



NEWBOLD SCHOOL

Relationships, Sex & Education (RSE) Policy

Reviewed September 2026 by Mrs Stanborough

Ratified by Newbold School Board of Governors October 2026

Next Review: Autumn Term, 2027

Introduction

At Newbold School, we believe that Relationships and Sex Education (RSE) is an important part of every child's personal, social and emotional development. Our curriculum supports pupils in developing the knowledge, understanding, skills and values needed to form healthy relationships, respect themselves and others, understand how to keep themselves safe and prepare for the physical and emotional changes they experience as they grow.

RSE is taught in a safe, inclusive and age-appropriate environment where pupils are encouraged to ask questions, express their thoughts respectfully and understand where they can seek support when they have concerns.

This policy has been developed in accordance with the Department for Education statutory guidance *Relationships Education, Relationships and Sex Education (RSE) and Health Education* (2019), the Children and Social Work Act 2017, the Equality Act 2010 and current safeguarding guidance, including *Keeping Children Safe in Education* (KCSIE).

Newbold School recognises that parents and carers are children's first educators and values a strong partnership between home and school. We are committed to supporting families by providing clear information about our approach to RSE and ensuring that teaching reflects respect, equality, inclusion and the values of our school community.

As a Seventh-day Adventist school, RSE is taught within the context of our Christian beliefs and values. We seek to nurture pupils to understand their worth and dignity, show compassion towards others and make responsible choices.

This policy should be read alongside the school's Safeguarding and Child Protection Policy, PSHE Policy, Behaviour Policy, Equality Policy, Online Safety Policy and SEND Policy.

Aims of Relationships and Sex Education

The purpose of RSE at Newbold School is to help pupils develop the knowledge, confidence and understanding needed to build respectful relationships and make safe and responsible decisions.

Through RSE, pupils learn about healthy relationships, personal wellbeing, emotional resilience, respect for others and the importance of treating every person with dignity. The curriculum helps pupils understand themselves, recognise their own value, develop empathy and prepare for the changes associated with growing up.

RSE also supports pupils in understanding personal boundaries, recognising safe and unsafe situations, keeping themselves safe online and knowing how and where to seek help.

Statutory Requirements

Newbold School's RSE curriculum has been developed in accordance with the statutory guidance issued by the Department for Education. Primary schools are required to teach Relationships Education and Health Education as part of the curriculum.

Relationships Education supports pupils in understanding families and people who care for them, friendships, respectful relationships, online relationships and personal safety. Pupils learn that relationships are built on respect, kindness, trust and responsibility. They are taught how to communicate appropriately, recognise healthy and unhealthy behaviours and seek support when they feel worried or unsafe.

Health Education is taught as part of the wider curriculum and includes learning about physical and mental wellbeing, healthy lifestyles, personal hygiene, puberty, changing bodies, basic first aid and online safety.

Sex Education is not compulsory in primary schools. However, Newbold School provides age-appropriate sex education as part of its wider RSE programme. Where sex education is taught beyond the statutory Relationships Education content, it is delivered sensitively and within the context of the school's Seventh-day Adventist Christian ethos.

Parents and carers are informed about the school's approach and have the right to request withdrawal from sex education lessons that are additional to statutory Relationships Education. Parents cannot withdraw their child from statutory Relationships Education or from content included within the National Curriculum Science programme, including biological aspects of reproduction and human development.

Curriculum Approach

At Newbold School, RSE is taught through our Personal, Social, Health and Economic Education (PSHE) curriculum. We use resources from Twinkl and the PSHE Association to support planning, progression and delivery.

These materials are reviewed by staff to ensure they are appropriate for pupils' age and stage of development, meet statutory requirements and reflect the Christian ethos and values of Newbold School.

Our curriculum is progressive and begins in Reception, continuing through to Year 6. Lessons are adapted to meet pupils' individual needs and are delivered in a way that encourages respectful discussion and reflection.

As a Seventh-day Adventist school, our teaching recognises that every child is created with dignity and purpose. Pupils are encouraged to develop relationships based on kindness, respect, honesty, responsibility and care for others.

Curriculum Content

In Early Years, pupils begin to develop an understanding of families, friendships and caring relationships. They learn that families can be different, how to show kindness, how to recognise emotions and how to seek help from trusted adults. They are introduced to personal boundaries, body ownership, hygiene and healthy routines.

In Key Stage 1, pupils learn about positive friendships, respectful behaviour and the importance of families and caring relationships. They explore how to manage disagreements, appreciate differences and treat others with dignity. They develop an understanding of personal safety, trusted adults, online safety and emotional wellbeing.

In Lower Key Stage 2, pupils develop their understanding of healthy friendships, trust, honesty and respect. They learn about changes that occur as people grow, including physical and emotional development, hygiene and self-care. Pupils explore empathy, responsibility, fairness and how to respond appropriately to others online and offline.

In Upper Key Stage 2, pupils explore the characteristics of healthy relationships, communication, responsibility and respect. They learn about puberty, physical and emotional changes, personal hygiene and menstruation. Where appropriate, pupils are taught about human reproduction and the biological processes involved in human development within the context of responsibility, respect and the value of human life.

Throughout the curriculum, pupils develop an understanding of online safety, personal boundaries, consent in age-appropriate contexts and how to seek support when needed.

Inclusion

Newbold School is committed to ensuring that RSE is inclusive and accessible to all pupils. We recognise that every child is unique and that pupils may have different experiences, abilities, backgrounds and levels of understanding.

Teachers adapt lessons and resources to support pupils with different learning needs, including pupils with SEND. Teaching approaches may include differentiated activities, additional explanation, visual resources, discussion opportunities and pastoral support where appropriate.

RSE acknowledges that children may experience different family circumstances and backgrounds. Pupils are encouraged to respond to others with kindness, respect and compassion, while understanding the values and principles that underpin the Newbold School community.

Safeguarding

Safeguarding is central to the teaching of RSE at Newbold School. The curriculum supports pupils in developing the knowledge and confidence needed to keep themselves safe, recognise risks and seek help when they need it.

Through RSE, pupils learn about healthy relationships, personal boundaries, privacy, respectful behaviour, online safety and the importance of trusted adults. They develop an understanding of how to recognise unsafe situations and how to respond appropriately.

Teachers understand that RSE discussions may lead pupils to share personal experiences or concerns. Any disclosures relating to abuse, neglect, exploitation or other safeguarding matters will be managed sensitively and in accordance with the school's Safeguarding and Child Protection Policy.

Staff will not promise confidentiality where a safeguarding concern is raised and will follow appropriate procedures to ensure pupils receive support.

Working with Parents and Carers

Newbold School values the important role parents and carers play in supporting children's understanding of relationships, health and personal development.

The RSE policy is available to parents and carers, and consultation takes place when significant changes are proposed. Parents are encouraged to discuss any questions or concerns with the school.

Information about curriculum content, resources and teaching approaches is shared to support partnership between home and school.

Parents may request withdrawal from non-statutory sex education by writing to the Headteacher. The school will discuss the request with parents and ensure that arrangements are clearly understood.

Parents do not have the right to withdraw children from statutory Relationships Education or Science curriculum content, nor do they have the right to veto content

Roles and Responsibilities

The Governing Body of Newbold School is responsible for approving the RSE policy and ensuring that it meets statutory requirements while reflecting the school's Christian ethos and

values. Governors monitor the effectiveness of provision and ensure that parents are appropriately informed and consulted.

The Headteacher oversees the implementation of the policy and ensures that RSE is delivered consistently, and in line with statutory guidance. The Headteacher supports staff, reviews resources and monitors the impact of teaching.

Teachers and staff delivering RSE are responsible for creating a safe and respectful learning environment. They teach sensitively, respond appropriately to pupils' questions, follow safeguarding procedures and adapt teaching to meet pupils' needs.

Pupils are expected to participate respectfully, listen to others, contribute appropriately and help maintain a safe environment where everyone is treated with dignity.

Monitoring, Evaluation and Review

The PSHE Lead monitors the quality and effectiveness of RSE provision at Newbold School. This includes reviewing curriculum planning, monitoring teaching, evaluating pupil learning and outcomes, gathering feedback and reviewing resources.

The school reviews the RSE curriculum regularly to ensure it continues to meet statutory requirements, support safeguarding and reflect the needs and values of the Newbold School community.

This policy will be reviewed annually, or sooner if there are changes to legislation, statutory guidance or the needs of the school.