



Greenholm Primary School Official Policy

Name of Policy: Relationships and Health Education Policy

Date Reviewed: January 2025



“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, 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.”

Secretary of State (2019)

Overarching statement

At Greenholm School, we believe that Relationships and Health Education (RHE) is an integral part of the Personal, Social Health, Relationships Education (PSHRE) and Citizenship curriculum, which educates, celebrates and respects diversity. We aim to provide a carefully planned programme taught age appropriately, which covers three core themes: Relationships, Health and Wellbeing and Living in the Wider World.

Aims of Teaching Relationships and Health Education within PSHRE:

The aims of teaching our pupils about the core theme of relationships is so the children have fundamental building blocks and know the characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.

Topic areas covered:

- Families and people who care about me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

The aim of teaching pupils about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. It should enable them to recognise what is normal and what is an issue in themselves and others and, when issues arise and to know how to seek support as early as possible from appropriate sources. Topic areas covered:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

Relationships and Health Education within the National Curriculum

All pupils must be taught the aspects of sex education outlined in the primary science curriculum – which includes teaching about the main external parts of the human body, how the human body changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals. The school is free to determine whether pupils should be taught sex education



beyond what is required of the national curriculum. At our school, we do not teach pupils sex education beyond what is required of the science curriculum. In line with our school's safeguarding policy, if a child is at risk of sexual harm, additional actions will be taken to ensure children have the knowledge and skills to keep themselves and others safe. Below are key areas covered by key stage:

Key Stage 1

- Children are taught that animals, including humans, move, feed, grow, use their sense and reproduce.
- To recognise and compare the main external parts of the bodies of humans using biological terms.
- To recognise similarities and differences between themselves and others.
- Identify, name, draw and label the basic parts of the human body.

Key Stage 2

- Describe the changes as humans develop to old age.
- Children are taught that nutrition, growth and reproduction are common life processes for humans and other animals.
- Describe the life process of reproduction in some plants and animals.
- Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird.
- Describe how living things are classified into broad groups according to common observable characteristics and based on similarities and differences, including micro-organisms, plants and animals.
- Give reasons for classifying plants and animals based on specific characteristics.
- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.
- The importance of hygiene.
- About puberty and bodily changes.

CPD of Staff

Teaching staff will receive training on the content of the curriculum and best practice in pedagogy for these topics, in order to best support pupils when appropriate. This training will take place yearly and be reviewed annually.

Delivery of Programme

We view the delivery of the RHE programme as a tool to safeguard children. We will therefore ensure that the teaching of this subject is differentiated to the needs of all the pupils including SEND pupils and is inclusive of all. This includes lesson content relating to gender equality and LGBT+ equality. We are fully committed to ensuring our values and curriculum support the protected characteristics as detailed in the Equality Act 2010.

The curriculum content will be taught by members of staff, supported by teaching assistants and senior leaders as appropriate. Lessons are timetabled weekly as part of our wider Personal, Social and Health Education curriculum and an overview scheme of work is on the website for reference.



Children's Questions

In order to promote a healthy, positive atmosphere, we want to ensure that pupils can ask questions freely, confident that these questions will be answered, and be sure that they will be free from bullying or harassment from other pupils. We believe that children are best educated, protected from harm and exploitation by discussing issues openly within the context of the PSHRE curriculum. Staff may choose to answer these questions to the group, or away from the setting, any concerns raised will be discussed with a member of the safeguarding team.

Relationships and Health Education and Policies

This Relationships Education policy is aligned to the following school policies:

- Safeguarding policy
- Equal Opportunities policy
- Equalities Policy

The school will ensure that no teachers express their personal views and opinions when delivering lessons and is dedicated to delivering the Relationships and Health Education programme with sensitivity and respect, avoiding any derogatory or prejudicial terms, which may cause offense.

The school abides by The Equality Act 2010 and fully respects the rights of the pupils and staff members, regardless of any protected characteristics that he/she may have.

Working with Parents

The school understands and respects that that the teaching of some aspects of the Relationships and Health Education programme may be of concern to parents/carers; therefore, topics that will be covered can be found and reviewed by parents.

The school respects the legal right of parents/carers to withdraw their child from all or part of the Sex and Relationship education programme, except for those statutory parts included in the science national curriculum.

Monitoring and Review

Monitoring is the responsibility of the SLT and the named teacher with responsibility for PSHRE (Mrs Sian Kettle). The PSHRE programme of study will be reviewed alongside class teachers in both key stages to make any necessary adaptations yearly. This policy has been developed in consultation with staff, pupils and parents and will be reviewed yearly.