

St Anne Line Catholic Infant School

part of the wider Christus Trust, Multi Academy Trust

RSHE Policy



Love Learn Pray

Mission Statement

With Jesus, we love, we learn, we pray, together we grow our school each day.

School Motto

En Magna Constantia (With Great Determination)

School Values

Love – Learn – Pray

Vision

Rooted in the teachings of Christ, our Catholic Infant School is a community where we strive to **Love, Learn, and Pray** together. With our motto *En Magna Constantia – With Great Perseverance* – we nurture resilient, compassionate, and thoughtful children who grow in faith and understanding.

RSHE Policy

In June 2019, the Government released the final guidance document of what schools will need to deliver around RSHE as part of the basic school curriculum. This guidance replaced the SRE guidance of 2000. The new statutory requirements came into effect in September 2020. As a minimum, all schools will be required to cover a number of themes and topics by the end of the primary phase. Implementation of the policy takes place after consultation with the Governors. This policy will be reviewed every two years by the Head teacher, RSHE Coordinator, the Governing Body and staff.

Dissemination

The policy will be given to all members of the Governing Body, and all teaching and non-teaching members of staff. Copies of the document will be available to all parents through the school's website and a copy is available in the school office. Details of the content of the RSHE curriculum will also be published on the school's website.

Defining RSHE

The DfE guidance states that “children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way” . It is about the development of the pupil’s knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience. In primary schools the focus should be on “teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers and with adults.” This would include the topics of families and the people who care for me, caring friendships, respectful relationships, online relationships and being safe.

Statutory Curriculum Requirements

We are legally required to teach those aspects of RSE which are statutory parts of National Curriculum Science. However, the reasons for our inclusion of RSE go further.

‘I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL’ (Jn.10.10)

We are involved in relationships and sex education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSE therefore is rooted in the Catholic Church’s teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God’s gift, reflect God’s beauty, and share in the divine creativity. RSE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DfE, RSE will be firmly embedded in the PSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ’s vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood

and appreciated. All RSHE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

Aim of RSHE and our Mission Statement

Our Mission Statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural, emotional) and we believe that RSHE is an integral part of this education. Furthermore, our school aims state that we will endeavour to raise pupils' self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes.

It is in this context that we commit ourselves: In partnership with parents, to provide children and young people with a "positive and prudent sexual education" which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the human person.

Objectives

To develop the following attitudes and virtues:

- respect for the dignity of every human being – in their own person and in the person of others;
- joy in the goodness of the created world and their own bodily natures;
- responsibility for their own actions and a recognition of the impact of these on others;
- celebrating the gift of life-long, self-giving love;
- recognising the importance of marriage and family life;

To develop the following personal and social skills:

- making sound judgements and good choices which have integrity, and which are respectful of the individual's commitments;
- loving and being loved, and the ability to form friendships and loving, stable relationships free from exploitation, abuse and bullying;
- managing emotions within relationships, and when relationships break down, with confidence, sensitivity and dignity;
- managing conflict positively, recognising the value of difference;

- cultivating humility, mercy and compassion, learning to forgive and be forgiven;
- developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups and so developing the ability to assess pressures and respond appropriately;

To know and understand:

- the Church's teaching on relationships;
- the Church's teaching on marriage and the importance of marriage and family life;
- the centrality and importance of virtue in guiding human living and loving;
- how to keep themselves safe

Intent

At St Anne Line Catholic Infant School and NuRSHEry, our RSHE curriculum is rooted in our Catholic faith and the belief that every child is made in the image and likeness of God. We intend to:

- Support the spiritual, moral, emotional, and physical development of each child
- Provide clear and respectful teaching about relationships, love, and family life within a Catholic framework
- Prepare pupils for the challenges of growing up and forming healthy, safe relationships
- Uphold our school values—**Love, Learn, Pray**—in all aspects of personal development

Our RSHE programme follows the guidance of the **Catholic Education Service (CES)** and uses **Ten Ten Resources**, a programme approved by the Bishops of England and Wales, to deliver faith-based, age-appropriate content.

Implementation

- RSHE is delivered through the **Ten Ten “Life to the Full” programme**, which aligns with Catholic teaching and the **DfE Statutory Guidance (2020)**.
- The curriculum is taught primarily through **RE, PSHE, and Science**, and supported by the school’s ethos and daily life.
- Lessons use a variety of methods including stories, role-play, discussion, and reflection to make learning engaging and meaningful.
- All staff are trained and supported to deliver RSHE in a way that reflects the school’s Catholic identity and pastoral care ethos.
- The programme is **age-appropriate** and adapted to meet the needs of all learners, including those with SEND.
- **Parents and carers** are kept informed and involved. They are notified of topics, given access to materials, and invited to contribute to consultations.

Broad content of RSHE

Three aspects of RSHE - attitudes and values, knowledge and understanding, and personal and social skills will be provided in three interrelated ways: the whole school / ethos dimension; a cross-curricular dimension and a specific relationships and sex curriculum.

Our programme uses the **Ten Ten’s “Life to the Full Plus” programme**. It is delivered in three interrelated ways:

1. **Whole-school ethos** – modelling Christ-centred relationships across all aspects of school life
2. **Cross-curricular links** – particularly in RE, PSHE, and Science
3. **Discrete PSHE/RSHE lessons** – using Ten Ten's structured, progressive curriculum

Key themes include:

- Created and Loved by God
- Created to Love Others
- Created to Live in Community

These themes will be taught throughout the year in each term. It follows a spiral curriculum where material in NuRSHEry is delivered again in Reception, and material in Year 1 is revisited again in Year 2. Progression of knowledge and skills develops with the child as they progress through the school.

"Life to the Full Plus" is taught by revisiting the same topics at an age-appropriate stage through their school life.

The children's learning includes:

- personal health
- physical and emotional wellbeing
- strong emotions
- private parts of the body
- personal relationships
- family structures
- trusted adults
- growing bodies (including life cycles)
- the dangers of social media
- an understanding of the Common Good and living in the wider world.

The entire teaching is underpinned with a religious understanding that our deepest identity is as a child of God - created, chosen and loved by God. We make sure that this learning is fully inclusive of all pupils and their families, whatever their circumstances or personal life choices.

For further information, please see our RE, PSHE and Science policies and progression documents.

Assessment

Each unit of work has an Assessment Activity associated with it. Teachers will assess whether the outcomes of the programme are being achieved. The activities take into account the Learning Objectives of the sessions within the Unit and provide before and after evidence that learning has taken place. Teachers will formatively assess children's progress and attainment in lessons through their written work, their discussions, group work, individual work and engagement in lessons and activities.

In the Early Years Foundation Stage PSED is a prime area of learning we follow the EYFS Curriculum and PSED development matters. In our NuRSHEry we follow 'in the moment' planning. PSED in the EYFS is linked to all areas of learning. Planned adult focused inputs may arise spontaneously within the setting where practitioners may seize an opportunity to teach PSED in the moment and this will be assessed through observations.

Programme/Resources

Parents will have access to the TenTen portal, which provides them with the materials and resources which are used in lessons. Our school will issue parents with a username and password so they can:

- Understand the vision of the programme
- Review a summary of all lessons
- Watch videos
- Engage your children with suggestions for home
- Join in with the programme of prayer at home

Impact

Through our RSHE curriculum, pupils will:

- Understand themselves as children of God, capable of love and deserving of respect

- Develop the skills to form healthy, loving relationships based on mutual respect and care
- Learn to recognise and respond appropriately to risks, including online risks
- Show a growing understanding of their responsibilities to themselves, to others, and to God
- Demonstrate our school values of **Love, Learn, and Pray** through their behaviour and relationships
- Be prepared for the next stage of their education and life in modern Britain

Ongoing assessment, pupil voice, and parental feedback help us evaluate the effectiveness of our RSHE programme.

Inclusion and Safeguarding

- Children's questions - The governors want to promote a healthy, positive atmosphere in which RSHE can take place. They want to ensure that pupils can ask questions freely, be confident that their questions will be answered, and be sure that they will be free from bullying or harassment from other children and young people.
- RSHE is inclusive and respects all children's backgrounds, beliefs, and experiences
- Sensitive topics are approached with care and in line with safeguarding protocols
- Pupils are taught how to stay safe and seek help when needed
- Staff follow the school's **Safeguarding and Child Protection Policy**

Parents and Carers

We recognise that parents (and other carers who stand in their place) are the primary educators of their children. As a Catholic school, we provide the principal

means by which the Church assists parents and carers in educating their children. Therefore, the school will support parents and carers by providing material to be shared with their children at home and workshops to help parents/carers to find out more. Parents/carers will be informed by letter when the more sensitive aspects of RSHE will be covered in order that they can be prepared to talk and answer questions about their children's learning. Parents will be able to view the resources used by the school in the RSHE programme. Our aim is that, at the end of the consultation process, every parent and carer will have full confidence in the school's RSHE programme to meet their child's needs.

Parents continue to have the right to withdraw their children from Sex Education except in those elements which are required by the National Curriculum science. Should parents wish to withdraw their children they are asked to notify the school by contacting the headteacher. The school will provide support by providing material for parents to help the children with their learning. However, any material covered by "Live Life To The Full Plus" covers only the statutory elements of Health Education and therefore parents can not withdraw their child from this. We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed. Please refer to the DfE guidance Page 17 for further details on the right to be excused from sex education (commonly referred to as the right to withdraw).

Other roles and responsibilities for the teaching of RSHE

Governors

- draw up the RSHE policy, in consultation with parents and teachers;
- ensure that the policy is available to parents;
- ensure that the policy is in accordance with other whole school policies, e.g., SEN, the ethos of the school and our Christian beliefs;
- ensure that parents know of their right to withdraw their children;
- establish a link governor to share in the monitoring and evaluation of the programme, including resources used;
- ensure that the policy provides proper and adequate coverage of relevant National Curriculum science topics and the setting of RSHE within PSHE.

Head teacher

The Head teacher takes overall delegated responsibility for the implementation of this policy and for liaison with the Governing Body, parents, the Diocesan Schools' Service and the Local Education Authority, also appropriate agencies.

PSHE/RSHE Co-Ordinator

The co-ordinator with the head teacher has a general responsibility for supporting other members of staff in the implementation of this policy and will provide a lead in the dissemination of the information relating to RSHE and the provision of in-service training. (They may be supported by the curriculum deputy and the member of staff with responsibility for child protection).

All Staff

RSHE is a whole school issue. All teachers have a responsibility of care; as well as fostering academic progress they should actively contribute to the guardianship and guidance of the physical, moral and spiritual well-being of their pupils. Teachers will be expected to teach RSHE in accordance with the Catholic Ethos of the school. Appropriate training will be made available for all staff teaching RSHE. All staff have been included in the development of this policy and all staff should be aware of the policy and how it relates to them.

Monitoring and Review

- The RSHE Coordinator, Headteacher, and Governors monitor planning, delivery, and impact
- Pupils' understanding is assessed through observation, discussion, and work samples
- Regular consultation with parents, staff, and governors ensures the policy remains relevant
- This policy will be reviewed every two years or sooner due to advice provided by the DfE and CES.

Parental Involvement

Parents are the primary educators in matters of love and relationships. We work in partnership with families by:

- Providing access to the Ten Ten parent portal and Ten Ten newsletters via the school website
- Sending letters home before sensitive content is taught
- Offering opportunities to view teaching materials
- Respecting the right to withdraw from non-statutory elements of sex education

Visitors to the School

The checklist for speakers (provided by CES) should be completed by class teachers and will be reviewed by the RSHE coordinator in the school prior to making contact with external speakers (and any organisation they represent) when delivering content for RSHE. This is to ensure that the Catholic character of our school is preserved and developed in the external speaker's communications with pupils and parents and carers.

Confidentiality and Advice

All governors, all teachers, all support staff, all parents and all pupils must be made aware of this policy, particularly as it relates to issues of advice and confidentiality. All lessons, especially those in the RSHE programme, will have the best interests of pupils at heart, enabling them to grow in knowledge and understanding of relationships, developing appropriate personal and social skills and becoming appreciative of the values and attitudes which underpin the Christian understanding of what it means to be fully human.

Pupils will be encouraged to talk to their parents/carers about the issues which are discussed in the programme. Teachers will always help pupils facing personal difficulties, in line with the school's pastoral care policy. Teachers should explain to pupils that they cannot offer unconditional confidentiality, in matters which are illegal or abusive for instance. Teachers will explain that in such circumstances they

would have to inform others, e.g., parents, head teacher, but that the pupils would always be informed first that such action was going to be taken.

Final Statement

Our RSHE programme reflects the heart of our mission:

“With Jesus, we love, we learn, we pray – together we grow our school each day.”

Through faith, knowledge, and community, our children are nurtured to grow in love, wisdom, and dignity.