Adopted by Governing Body:	September 2026
Approved by Governing Body:	September 2026
Last reviewed:	September 2026
Next review:	September 2027

PSHE and RSE Leader: Jen Middleton
Headteacher: Jen Middleton

1. How This Policy Was Developed

This policy has been developed in consultation with pupils, staff, parents and governors. Ingleton Primary School believes that effective Personal, Social, Health and Economic Education (PSHE), Relationships Education and Health Education are most successful when schools and families work together in partnership.

During Autumn 2026, Ingleton Primary School undertook a formal review of its PSHE, Relationships Education, Health Education and Sex Education provision following publication of the revised Department for Education statutory guidance. Parents, staff, governors and pupils were consulted through surveys, curriculum information, opportunities to review curriculum materials and a consultation period during which feedback could be submitted. The final policy reflects feedback received through this consultation process and has been approved by the Governing Body.

The policy is published on the school website and is available free of charge on request. Schools are required to consult parents when developing and reviewing their RSHE policy and to publish the policy on their website.

2. Legal Framework

This policy has been developed with reference to:

- Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (DfE, 2025)
- Keeping Children Safe in Education (2025)
- Equality Act 2010
- Education Act 1996
- Education and Inspections Act 2006
- Ofsted Education Inspection Framework
- PSHE Association Guidance
- Coram SCARF Guidance and Resources.

Since September 2020, Relationships Education and Health Education have been statutory in all primary schools. The revised Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance published in July 2025 becomes statutory from September 2026 and informs this policy. Health Education includes learning about physical health, mental wellbeing, puberty, menstrual wellbeing and the correct anatomical names for body parts.

J.Middleton – Headteacher – Ingleton Primary School

3. School Ethos

At Ingleton Primary School we believe that PSHE and RSHE play a vital role in preparing children for life in modern Britain. Our curriculum supports children to become confident, responsible and resilient citizens who understand how to stay safe, form positive relationships and contribute positively to their communities.

We recognise the importance of developing children's emotional wellbeing, self-esteem, confidence and resilience. Through our curriculum, we help pupils understand themselves and others, manage emotions, keep healthy and safe and make informed decisions.

Our curriculum reflects the school's values of kindness, respect, inclusion, responsibility and aspiration.

4. What is Relationships Education, Health Education and Sex Education?

Relationships Education (Statutory)

Relationships Education helps children learn about:

- Families and people who care for them
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health Education (Statutory)

Health Education teaches pupils about:

- Physical health
- Mental wellbeing
- Healthy lifestyles
- Personal hygiene
- Body ownership
- Puberty
- Menstrual wellbeing
- Keeping safe
- The correct anatomical names for body parts
- Recognising and responding to risks.

Sex Education (Non-Statutory in Primary Schools)

The Department for Education recommends that primary schools provide age-appropriate Sex Education. At Ingleton Primary School, pupils in Year 6 are taught about human conception and birth. This learning builds on statutory Science and Health Education and prepares pupils for secondary school. Parents may request withdrawal from these non-statutory Sex Education lessons.

5. Curriculum Content and Organisation

Ingleton Primary School uses the Coram SCARF programme as the foundation of its PSHE and RSHE curriculum. The programme provides a progressive curriculum from EYFS to Year 6 and fully supports delivery of statutory Relationships Education and Health Education. Coram SCARF has updated its resources to reflect the September 2026 statutory guidance.

The curriculum is organised into six half-termly units:

1. Me and My Relationships
2. Valuing Difference
3. Keeping Myself Safe
4. Rights and Responsibilities
5. Being My Best
6. Growing and Changing

At Ingleton Primary School, these units are delivered through a two-year rolling programme to accommodate mixed-age classes.

Health Education includes learning about physical health, mental wellbeing, healthy lifestyles, body ownership, personal hygiene, puberty, menstrual wellbeing and the correct anatomical names for body parts using age-appropriate language. This supports children's understanding of their bodies, promotes safeguarding and enables them to communicate clearly about their health and wellbeing.

The curriculum is delivered through weekly PSHE lessons, assemblies, themed days, pastoral support and cross-curricular learning opportunities.

6. Who Delivers the Curriculum?

PSHE and RSHE are primarily delivered by class teachers.

Teachers are supported by the Headteacher and PSHE Lead and have access to Coram SCARF training, guidance and resources.

Occasionally, external visitors may contribute to specific aspects of learning relating to health, wellbeing or safeguarding. Responsibility for curriculum delivery always remains with the school and any external contribution will be carefully planned and quality assured.

7. Creating a Safe Learning Environment

We recognise that some aspects of RSHE can be sensitive. Teachers establish clear ground rules and create a safe, respectful learning environment where children feel confident to participate and ask questions.

Approaches used include:

- class discussion agreements;
- distancing techniques;
- anonymous question opportunities;

- age-appropriate resources;
- clear safeguarding procedures.

Teachers will answer questions honestly, factually and in an age-appropriate manner.

Where questions fall beyond the planned curriculum, staff will use professional judgement, safeguarding guidance and the child's age and stage of development. Where appropriate, children may be encouraged to discuss certain matters with parents or carers. Any safeguarding concerns arising from classroom discussions will be dealt with in accordance with the school's safeguarding procedures. The revised guidance specifically requires schools to explain how questions beyond the planned curriculum are managed.

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8. Keeping Children Safe

Relationships and Health Education make a significant contribution to the school's safeguarding responsibilities.

Pupils are taught:

- how to recognise safe and unsafe situations;
- the importance of healthy and respectful relationships;
- personal boundaries and consent;
- how to identify trusted adults and seek help;
- online safety and responsible use of technology;
- strategies for staying safe in an increasingly digital world.

Teaching is preventative as well as responsive. Pupils are provided with age-appropriate knowledge and skills that help them recognise potentially harmful situations, seek support from trusted adults and make safe choices before risks occur. Learning is carefully sequenced to help children develop protective behaviours and resilience without causing unnecessary anxiety.

Learning relating to personal safety also reflects local safeguarding priorities and helps pupils understand how to keep themselves safe within their communities, online and in a range of real-life situations.

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9. Inclusion and Equality

Ingleton Primary School is committed to providing an inclusive curriculum that is accessible and relevant to all pupils.

Teaching reflects the diversity of modern Britain and promotes mutual respect, inclusion and belonging. Learning materials recognise different families, cultures, religions, backgrounds and experiences in an age-appropriate way.

The curriculum is delivered in accordance with the Equality Act 2010 and supports pupils in understanding and respecting differences between people.

Learning is adapted where necessary to meet the needs of pupils with Special Educational Needs and Disabilities (SEND). Staff use their professional judgement to ensure teaching remains accessible, meaningful and appropriately challenging for all pupils. The guidance requires schools to explain how provision is made accessible to all pupils, including those with SEND.

J.Middleton – Headteacher – Ingleton Primary School

10. Assessment, Monitoring and Evaluation

Learning in PSHE and RSHE is assessed through observation, discussion, pupil reflection and teacher assessment.

The school uses Coram SCARF assessment materials, including “I Can” statements, to assess pupils' progress and understanding.

Monitoring activities may include:

- learning walks;
- book and planning scrutiny;
- lesson observations;
- curriculum reviews;
- pupil interviews and pupil voice activities;
- feedback from staff, parents and governors.

Findings from monitoring and evaluation activities are used to inform future curriculum development, staff training and school improvement priorities. The revised guidance requires schools to monitor and evaluate the effectiveness of provision.

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11. Working with Parents and Carers

We recognise that parents and carers are children's first educators and are essential partners in Relationships, Sex and Health Education.

The school will:

- consult parents about policy developments;
- provide information about curriculum content;
- make teaching materials available for inspection on request;
- offer opportunities for parents to ask questions and discuss concerns;
- provide opportunities for parents to view teaching materials;
- respond positively to requests to see curriculum resources;
- support parents in discussing RSHE topics with their children at home;
- support parents in continuing learning and discussions beyond school.

Parents are entitled to view curriculum materials used to teach Relationships Education, Health Education and Sex Education. Requests will be accommodated within a reasonable timeframe and discussions with staff are welcomed before the teaching of sensitive content.

Ingleton Primary School recognises that open communication and partnership with parents are essential in supporting children's wellbeing, safeguarding and healthy development. The updated statutory guidance places significant emphasis on proactive engagement with parents and transparency regarding curriculum materials.

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12. Withdrawal from Sex Education

Parents do not have the right to withdraw their child from:

- Relationships Education;

- Health Education;
- National Curriculum Science.

Parents may request that their child be withdrawn from the non-statutory Sex Education elements taught in Year 6.

Requests should be made in writing to the Headteacher. Before a decision is made, the Headteacher will meet with the parent to discuss the request, explain the curriculum content and consider the child's needs and wishes.

Where a pupil has been withdrawn from non-statutory Sex Education, teachers will continue to answer questions relating to statutory Relationships Education, Health Education and National Curriculum Science. Questions that relate solely to content from which a pupil has been withdrawn will be managed sensitively and, where appropriate, referred back to parents or carers.

If a pupil is withdrawn, the school will provide appropriate educational activities during the period of withdrawal.

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13. Policy Availability

This policy is published on the school website and is available free of charge on request.

Parents may request to view curriculum materials used to teach Relationships Education, Health Education and Sex Education.

Further information can be obtained from:

Jen Middleton
Headteacher and PSHE Lead
Ingleton Primary School

The school will make reasonable adjustments to ensure this policy is accessible to all members of the school community.

Related Policies

This policy should be read alongside:

- Safeguarding and Child Protection Policy
- Online Safety Policy
- Behaviour Policy
- Anti-Bullying Policy
- Equality Information and Objectives
- SEND Policy
- Attendance Policy
- Keeping Children Safe in Education (2026)

Sources of Further Information

This policy has been informed by:

J.Middleton – Headteacher – Ingleton Primary School

- Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (DfE, 2026)
- Keeping Children Safe in Education (2026)
- PSHE Association Guidance on RSHE Policy Development
- Coram SCARF Policy Templates, Guidance and Curriculum Resources

This policy reflects the key requirements introduced through the September 2026 statutory guidance, including strengthened parental consultation, increased transparency of curriculum resources, enhanced safeguarding and online safety content, clearer differentiation between Relationships Education, Health Education and Sex Education, requirements for accessibility and inclusion, and strengthened arrangements for monitoring and evaluation.