

Richmond Avenue Primary & Nursery School



Relationship, Sex & Health Education Appendix

Reviewed: October 2026

Introduction and Context

This appendix sets out how Richmond Avenue Primary School delivers Relationship, Sex and Health Education (RSHE) in line with the SECAT Trust-wide policy and DfE statutory guidance (July 2026). It should be read alongside the main SECAT RSHE Policy, which contains full statutory curriculum content (Appendices 1 and 2) and the parent withdrawal request form (Appendix 3).

Richmond Avenue is a primary school with approx. 370 pupils aged 5-11. Our RSHE curriculum reflects our school community's needs and supports our values of "Learning and Achieving Together". We teach about relationships in a way that is inclusive and respectful of all family structures, including single-parent families, same-sex parents, families headed by grandparents and adoptive/foster families.

How RSHE is Delivered

Curriculum Organisation

RSHE is delivered through:

- PSHCE lessons using the PSHE Association lessons and curriculum guidance
- Science curriculum covering growth, life processes and the human life cycle
- Circle Time activities for discussion and exploration of relationship issues
- Assemblies and whole-school events reinforcing respect, kindness and wellbeing

Resources Used

- PSHE Association
- BBC PSHE resources (Years 5 & 6 for teaching and lesson planning)
- 'Growing Up with Yasmine and Tom' programme (Years 5 & 6, where appropriate)
- Age-appropriate diagrams, videos and discussion materials
- NSPCC resources e.g. pantosaurus

Year Group Overview

Year Group	Key RSHE Topics
Reception/Y1	Families; caring friendships; being safe; understanding feelings
Y2/Y3	Respectful relationships; online safety; healthy eating; physical health
Y4	Developing friendships; stereotypes; mental wellbeing; managing conflict
Y5	Puberty (boys & girls together); menstruation; body changes; emotional wellbeing
Y6	Puberty consolidation; conception (science); healthy relationships; transition

Sex Education: What Parents Need to Know

Science Curriculum (Non-Withdrawable)

All children learn about:

- Main external body parts using correct terms, including but not limited to: penis, vulva, vagina, testicles, scrotum, nipples
- The human body from birth to old age, including puberty
- Reproduction in plants and animals
- How a baby is conceived (factual description in line with science curriculum)

Parents ~~cannot withdraw~~ children from this science content.

Additional Sex Education in Years 5 & 6 (Withdrawable)

Children also learn about:

- How babies are born
- Body changes during puberty for both boys and girls
- What menstruation is and how it affects women
- Changes boys experience, including wet dreams

This is taught within the context of stable, loving relationships and family life, with due regard for children's emotional development.

We also teach children that sharing or creating indecent or sexual images of anyone under 18 is a crime, even if the images are AI-generated or digitally altered (deepfakes). This includes images created using artificial intelligence tools. Teaching and materials will be appropriate for the age and needs of pupils, including pupils with special educational needs and/or disabilities (SEND).

Parents have the right to withdraw their child from this additional sex education content only.

Parents cannot withdraw from relationships education, health education, or learning about correct body part names and puberty taught as part of health education.

June/July: Year 5/6 parent information session for puberty education

We can offer meetings to explain what will be taught, show materials, answer questions, and provide support for home conversations. To request withdrawal, complete the form at Appendix 3 of the main SECAT policy and submit to the Headteacher.

Our Seven Guiding Principles

1. **Pupil Engagement** – We listen through School Council and pupil voice sessions
2. **Parent Transparency** – Annual consultation; all materials available on request
3. **Positivity** – Focus on healthy relationships and mental health using respectful language in line with our therapeutic thinking and behaviour curriculum
4. **Careful Sequencing** – Progressive curriculum preparing children before experiences occur
5. **Relevant & Responsive** – Adapted to pupils' needs and local community issues

6. **Skilled Delivery** – All staff safeguarding-trained; RSHE lead receives specialist training
7. **Whole School Approach** – Supported by behaviour, safeguarding and anti-bullying policies

Health Education Coverage

Statutory Content	How We Deliver It
Mental Wellbeing	PSHE lessons, Circle Time, annual Mental Health Week
Wellbeing Online	Computing curriculum, annual Online Safety Day. Children are taught that creating or sharing sexual images of under-18s is illegal, including AI-generated or deepfake images.
Physical Health & Fitness	PE, Daily Mile, active playtimes
Healthy Eating	Science, school meals education
Drugs/Alcohol/Vaping	PSHE Association, NSPCC Speak Out Stay Safe
Health Protection	Science, school nurse visits (Y5/6), vaccination programmes
Personal Safety	PSHE Association, fire service visits, water safety (swimming), Pantosaurus
Basic First Aid	KS1 and Y4 first aid training, emergency services visits
Developing Bodies	Science, Jigsaw, Y5/6 specific sessions on puberty/menstruation

Inclusivity and SEND

We ensure RSHE is accessible to all pupils through:

- Positive representation of diverse family structures
- Correct anatomical terminology so all children can communicate about their bodies
- Appropriate language: 'period pads' and 'menstrual products' (not 'sanitary items')
- Personalised content and resources for pupils with SEND
- Small group or 1:1 sessions where appropriate
- Visual supports, social stories and adapted resources
- Consultation with SENCO and parents for pupils with complex needs
- Challenging stereotypes and discriminatory language

Working with Parents

Accessing Curriculum Materials

Parents can access materials by:

- Viewing representative samples
- Requesting to view all materials via the school office
- Materials shared in compliance with copyright law (viewing only, not copying)

Supporting Parents

We provide:

- Guidance on talking to children about RSHE topics at home
- Signposting to reputable resources (NHS, NSPCC)
- Individual meetings on request
- Information about what children will learn during the year

External Organisations

Before working with any external organisations, we:

- Carry out DBS and safeguarding checks
- Review lesson plans and materials in advance
- Make materials available to parents on request
- Ensure school staff are present during all sessions
- Brief providers on safeguarding procedures and confidentiality
- Ensure materials can be shared with parents

We do not work with organisations that: won't share materials with parents, take extreme political positions, or use materials that oversimplify gender issues or perpetuate stereotypes.

Safeguarding

All staff are trained to recognise when a child may be at risk and respond appropriately to disclosures. Staff never promise confidentiality and report concerns immediately to our Designated Safeguarding Lead.

What Children Understand

At the start of RSHE units, children are told:

- How confidentiality works in lessons
- Some secrets should not be kept if they relate to safety
- Who they can talk to (teachers, TAs, Headteacher, school nurse)
- They will be listened to and supported

If a Child Makes a Disclosure, Staff will:

- Follow the school's Child Protection and Safeguarding Policy
- Inform the Designated Safeguarding Lead immediately
- Provide appropriate support to the child
- Inform parents unless this would place the child at risk

Designated Safeguarding Lead: Miss Moneypenny / Mr D Mattingly

Answering Children's Questions

Children's questions are handled sensitively and age-appropriately. We encourage questions and discussion. If a child asks a question that is outside our curriculum scope or relates to sex education from which they've been withdrawn, we respond sensitively and may suggest they discuss it with parents. Questions raising safeguarding concerns trigger our safeguarding procedures.

Monitoring and Evaluation

School-Level Monitoring

- **RSHE Lead:** Termly planning reviews, learning walks, pupil voice sessions
- **Headteacher:** Annual policy and curriculum evaluation
- **Governors:** Annual report on RSHE provision and parent feedback

Assessment

We assess through:

- Class discussions and pupil responses
- Age-appropriate pupil self-assessment at unit end
- Observation of pupils' attitudes and behaviours
- Pupil voice activities

There are no formal examinations for RSHE at primary level.

Review Cycle

- Policy reviewed annually (or when statutory guidance changes)
- Curriculum reviewed annually based on pupil needs and feedback
- Parent consultation conducted annually

Key Contacts

- Designated Safeguarding Lead: Mr D Mattingly
- Headteacher: Miss K Moneypenny
- Governor with RSHE responsibility: Rob Salter
- School Office: admin@richmond.secat.co.uk

This appendix should be read in conjunction with the SECAT Trust-wide RSHE Policy.