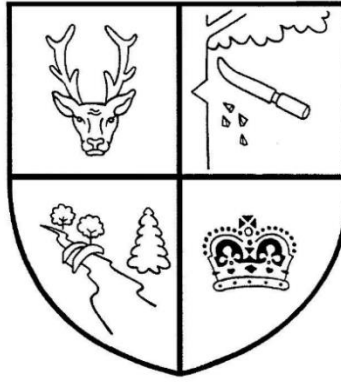




Thomas Willingale School and Nursery

Relationships, Sex and Health Education (RSHE) Policy

myHappy**mind**

Date written	Autumn 2026
Written by	Miss C McClelland
Approved by	Full Governing Body
Review cycle	Annually

1. Introduction and aims

At Thomas Willingale Primary School and Nursery, we believe that Relationships, Sex and Health Education (RSHE), alongside Personal, Social, Health and Economic Education (PSHE), is central to helping children grow into healthy, independent and responsible members of society. Our curriculum provides pupils with the knowledge, skills, attitudes and values they need to manage their lives now and in the future, supporting their physical, mental and emotional wellbeing and wider personal development.

Our RSHE curriculum reflects our school values and is underpinned by our key drivers of Oracy, Environment and Community, Independence, and Positive Growth. Through a progressive, age-appropriate and inclusive curriculum, we aim to develop pupils' confidence, empathy, resilience and self-respect, enabling them to build healthy relationships, make informed decisions and contribute positively to society.

We aim to:

deliver a progressive, age-appropriate and inclusive RSHE curriculum;

create a safe, supportive environment where pupils can discuss and explore sensitive topics with confidence;

develop pupils' confidence, empathy, resilience and self-respect;

equip pupils to build healthy, respectful relationships, both online and offline;

promote positive physical, mental and emotional health and wellbeing;

prepare pupils for puberty and support them in making healthy lifestyle choices;

teach accurate and age-appropriate vocabulary for bodies, relationships and emotions, including the correct scientific names for body parts;

help pupils recognise personal boundaries, stay safe and know how and when to seek support;

encourage responsible decision-making and respect for themselves and others;

work in partnership with parents and carers to support children's personal development and wellbeing.

Through our RSHE curriculum, we strive to ensure that all pupils leave Thomas Willingale Primary School and Nursery with the knowledge, understanding and confidence to thrive as healthy, respectful and responsible members of their communities.

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

At Thomas Willingale Primary School and Nursery, we see Personal, Social, Health and Economic Education (PSHE), including Relationships, Sex and Health Education (RSHE), as being at the centre of all that we do. The promotion of pupils' personal development, including their social, emotional and mental wellbeing, is a fundamental aspect of education and underpins all other learning. Through our curriculum, school environment and ethos, we promote pupils' self-esteem, resilience and emotional wellbeing, helping them to form and maintain positive relationships based on respect for themselves and others, both in school and within the wider community.

RSHE brings together three closely linked areas of learning which equip pupils with the knowledge, skills and values they need to lead safe, healthy and fulfilling lives.

Relationships Education (statutory) teaches pupils how to build healthy, respectful and safe relationships with family, friends, carers, trusted adults and people online. Children learn about kindness, respect, personal boundaries, privacy, permission-seeking, online safety, recognising safe and unsafe situations, and how to seek help when needed.

Health Education (statutory) supports pupils in understanding physical health, mental wellbeing, healthy lifestyles, emotional literacy, growing and changing, and puberty. Through this learning, children develop strategies to manage their wellbeing and know how to access support.

Sex Education (non-statutory in primary schools) provides additional learning about human reproduction, conception and birth, and supports pupils in preparing for the physical and emotional changes associated with growing up. At Thomas Willingale Primary School and Nursery, age-appropriate Sex Education is

taught in Year 6. Parents and carers are informed in advance and have the right to request withdrawal from the non-statutory elements of Sex Education.

Together, these areas form our RSHE curriculum, which is delivered in an age-appropriate, inclusive and respectful way. Our curriculum is underpinned by our school drivers of Oracy, Environment and Community, Independence, and Positive Growth, enabling pupils to develop confidence, empathy, resilience and the skills needed to make safe and informed decisions throughout their lives.

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. Withdrawal requests must be submitted in writing using the form titled 'Parent form: withdrawal from sex education within RSE' and addressed it to the headteacher.

Thomas Willingale School and Nursery 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 Thomas Willingale School and Nursery 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.

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, Miss T Phillips.

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 Thomas Willingale School and Nursery'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

Thomas Willingale School and Nursery is committed to working in partnership with families. This policy and our curriculum overviews are available to parents and carers.

Parents and carers are welcome to contact Thomas Willingale School and Nursery at any time to discuss the curriculum or to view lesson materials via the school office.

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.

Where the school has rolled out the myHappymind Parent App, families can access resources linked to the myHappymind programme, understand lesson content and reinforce strategies such as Happy Breathing at home.

8. Equality

Thomas Willingale School and Nursery 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

At Thomas Willingale Primary School and Nursery, all pupils access the same RSHE curriculum, with teaching adapted where necessary to ensure that pupils with Special Educational Needs and Disabilities (SEND) can fully access and engage with learning alongside their peers. RSHE is planned and delivered using the graduated approach outlined in the SEND Code of Practice.

Teachers make thoughtful adaptations to support understanding and participation. These may include pre-teaching and revisiting key vocabulary, modelling ideas and responses, breaking learning into smaller, manageable steps, using visual supports, prompts and structured discussion, and providing opportunities for small-group teaching where appropriate. Pupils may also record their learning in different ways to enable them to demonstrate their understanding. Adaptations are planned as part of the lesson rather than added afterwards, ensuring that all pupils can participate from the outset.

We recognise that some pupils with SEND may be more vulnerable to exploitation and may require certain aspects of RSHE to be taught more explicitly. In line with Department for Education guidance, particular emphasis is placed on teaching accurate vocabulary, personal boundaries, privacy, consent, and safe and unsafe touch to help pupils understand how to keep themselves safe and seek help when needed.

Progress is recognised in small, achievable steps where pupils are working below age-related expectations. Reasonable adjustments are made in line with the Equality Act 2010, and pupils' RSHE development is considered as part of the annual review process for those with an Education, Health and Care Plan (EHCP). Through these approaches, all pupils are supported to develop understanding, confidence and the skills needed to build healthy relationships, maintain their wellbeing and make safe choices.

10. Protected characteristics and sensitive topics

Pupils at Thomas Willingale School and Nursery 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, blended families, foster and adoptive families and families with same-sex parents, are represented respectfully.

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

Although teaching about Female Genital Mutilation (FGM) is not a statutory requirement at primary school, myHappyMind PSHE includes age-appropriate learning about FGM as part of its wider safeguarding and personal safety curriculum. 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. Where FGM is taught, pupils learn that it is illegal, harmful and a form of abuse. Any

concerns or disclosures are managed in line with Thomas Willingale School and Nursery's Safeguarding and Child Protection Policy and reported to the Designated Safeguarding Lead.

11. Managing difficult questions

RSHE lessons at Thomas Willingale Primary School and Nursery are taught within a safe and supportive learning environment where pupils are encouraged to ask questions and engage in discussion respectfully. Agreed class ground rules help pupils understand how discussions will be managed, and teachers use appropriate distancing techniques, discussing characters, scenarios and situations rather than pupils' personal experiences. An anonymous question box may also be used to enable pupils to raise questions privately.

Pupils may ask questions that go beyond the planned curriculum or relate to content from which they have been withdrawn. Staff respond sensitively, professionally and in an age-appropriate manner, using their professional judgement to provide factual and appropriate information while recognising the differing developmental stages and needs of pupils. Where necessary, staff may provide additional support through individual or small-group discussions.

Teachers will not provide information that falls beyond the age-appropriate primary RSHE curriculum or the statutory National Curriculum for Science. Where a question requires further consideration, staff may choose to revisit it at a later time rather than provide an immediate response.

Questions are handled thoughtfully and appropriately rather than avoided, recognising that unanswered questions may lead pupils to seek information from unreliable or inappropriate sources, particularly online.

Any question, disclosure or response that gives rise to a safeguarding concern will be managed in accordance with the school's safeguarding procedures. Staff will inform the Designated Safeguarding Lead (DSL) and follow safeguarding protocols where necessary, rather than simply redirecting the pupil to discuss the matter at home.

Staff receive appropriate training and guidance to ensure that questions relating to relationships, health, puberty and, where appropriate, sex education are managed confidently, consistently and in line with statutory guidance and school policy.

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 Thomas Willingale School and Nursery's safeguarding procedures, including sharing information with the Designated Safeguarding Lead, Miss T Phillips, 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 Thomas Willingale School and Nursery 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.

A named governor or committee, Full 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, Miss C McClelland, monitors the quality and impact of RSHE through activities such as pupil voice, book looks, annual quizzes and learning walks. Feedback celebrates good practice, identifies areas for development and informs planning.

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 year and re-published after each review.

Appendix 1: Parent form: withdrawal from sex education within RSE

To be completed by parents			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			

Parent signature	
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To be completed by the school	
Agreed actions from discussion with parents	Include notes from discussions with parents and agreed actions taken.