health Education (including emotional mental health and physical wellbeing) is also compulsory.
- Sex Education is not compulsory in primary schools, but the DfE recommends that it should be taught in a way that is tailored to the age and maturity of pupils.
- This policy has been developed in line with:
  - Education Act 1996
  - Learning and Skills Act 2000

- Equalities Act 2010
- Children and Social Work Act 2017
- Keeping Children Safe in Education (DfE, 2023)
- Ofsted Education Inspection Framework (EIF), latest version
- Governing Boards must ensure that the RSE policy complies with the law (Children and Social Work Act 2017, Section 34) and that RSE is taught in a way that is accessible to all pupils, including those with SEND (DfE RSE Guidance, 2019).

## 2. Policy Aims

- To provide a clear and age-appropriate understanding of healthy relationships, including friendships and family relationships.
- To equip pupils with the knowledge and life skills to manage personal health, wellbeing, safety, and digital identity.
- To promote self-respect, empathy, tolerance and understanding of others.
- To prepare pupils for the physical and emotional changes associated with puberty and growing up.
- To support safeguarding and ensure pupils understand how to stay safe (on and offline), as part of our broader safeguarding and child protection strategy.

## 3. Definition of Relationships and Sex Education (RSE)

- **Relationships Education** focuses on teaching the fundamental building blocks and characteristics of positive relationships, including respect for others, online relationships, and being safe.
- **Sex Education** may include some content on human reproduction, conception and birth, delivered in an age-appropriate context in upper Key Stage 2 (years 5&6), in line with the Jigsaw programme.
- **Health Education** includes learning about physical and mental wellbeing, hygiene, puberty and the changing adolescent body (this element is statutory and includes menstruation education for boys and girls before the onset).

## 4. Curriculum Content

### 4.1 Jigsaw PSHE Scheme

The Jigsaw scheme is a comprehensive and progressive PSHE curriculum that integrates RSE and Health Education through six key themes ("puzzles") taught across the academic year:

- **Being Me in My World**
- **Celebrating Difference**
- **Dreams and Goals**
- **Healthy Me**
- **Relationships**
- **Changing Me** (includes puberty and optional sex education content in Year 6)

Jigsaw ensures spiral progression and introduces sensitive content gradually and appropriately.

## **4.2 Purple Mash Computing Scheme**

Purple Mash supports the RSE programme by providing age-appropriate online safety education. This includes:

- Understanding digital identity and managing online reputation
- The difference between private and public information
- Respectful online communication
- Recognising cyberbullying and how to act
- Reporting harmful content
- Using progressively more challenging passwords as children move through school

These lessons align with the DfE's *Teaching online safety in schools* (DfE, 2019).

## **5. Delivery and Teaching Approaches**

- RSE is taught weekly through timetabled PSHE sessions using the Jigsaw scheme.
- Online safety is delivered within Computing lessons through Purple Mash and also integrated throughout the wider curriculum.
- Sessions are inclusive and recognise the need for sensitive delivery of content, especially around family structure and gender.
- Teaching strategies include whole group discussions, circle time, role play, story time, use of visuals and digital resources.

**Teaching is:**

- Age-appropriate and developmentally appropriate

- Inclusive of all children, regardless of background, faith or ability
- Delivered by well-trained staff who have access to ongoing CPD

## 6. Safeguarding and Confidentiality

- All RSE lessons are taught within a framework that respects the confidentiality of pupils while acknowledging that disclosures or concerns may arise.
- Where disclosures arise, staff follow the school's safeguarding and child protection procedures (as outlined in the Child Protection Policy, in line with *KCSIE 2023*).
- Staff are alert to potential safeguarding concerns including potential child-on-child abuse, grooming, sexting, or FGM risks as part of their duty under *Keeping Children Safe in Education*.

## 7. Inclusivity and Equality

- The policy complies with the Equalities Act 2010. Teaching and resources recognise the diverse world we live in, including gender equality, LGBTQ+ families, and cultural diversity.
- A key principle is to foster respect, open-mindedness and the understanding that families and relationships come in many forms.
- Materials and discussions are tailored to be sensitive and affirming for all pupils including those with Special Educational Needs and Disabilities (SEND).

## 8. Parents' Right to Withdraw

- Parents/carers do not have the right to withdraw their child from Relationships Education or Health Education, as these are statutory from September 2020.
- Parents have the right to request withdrawal from non-statutory Sex Education (puberty is statutory and not subject to withdrawal).
- The school will inform parents of the content to be covered via our school website. All requests for withdrawal must be submitted in writing to the Headteacher.

## 9. Working with Parents and Carers

- Parents are recognised as the first educators of their children on these matters.
- The school will:

- Inform parents about the policy and curriculum
- Provide access and opportunities for feedback
- Share teaching materials when requested
- Offer support for parents to address RSE at home

Parental engagement is key and aligns with Ofsted's expectation for strong collaboration between school and families.

## 10. Assessment, Monitoring and Evaluation

- Jigsaw PSHE includes formative and summative assessment strategies built into every half term.
- Teachers monitor progress through pupil engagement, discussion contributions, and completed work.
- Senior Leaders regularly monitor coverage and effectiveness of RSE delivery through lesson observation, pupil voice, and staff feedback.

## 11. Staff Training

- All staff responsible for delivering RSE receive training in line with statutory guidance.
- Additional ongoing CPD is provided on safeguarding, using digital tools safely, and managing sensitive subject content.
- Any member of staff who may deliver the "Changing Me" content is given further, specific preparation if required.

## 12. Roles and Responsibilities

- **Governing Board:** Ratifies the policy, monitors implementation and impact, and ensures compliance with DfE guidance.
- **Headteacher:** Ensures appropriate delivery of the RSE curriculum, handles parental withdrawal requests, and provides overall leadership.
- **PSHE/RSE Lead:** Manages resources, supports teachers, monitors curricular delivery, and liaises with school leaders and parents.
- **Teachers/Cover Supervisors:** Deliver curriculum content confidently and appropriately; report safeguarding concerns as necessary.

## 13. Policy Review and Dissemination

- This policy will be reviewed at least every two years or in response to legislative or curriculum changes.
  - The policy is made available to parents and carers via the school website and paper copies on request.
  - Feedback from pupils, staff, and parents will inform the review process.
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## 14. Useful Guidance and Resources

- Relationships Education, Relationships and Sex Education (RSE) and Health Education – Statutory Guidance, DfE, 2019  
<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>
  - Teaching online safety in schools – DfE, 2019  
<https://www.gov.uk/government/publications/teaching-online-safety-in-schools>
  - Keeping Children Safe in Education – DfE, 2023  
<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>
  - Ofsted Education Inspection Framework  
<https://www.gov.uk/government/publications/education-inspection-framework>
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This policy aligns with the national expectation for high-quality, inclusive RSE and supports the broader safeguarding and personal development priorities of the school. Through the Jigsaw and Purple Mash schemes, we aim to equip all pupils with the knowledge, understanding and confidence to navigate modern life safely and respectfully.

## Appendix 1 – Letter to parents/carers

Dear Parents/Carers,

As part of our Personal, Social, Health and Citizenship Education all year groups will be learning about Relationships and Sex Education. The focus is different for each year group and is age appropriate. The outline for the topics covered in each year group is as follows:

### Reception (FS2) Family and Friendship

- Caring friendships
- Being kind
- Families

### Year 1 Growing and Caring from Ourselves

- Different friends
- Growing and Changing
- Families and Care

### Year 2 Differences

- Differences
- Male and Female Animals
- Naming Body Parts

### Year 3 Valuing Difference and Keeping Safe

- Body Difference
- Personal Space
- Help and Support

### Year 4 Growing up

- Changes
- What is Puberty?
- Healthy Relationships

## Year 5 Puberty

- Talking about Puberty
- The Reproductive System
- Help and Support

## Year 6 Puberty, Relationships and Reproduction

- Puberty and Reproduction
- Communication in Relationships
- Families, Conception and Pregnancy
- Online Relationships

The relationships Education aspect of this learning is a compulsory part of the curriculum. However, as parents/carers you do have the right to withdraw your child from the Sex Education aspect in upper key stage 2. We do, however, strongly believe that taking part in these lessons is an important part of your child's primary education. If you are unsure about your child accessing these lessons, then we ask that you look at the core knowledge information on our school website under 'curriculum' then 'PSHE'. After this consideration if you still wish to withdraw your child from the Sex Education sessions, please ask your child's class teacher for a copy of the Parental Withdrawal Form which will need completing and returning to school.

Yours sincerely

Mrs R Webster & Mrs Parish

(Headteacher & PSHE Lead)