



myHappy**mind**

St Chad's CE Primary School

Relationships, Sex and Health Education (RSHE) Policy

Date written	8 September 2026
Written by	Mrs K. Pearson
Approved by	LAB
Review cycle	every two years

1. Introduction and aims

At St Chad's CE Primary School, our RSHE curriculum aims to give every child the knowledge, skills and values they need for healthy relationships and good physical and mental health. It reflects our school's values and supports each pupil's wider personal development.

At St Chad's, compassion is at the heart of everything we do: nurturing and teaching the changemakers of the future. Enabling them to fly as far as they can. Developing them as resilient, respectful individuals who take responsibility for themselves, others and their environment, through service and excellence. They



are resourceful and know what is needed for their own success and the success of the community. Just as Noah did, they will go on to make a positive impact on the world.

Our RSHE curriculum aims to:

- deliver a progressive, age-appropriate and inclusive RSHE curriculum;
- create a safe environment for discussing sensitive topics;
- develop pupils' confidence, empathy and self-respect;
- equip pupils to build healthy, respectful relationships, online and offline;
- prepare pupils for puberty and promote healthy lifestyles;
- teach accurate vocabulary for bodies, relationships and emotions, including the correct scientific names for body parts;
- help pupils recognise boundaries, stay safe and seek support;
- promote respect, responsible decision-making and strong partnerships with parents and carers.

More than anything else, we want to protect our children and give them the correct language to understand their personal boundaries, their bodies and how to look after themselves.

2. Statutory context

This policy reflects the Department for Education's statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education, for introduction from 1 September 2026. Relationships Education and Health Education are statutory in primary schools.

This policy is published on our school website and a free copy is available on request. Parents and carers are consulted when the policy is developed and reviewed.

Content taught within the National Curriculum for Science remains statutory for all pupils.

3. What RSHE means at our school

RSHE brings together three areas of learning. Each has a different purpose at St Chad's CE Primary School.



Relationships Education (statutory): pupils learn to build healthy, respectful and safe relationships with family, friends, carers, trusted adults and people online. This includes respect, kindness, personal boundaries, permission-seeking, privacy, recognising safe and unsafe situations, and knowing how to ask for help. It may include sensitive, age-appropriate safeguarding topics such as personal boundaries, unsafe touch, consent, online safety and harmful behaviours.

Health Education (statutory): pupils learn about physical health, mental wellbeing, growing and changing, puberty, healthy lifestyles, emotional wellbeing and how to seek support.

Sex Education (non-statutory in primary schools): where St Chad's CE Primary School chooses to teach additional sex education, it is age-appropriate and may include human reproduction, how babies are conceived, ways to prevent a baby being made and born, and preparation for the physical and emotional changes of growing up. Sex education is taught in Year 5 and 6, and parents and carers are consulted in advance with clear information.

RSHE: brings these areas together, giving pupils the knowledge, skills and values they need for healthy relationships, physical and mental health, respecting difference, positive identity and safe, informed decisions. It is delivered in an age-appropriate, inclusive and respectful way.

If a particular topic is an area of sensitivity for a particular child, we will take this into account. For example, if we are learning about grief and this a particularly difficult topic for a child at that time we will discuss this with the parent or carer.

4. Right to withdraw

Parents and carers may request that their child is withdrawn from non-statutory sex education only. There is no right to withdraw from statutory Relationships Education, Health Education or content taught within the National Curriculum for Science.

Where a parent or carer requests withdrawal from non-statutory sex education, the request will be granted. The Headteacher, Mrs K. Pearson, will offer a meeting to discuss any concerns, understand the reasons for the request and explain the purpose and value of the teaching. Where appropriate, the pupil may be involved in this conversation. The request is granted whether or not the parent or carer takes up that offer.



St Chad's CE Primary School provides appropriate, purposeful alternative education during withdrawn lessons. Withdrawal requests and their outcomes are recorded.

Content within statutory Relationships Education and Health Education, including personal boundaries, safe and unsafe touch and staying safe, continues for all pupils, including any pupil withdrawn from sex education.

5. How RSHE is delivered

RSHE at St Chad's CE Primary School is delivered through regular, timetabled myHappymind lessons, taught weekly across the year by class teachers, who provide a consistent, trusted environment where pupils feel safe to learn, reflect and ask questions.

Delivery incorporates the statutory requirements for Relationships Education and Health Education, supported by the myHappymind programme, which builds preventative habits in resilience, self-esteem, emotional awareness and positive relationships across its five modules.

Delivery is also supported by myHappymind PSHE, our whole-school programme, which provides complete PSHE coverage including health, wellbeing, relationships, sex education and life skills.

As a school, we will also use Real Love Rocks, a Barnados programme, which continues to support Healthy and Safe relationships. This will take place at the end of Year 6.

Learning is carefully sequenced to build on prior knowledge, and is delivered through the myHappymind learning platform, combining interactive lessons with journals and worksheets. Lessons are inclusive and adapted where needed so that all pupils, including those with SEND, can take part fully.

Staff receive regular safeguarding training. Concerns are managed in line with our Safeguarding and Child Protection Policy and reported promptly to the Designated Safeguarding Lead, Mrs Challinor-Harris.

For each year group, objectives from the PSHE Association are mapped to lessons, and teachers use these mapped objectives to inform planning and monitoring of progress, in line with St Chad's CE Primary School's assessment policy.

6. Curriculum overview



Our RSHE curriculum is built around the five modules of the myHappymind programme:

- **Meet Your Brain:** how our brains work, and regulation strategies such as Happy Breathing.
- **Celebrate:** building self-esteem through recognising and celebrating Character Strengths.
- **Appreciate:** developing an Attitude of Gratitude by thinking about and sharing what we are grateful for.
- **Relate:** relationship-building skills such as Active Listening.
- **Engage:** Goal Setting, so children aspire, dream and learn to persevere.

myHappymind PSHE, our whole-school programme, extends this through further strands:

- **myHappybody:** RSHE, covering physical wellbeing and keeping safe.
- **myHappyrelationships:** RSHE, covering families and close positive relationships, bullying, and respecting ourselves and others.
- **myHappyworld:** economic wellbeing and careers education, covering media literacy, economic wellbeing and career education.

British Values are woven through assemblies, classroom activities and interactive sessions:

- Democracy;
- Rule of Law;
- Individual Liberty;
- Mutual Respect, including respecting the protected characteristics of others;
- Tolerance of Different Faiths and Beliefs.

7. Working with parents and carers

St Chad's CE Primary School is committed to working in partnership with families. This policy and our curriculum overviews are available to parents and carers, and we hold an annual parental consultation and information session to review the curriculum and resources.



Parents and carers are welcome to contact St Chad's CE Primary School at any time to discuss the curriculum or to view lesson materials via Mrs Fernando.

Where sex education beyond the statutory science curriculum is taught, parents and carers are consulted in advance and informed of their right to request withdrawal.

As a school, we have already rolled out the myHappymind Parent App, where families can access resources linked to the myHappymind programme, understand lesson content and reinforce strategies such as Happy Breathing at home.

8. Equality

St Chad's CE Primary School delivers RSHE in line with the Equality Act 2010, the SEND Code of Practice and our duties under the Public Sector Equality Duty.

Teaching is accessible to all pupils, and lessons are adapted where needed so that pupils with SEND can take part fully. RSHE promotes equality, respect and diversity, and is delivered in a way that avoids stereotyping, stigma or bias.

We take positive action where appropriate to meet the particular needs of groups of pupils. Resources are reviewed to make sure they reflect the diversity of our school community and of modern Britain.

9. RSHE and pupils with SEND

RSHE at St Chad's CE Primary School is planned so that pupils with SEND can take part fully, using the graduated approach set out in the SEND Code of Practice. Adaptations include pre-teaching key vocabulary, visual supports, breaking learning into smaller steps, repetition and revisiting, and small-group teaching where appropriate. These adaptations are planned with our SENCo, Mrs Challinor-Harris.

We recognise DfE guidance that some content may need to be tailored and made more explicit for some pupils with SEND because of their greater vulnerability to exploitation. Teaching of accurate vocabulary, personal boundaries and safe and unsafe touch is prioritised for these pupils.

Progress is recognised in smaller steps where pupils are working below year-group expectations. Reasonable adjustments are made in line with the Equality



Act 2010, and RSHE learning is considered when preparing for annual reviews for pupils with an EHCP.

10. Protected characteristics and sensitive topics

Pupils at St Chad's CE Primary School learn to respect the protected characteristics set out in the Equality Act 2010, taught in an age-appropriate way through the themes of family, friendship, kindness and respect for difference. Families of many forms, including single-parent families, same-sex parents, blended families, foster and adoptive families are represented respectfully.

Sensitive topics are taught within a planned, age-appropriate curriculum: personal boundaries, unsafe touch, consent, online safety and harmful behaviours.

Pupils learn about body privacy, their rights over their own bodies, safe and unsafe touch, and speaking to a trusted adult if they are worried. Any concerns or disclosures are managed in line with St Chad's CE Primary School's Safeguarding and Child Protection Policy and reported to the Designated Safeguarding Lead.

11. Managing difficult questions

Pupils may ask questions that go beyond the planned curriculum, or that relate to content from which they have been withdrawn. Staff at St Chad's CE Primary School respond sensitively and in an age-appropriate way, which may include encouraging the pupil to speak with a parent, carer or another trusted adult, or signposting to appropriate support. Where a question or response raises a possible safeguarding concern, staff follow the school's safeguarding procedures and inform the Designated Safeguarding Lead rather than redirecting the pupil home.

RSHE lessons are taught within agreed class ground rules, so pupils know how discussion will be handled. Teachers use distancing techniques, talking about characters and scenarios rather than pupils' personal experiences, and an anonymous question box allows pupils to raise questions privately. Where a question needs preparation or checking, staff may tell the pupil that they will find out and come back to it, rather than answering unprepared.

Questions are handled thoughtfully and safely rather than avoided, because unanswered questions may lead children to seek answers from unreliable or inappropriate sources, often online.



12. Safeguarding

Safeguarding principles are embedded throughout the RSHE curriculum, including online safety, healthy relationships, consent, personal boundaries, recognising safe and unsafe situations and emotional wellbeing. Lessons are delivered in a safe, age-appropriate and supportive manner.

Staff are alert to concerns arising during lessons and know how to respond in line with St Chad's CE Primary School's safeguarding procedures, including sharing information with the Designated Safeguarding Lead, Mrs Challinor-Harris, where appropriate. Pupils are clearly signposted so they know who to talk to if they are worried.

Staff can refer to the myHappyMind guidance on using journals to help ensure potential safeguarding disclosures are recognised and responded to appropriately.

13. Governors and trustees

The governing body of St Chad's CE Primary School is responsible for approving this policy and for holding the Headteacher to account for its implementation.

Governors assure themselves that RSHE meets statutory requirements, that the policy is published on the school website with a free copy available on request, that parents and carers have been consulted, and that the right to withdraw is administered correctly.

Our Local Advisory Board (Governing Body), receives updates on RSHE delivery and monitoring as part of the school's regular reporting cycle.

14. Monitoring and review

Our RSHE/PSHE Lead, Mrs Fernando, monitors the quality and impact of RSHE through activities such as pupil voice, book looks, module assessments and learning walks. Feedback celebrates good practice, identifies areas for development and informs planning. We consult parents and carers every year.

All teachers complete myHappyMind online training before teaching the programme. Staff are updated at the start of each academic year on new content, resources or curriculum changes, and ongoing CPD, including the



myHappymind Staff CPD programme, strengthens confidence, knowledge and practice.

When reviewing this policy, we check that it still reflects the latest DfE RSHE guidance, distinguishes statutory from non-statutory content, explains the right to withdraw, and reflects the Equality Act 2010 and current safeguarding guidance.

This policy is reviewed every two years and re-published after each review.