



St Edmund's Catholic Primary School

Relationships, Sex & Health Education (RSE) Policy

2025/26

SCHOOL MISSION STATEMENT

...through Christ we learn...

The member of staff responsible for this Policy is: Head of School / PSHE Lead

The Governing Body designate responsible for this Policy is: FGB

This has been approved and adopted by the Governing Body on 15th September 2025 and will be reviewed in accordance with Statutory updates.

This Policy will be reviewed in the Autumn term of 2026.

1. Introduction

At St Edmund's Catholic Primary School, we recognise that every child is uniquely created in the image of God. Our mission "*Through Christ, We Learn*" ensures that all pupils know they are loved, valued, and called to flourish in faith, learning, relationships, and life.

Relationships and Sex Education (RSE) is part of the holistic education we provide, rooted in Catholic teaching and consistent with statutory DfE requirements (2019). Our programme is based on the **CES Model Curriculum for RSE** and taught using **Ten Ten's Life to the Full**, approved by the Diocese of Westminster.

2. Aims of RSE

RSE at St Edmund's aims to:

1. Support pupils in understanding their dignity as children of God.
2. Teach the centrality of healthy relationships, marriage, and family life.
3. Promote Catholic Social Teaching, especially human dignity, community, and care for creation.
4. Ensure pupils are prepared for life in modern Britain, respecting other faiths, cultures, and identities.
5. Provide age-appropriate, accurate teaching on physical development, emotional wellbeing, and safety.

3. Statutory and Diocesan Framework

- Statutory DfE RSE Guidance (2019).
- **Catholic Education Service (CES) Model Curriculum for RSE.**
- **Diocese of Westminster Guidance and Approval.**
- The **Religious Education Directory (2023 – *To Know You More Clearly*)**, linking RSE with Catholic Life and Mission.

4. Curriculum Delivery

RSE is delivered through:

- The **Ten Ten Life to the Full** programme (EYFS–Y6).
- Religious Education lessons (linked to RED 2023).
- Science and PSHE.
- Class *Celebrations of the Word* and assemblies.
- Whole-school initiatives on Catholic Social Teaching.

Teaching is age-appropriate, inclusive, and sensitive to the needs of all pupils. Content is taught within a framework of prayer, worship, and respect for human dignity.

5. Content Overview

RSE is structured around three themes of *Life to the Full*:

1. **Created and Loved by God** – self-worth, human dignity, emotional wellbeing.
2. **Created to Love Others** – relationships, family, friendship, online safety, forgiveness, reconciliation.
3. **Created to Live in Community** – Catholic Social Teaching, vocation, stewardship of creation.

6. Catholic Social Teaching (CST)

CST principles are embedded within RSE. Pupils learn that human dignity, solidarity, preferential option for the poor, and care for creation are not only values, but ways of living out the Gospel in everyday life. RSE links CST with our school's charitable outreach (e.g. CAFOD, Caritas Westminster, foodbank collections, Harvest assemblies).

7. Prayer and Worship Links

RSE is rooted in prayer and liturgy. Pupils reflect on relationships, service, and vocation during:

- Daily prayer.
- Class and whole-school *Celebrations of the Word*.
- Seasonal liturgies (e.g. May devotions, Stations of the Cross).
- Links with saints and role models of holiness and service.

8. Inclusion and Equality

- RSE is taught in a way that respects all pupils, regardless of background, culture, or additional needs.
- We affirm the Church's teaching that every person is created with dignity.
- Lessons are adapted for SEND pupils to ensure access and participation.

9. Safeguarding

- RSE teaching is consistent with our **Safeguarding and Child Protection Policy**.
- Pupils are taught how to recognise unsafe relationships, online risks, and how to seek help.
- Any disclosures follow safeguarding procedures.

10. Parental Engagement

- Parents are the first educators in faith and love.
- We work in partnership with parents through:
 - Access to the **Ten Ten Parent Portal**.
 - Newsletters and curriculum updates.
 - Parent workshops and consultations.
- Parents have the right to withdraw their child from sex education outside the statutory science curriculum.

11. Roles and Responsibilities

Role	Responsibilities
Headteacher / Head of School	Ensure RSE policy and delivery meet statutory and diocesan guidance.
RSE Coordinator / REC	Plan, monitor and evaluate RSE provision; support staff; liaise with Diocese.
Teachers	Deliver RSE sensitively, consistently, and in line with school policy.
Parents	Support their child's learning and engage with resources provided.
Governors	Monitor policy implementation and ensure Catholic Life priorities are met.

12. Monitoring and Evaluation

- Lesson observations, planning scrutiny, pupil voice, and floor books are used to monitor impact.
- Evidence of RSE is included in the **Catholic Self-Evaluation Document (CSED)**.
- Governors receive termly updates.