



CHALKWELL HALL JUNIOR SCHOOL

Relationships, Sex and Health Education (RSHE) Policy

Implementation Version Issued

September 2026

Governing Body Ratification

**Pending – earliest available
Governing Body Meeting**



**Tenacitas
Trust**

PSHE & RSHE Curriculum Policy

1. Context

At Chalkwell Hall Junior School, we are committed to providing a curriculum that is broad, balanced and appropriate to the needs of all pupils.

Under Section 78 of the Education Act 2002 and the Academies Act 2010, the curriculum must:

- promote the spiritual, moral, cultural, mental and physical development of pupils and society; and
- prepare pupils for the opportunities, responsibilities and experiences of later life.

This policy reflects the requirements of the Department for Education's statutory guidance, *Relationships Education, Relationships and Sex Education (RSE) and Health Education*, which became effective from 1 September 2026. Schools are required to have regard to this guidance when planning and delivering Relationships Education, Health Education and any Sex Education provided.

This policy should be read alongside the school's:

- Safeguarding and Child Protection Policy
 - Behaviour Policy
 - Equality Information and Objectives
 - Online Safety Policy
 - SEND Policy
 - PSHE Curriculum Overview
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2. Rationale

Children today are growing up in an increasingly complex world where relationships, communication and identity are shaped by both offline and online experiences.

Relationships, Sex and Health Education equips pupils with the knowledge, skills and values needed to:

- form positive and respectful relationships;
- recognise healthy and unhealthy behaviours;
- keep themselves safe;
- understand physical and emotional changes;
- develop resilience and emotional wellbeing;
- respect diversity and difference;
- navigate digital environments safely and responsibly;
- prepare for later life.

The curriculum is preventative, protective and educative in nature and plays a significant role in safeguarding children.

3. Aims

The aims of Relationships, Sex and Health Education at Chalkwell Hall Junior School are to:

- develop pupils' understanding of healthy, respectful relationships;
 - promote positive mental health and wellbeing;
 - support pupils to stay safe both online and offline;
 - develop self-respect, confidence and resilience;
 - enable pupils to recognise abuse, exploitation and unsafe situations;
 - encourage pupils to seek help when needed;
 - foster respect for diversity and equality;
 - prepare pupils for puberty and the transition to secondary education;
 - equip pupils with the vocabulary and confidence to communicate concerns effectively.
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4. Statutory Requirements

Relationships Education is compulsory in all primary schools.

Health Education is compulsory in all state-funded schools.

Sex Education is not compulsory in primary schools beyond the National Curriculum for Science. However, schools are encouraged to provide age-appropriate Sex Education to prepare pupils for adolescence and secondary education.

The governing body will ensure that the school complies with statutory requirements and that the curriculum meets the needs of pupils whilst reflecting the school's values and ethos.

5. Curriculum Delivery

At Chalkwell Hall Junior School we use the Jigsaw PSHE programme as the foundation of our RSHE curriculum.

The curriculum is delivered through:

- weekly PSHE lessons;
- assemblies;
- themed days and weeks;
- cross-curricular opportunities;

- safeguarding education;
- online safety education;
- pupil voice activities;
- pastoral support systems.

Teaching is tailored to pupils' age, maturity and understanding.

RSHE is delivered primarily by class teachers who have established positive relationships with pupils and understand their developmental needs.

6. Relationships Education

Relationships Education provides the foundation for pupils' understanding of:

Families and Caring Relationships

Pupils learn:

- that families are important for children's wellbeing;
- that families may look different from one another;
- that loving and stable relationships can take different forms;
- the importance of care, commitment and support within families.

Caring Friendships

Pupils learn:

- how to establish and maintain friendships;
- trust, honesty, loyalty and kindness;
- conflict resolution skills;
- how to recognise unhealthy friendships.

Respectful Relationships

Pupils learn:

- respect for themselves and others;
- courtesy, good manners and empathy;
- the importance of equality;
- challenging stereotypes;
- understanding and respecting differences.

Online Relationships

Pupils learn:

- that the same values apply online as offline;
- how to behave respectfully online;
- how to identify unsafe online behaviour;
- how information, images and personal data are shared online.

Being Safe

Pupils learn:

- personal boundaries;
- privacy and consent;
- body ownership;
- recognising unsafe situations;
- how and where to seek help.

7. Health Education

Health Education supports pupils in understanding how to maintain healthy lifestyles and positive wellbeing.

Mental Wellbeing

Pupils are taught:

- that mental wellbeing is part of everyday life;
- how to recognise and manage emotions;
- positive coping strategies;
- the importance of seeking support when needed;
- emotional regulation and resilience.

The curriculum includes learning about change, loss and bereavement in an age-appropriate manner, recognising that individuals may experience grief differently and may require support.

Internet Safety and Harms

Pupils learn:

- how to stay safe online;
- how to report concerns;
- the impact of online behaviour;
- age restrictions and why they exist;
- online scams and fraud;
- gaming and monetisation practices;
- risks associated with sharing personal information;
- digital footprints and privacy;

- critical evaluation of online content and information sources.

Physical Health and Fitness

Pupils learn:

- the benefits of physical activity;
- healthy lifestyle choices;
- the importance of sleep;
- personal hygiene;
- healthy eating and nutrition.

Drugs, Alcohol and Tobacco

Pupils learn:

- facts about legal and illegal substances;
- risks associated with their use;
- how to make informed choices.

Health and Prevention

Pupils learn:

- oral health;
- hygiene;
- immunisation and vaccination;
- recognising signs of illness;
- staying healthy and safe.

Basic First Aid

Pupils learn:

- when and how to call emergency services;
- strategies for responding to common injuries;
- basic emergency response principles.

8. Personal Safety

In line with the 2026 statutory guidance, the curriculum includes greater emphasis on personal safety. Pupils are taught:

- water safety;
- road safety;

- rail safety;
 - fire safety;
 - recognising and reducing risks;
 - responding in emergencies;
 - identifying trusted adults;
 - how to seek support when concerned about their own safety or the safety of others.
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9. Puberty and Sex Education

Puberty education forms part of the statutory Health Education curriculum.

Pupils will learn:

- about physical changes during puberty;
- emotional changes associated with adolescence;
- personal hygiene;
- menstruation and menstrual wellbeing;
- preparing for transition to secondary school.

At Chalkwell Hall Junior School, Sex Education is defined as learning about human reproduction, conception and birth.

This content is delivered in an age-appropriate manner through the Jigsaw "Changing Me" unit.

Accurate anatomical vocabulary, including the correct names for body parts, will be taught as part of safeguarding and health education.

10. Equality and Inclusion

RSHE will be accessible to all pupils regardless of ability, religion, culture, gender, disability, sexual orientation or background.

The curriculum:

- complies with the Equality Act 2010;
- reflects the diversity of modern Britain;
- promotes respect for protected characteristics;
- includes teaching about different family structures, including families with same-sex parents;
- respects differing beliefs whilst promoting tolerance and mutual respect.

Reasonable adjustments will be made to ensure all pupils, including those with SEND, can access the curriculum effectively.

11. Working in Partnership with Parents

Parents are the primary educators of their children and we value a strong partnership between home and school.

The school will:

- publish this policy on the school website;
- provide information about curriculum content;
- offer opportunities for parents to view resources;
- consult parents when reviewing the policy;
- respond to parental questions openly and respectfully.

Parents may request to view teaching materials at any time.

12. Parent Consultation and Right to Withdraw

Parent Consultation

At Chalkwell Hall Junior School, we recognise that parents and carers are the primary educators of their children and we are committed to working in partnership with families to support pupils' personal, social, emotional and physical development.

The school believes that an effective Relationships, Sex and Health Education (RSHE) programme is most successful when schools and families work together to support children with consistent messages and shared values.

In accordance with statutory guidance, the school will consult with parents when developing and reviewing the RSHE policy and curriculum. This consultation helps ensure that the curriculum reflects the needs of our pupils and school community whilst fulfilling statutory requirements.

The school will support parents and carers by:

- Publishing the RSHE Policy on the school website.
- Providing information about curriculum content and progression.
- Informing parents when specific elements of puberty education or sex education are due to be taught.
- Offering opportunities to view curriculum resources, lesson materials and schemes of work.
- Providing opportunities for parents to ask questions and discuss the curriculum with school staff.
- Responding to parental concerns in an open, respectful and transparent manner.

Parents are encouraged to contact the PSHE Lead or Headteacher if they would like further information about the school's RSHE curriculum.

We believe that openness and transparency help ensure that pupils receive accurate, age-appropriate and consistent messages that support their wellbeing, safety and personal development.

Right to Withdraw from Sex Education

Relationships Education and Health Education are statutory subjects in all primary schools and parents do not have the right to withdraw their child from these areas of learning.

Parents also do not have the right to withdraw their child from any National Curriculum Science content.

At Chalkwell Hall Junior School, we teach some additional age-appropriate Sex Education content to support pupils' understanding of human reproduction and prepare them for the transition to secondary school. This content is delivered sensitively and in line with pupils' age and maturity.

Parents have the right to request that their child be withdrawn from any non-statutory Sex Education lessons that fall outside the National Curriculum for Science.

Before any decision is made, the RSHE Lead (or a delegated senior leader) will meet with parents to:

- Explain the purpose and content of the teaching.
- Answer any questions or concerns.
- Share relevant teaching materials and resources.
- Discuss the potential implications of withdrawing a child from learning that their peers will receive.

Following this discussion, if a parent still wishes to withdraw their child from non-statutory Sex Education, the request should be made in writing to the Headteacher by completing the school's RSHE Withdrawal Request Form (Appendix 1).

The school will respect parents' rights in accordance with statutory guidance and will make appropriate alternative arrangements for pupils who are withdrawn from these lessons.

The school will continue to ensure that all pupils receive the statutory Relationships Education, Health Education and National Curriculum Science content necessary to support their safety, wellbeing and preparation for later life.

13. Safeguarding

RSHE contributes significantly to the school's safeguarding responsibilities.

Teaching helps pupils:

- recognise inappropriate behaviour;
- understand consent and boundaries;
- identify abuse;
- recognise coercion and manipulation;
- understand how to report concerns;
- know where to seek help.

Should a safeguarding concern arise during lessons, staff will follow the school's safeguarding procedures.

14. Monitoring, Evaluation and Review

The Governing Body will monitor the effectiveness of this policy annually.

The RSHE curriculum will be evaluated through:

- pupil voice;
- monitoring of planning and teaching;
- staff feedback;
- parental feedback;
- governor scrutiny.

The policy will be reviewed annually or sooner if changes to legislation or statutory guidance require.

Signed

Headteacher: _____

Date: _____

Chair of Governors: _____

Date: _____

Appendix 1

CHALKWELL HALL JUNIOR SCHOOL

REQUEST TO WITHDRAW A CHILD FROM NON-STATUTORY SEX EDUCATION

Important Information

Please note:

- Relationships Education is statutory in all primary schools.
- Health Education is statutory in all state-funded schools.
- National Curriculum Science is statutory.
- Parents do not have the right to withdraw their child from these elements of the curriculum.
- Parents may request to withdraw their child from non-statutory Sex Education that falls outside the National Curriculum for Science and statutory Relationships and Health Education.
- Parents are encouraged to discuss any concerns with the Headteacher before submitting this form.

Child Details

Child's Full Name	
Class	
Date of Birth	

Parent / Carer Details

Parent / Carer Name	
Relationship to Child	
Address	
Postcode	
Telephone Number	
Email Address	

Request for Withdrawal

Please indicate the lesson(s) from which you wish your child to be withdrawn:

☐ Human Reproduction

☐ Conception and Birth

☐ All Non-Statutory Sex Education Lessons

☐ Other (please specify)

Reason for Request (Optional)

Parents are not required to provide a reason. However, providing further information may help the school address any concerns.

Parent / Carer Declaration

I confirm that:

- I have read the school's Relationships, Sex and Health Education (RSHE) Policy.
- I understand that Relationships Education, Health Education and National Curriculum Science are statutory and that my child cannot be withdrawn from these areas.
- I understand that this request relates only to non-statutory Sex Education.
- I understand that I will be invited to discuss this request with the Headteacher before a final decision is recorded.
- I understand that suitable alternative arrangements will be made where appropriate during withdrawn lessons.

Parent / Carer Signature: _____

Print Name: _____

Date: _____

School Use Only

Request Received

Date Request Received
Received By

Discussion Meeting

Meeting Held?	Yes / No
Date of Meeting	
Staff Present	
Parent Present	

Outcome

☐ Withdrawal Request Approved

☐ Withdrawal Request Declined

Reason (if applicable):

Alternative Arrangements

Headteacher Signature
Date

School Contact Details

Headteacher

Chalkwell Hall Junior School
London Road
Westcliff-on-Sea
Essex
SS0 9LH

Telephone: _____

Email: _____

Document Reference: RSHE Withdrawal Request Form

Review Date: September 2027

Linked Policy: Relationships, Sex and Health Education (RSHE) Policy (September 2026)