



# **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 15<sup>th</sup> September 2025 and will be reviewed in accordance with Statutory updates.**

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

## 1. Mission Statement & Theological Rationale

*“...through Christ we learn...”*

At St Edmund’s Catholic Primary School, we believe that every child is created in the image and likeness of God and called to flourish.

Our mission — **“Through Christ, We Learn”** — shapes every aspect of Relationships, Sex & Health Education (RSE).

RSE is not simply about knowledge; it is about **formation**. We aim to nurture pupils who:

- Understand their **God-given dignity**;
- Build healthy, loving relationships;
- Live out Gospel values in community;
- Recognise their vocation as members of the Body of Christ.

Rooted in **Catholic Social Teaching (CST)** and the **Gospel**, RSE at St Edmund’s is delivered through prayer, worship, curriculum, and witness.

## 2. Aims of RSE

RSE at St Edmund’s aims to:

- Teach children that they are **created and loved by God**.
- Support pupils to develop spiritually, morally, socially, and culturally.
- Promote healthy, respectful relationships, family life, and community living.
- Embed CST principles (Human Dignity, Solidarity, Stewardship, Common Good).
- Prepare pupils for life in modern Britain, with respect for other faiths and cultures.
- Provide age-appropriate teaching on physical development, emotional wellbeing, and safety, always within the moral framework of the Catholic Church.

## 3. Statutory & Diocesan Framework

This policy follows:

- **DfE Statutory RSE Guidance (2019)**
- **CES Model Curriculum for RSE**
- **Religious Education Directory (2023)** – *To Know You More Clearly*
- **Diocese of Westminster RSE & RJED guidance**
- **Section 48 Inspection Framework** (Catholic Life, RE, Worship)

## 4. Strategic Integration with RJED, Interfaith & Catholic Life

RSE is **strategically aligned** with:

- **RJED** initiatives (Black History, Show Racism the Red Card, Anti-Bullying)
- **Interfaith dialogue & visits** (synagogue, mosque, gurdwara, mandir, Faiths Forum)

- **Catholic Life:** liturgical year, saints, charitable action, assemblies
- **Ten Ten Life to the Full** thematic programme

This alignment is mapped clearly in the **Master Alignment Matrix** (Appendix A), which connects:

- Ten Ten themes
- RSE curriculum objectives
- CST principles and resources
- RJED and Interfaith events
- Assemblies, worship, feast days
- Charities, saints, and community action

This ensures that what pupils learn in RSE is reinforced in worship, celebrated in community events, and **lived out through Gospel action**.

## 5. Curriculum Delivery

RSE is delivered through:

- **Ten Ten Life to the Full** (EYFS–Y6)
- Religious Education (RED 2023)
- Science & PSHE curriculum
- Collective Worship, liturgies, assemblies
- Thematic weeks (e.g. Interfaith, Eco-week, RJED)

All teaching is:

- Age-appropriate and faithful to Church teaching
- Grounded in prayer, scripture, and Gospel values
- Sensitive to pupils' diverse backgrounds
- Inclusive of SEND needs

## 6. Content Overview

Ten Ten Theme	RSE Focus	Illustrative Links
Created and Loved by God	Self-worth, emotional wellbeing, identity	Black History focus, mental health awareness, St Martin de Porres
Created to Love Others	Relationships, forgiveness, boundaries, online safety	Anti-Bullying Week, Interfaith visits, Wellbeing Days
Created to Live in Community	Stewardship, vocation, CST, global responsibility	Lent CAFOD appeals, Laudato Si' eco focus, International Day

## 7. Catholic Social Teaching

CST is **woven through RSE** to ground learning theologically. Pupils encounter CST principles through:

- Curriculum and assemblies (e.g. Human Dignity in Black History Week)

- Feast days and saints (e.g. St Francis for Care for Creation)
- Charitable actions (CAFOD, Caritas, Children in Need)
- RJED and Interfaith experiences

CST Resources used:

- CAFOD Primary CST Resources
- Caritas Westminster CST Resources
- Laudato Si' Encyclical

## 8. Prayer & Worship

RSE is always framed in prayer. Pupils reflect and pray during:

- Daily class prayer
- Assemblies on saints, CST, and Ten Ten themes
- Seasonal liturgies (Advent, Lent, May devotions)
- Stations of the Cross, Marian prayers, and leavers' liturgies

## 9. Inclusion & Equality

- RSE is delivered with respect for **every child's dignity**.
- Planning is inclusive and differentiated for SEND pupils.
- Other faiths, cultures, and family contexts are honoured.
- RJED and Interfaith strands are intentionally embedded.

## 10. Safeguarding

RSE supports safeguarding by teaching pupils to:

- Recognise unsafe situations and unhealthy relationships
  - Stay safe online
  - Identify trusted adults
- Disclosures follow school safeguarding procedures.

## 11. Parental Engagement

Parents are the **first educators**. We work in partnership by:

- Providing Ten Ten **Parent Portal** access
- Termly newsletters and curriculum overviews
- Parent workshops and consultation evenings
- Clear communication about content and withdrawal rights

## 12. Roles & Responsibilities

Role	Responsibilities
Headteacher / Head of School	Ensure statutory & diocesan compliance
RSE Leader / REC	Plan, monitor, evaluate provision; lead CPD
Teachers	Deliver RSE with fidelity and sensitivity
Parents	Support and reinforce RSE at home
Governors	Monitor and evaluate policy implementation

## 13. Monitoring & Evaluation

Impact is monitored through:

- Lesson observations, planning scrutiny, pupil voice
- Floor books, CSED evidence, Ten Ten audits
- RJED & Interfaith monitoring cycles
- Annual policy review and matrix evaluation

## 14. Related Documents & Key Links

**Table 1 – Strategic Documents**

Document	Purpose
Master Alignment Matrix 2025–26	Strategic overview linking RSE, RJED, CST, assemblies, saints, charities
RJED Policy 2025–26	Strategic justice, diversity, inclusion
Collective Worship Policy	Worship, feast days, assemblies
Interfaith Engagement Plan	Interfaith visits, themed weeks
Faith in Action Plan	Charities, saints, CST themes
Catholic Life Calendar	Liturgical year & Catholic Life overview

**Table 2 – Charities & Saints (Examples)**

Charity / Organisation	Focus	Website
CAFOD	Global justice, Lent & Harvest appeals	<a href="https://cafod.org.uk">https://cafod.org.uk</a>
Caritas Westminster	Social action, local outreach	<a href="https://www.caritaswestminster.org.uk">https://www.caritaswestminster.org.uk</a>
YoungMinds	Mental health & wellbeing	<a href="https://www.youngminds.org.uk">https://www.youngminds.org.uk</a>
Guide Dogs	Inclusion & service	<a href="https://www.guidedogs.org.uk">https://www.guidedogs.org.uk</a>
Greenpeace / WWF	Creation care	<a href="https://www.greenpeace.org.uk">https://www.greenpeace.org.uk</a> / <a href="https://www.wwf.org.uk">https://www.wwf.org.uk</a>

Saint	Theme	Connection
St Martin de Porres	Inclusion, dignity	Black History & RJED
St Francis of Assisi	Creation, peace	Laudato Si' & eco focus
St Joseph	Vocation, family	Lent CST focus
Mary, Mother of the Church	Devotion	May devotions
Saints Peter & Paul	Mission, unity	Leavers' liturgy






## Master Alignment Matrix 2025 – 2026

*Ten Ten RSE • RJED • Interfaith • Catholic Social Teaching • Assemblies • Charities • Saints • Evidence*

### Rationale

At St Edmund's we treat RJED, Interfaith, Catholic Social Teaching (CST) and RSE as **one formation journey**. Ten Ten themes run through our curriculum, assemblies, worship, visits, and charity actions so pupils repeatedly **see–pray–learn–act**. This alignment strengthens Catholic identity, builds theological literacy, and makes impact easy to evidence across Section 48, RJED monitoring, and governor oversight.

### Whole-School Alignment (overview)

Term / Dates	Ten Ten Theme	RSE Focus	RJED & Themed Events	CST Theme & Link	Interfaith Links	Assemblies & Worship	Charities / Saints	Evidence
<b>Autumn 1</b> (Sept – Oct)	Created and Loved by God	Human dignity, uniqueness, self-worth	 <b>Black History Focus</b> (class work & assembly)  <b>Show Racism the Red Card</b> Assembly (Oct)	<b>Human Dignity &amp; Solidarity</b> → <a href="#">CAFOD CST Primary</a>	Begin interfaith awareness & dialogue in RE (Judaism for Y2)	“We are all God’s children” “Celebrating difference”	† St Martin de Porres  CAFOD Harvest	Photos of displays, lesson plans, pupil reflections
<b>Autumn 2</b> (Nov – Dec)	Created to Love Others	Friendship, respect, standing up for others; reconciliation	 <b>Interfaith Week</b> (10–14 Nov)  <b>Anti-Bullying Week</b> (Odd Socks Day & assembly)	<b>Common Good &amp; Solidarity</b> → <a href="#">Caritas CST</a>	Interfaith visitors, synagogue/mosque visits (Y1–Y3)	“One Family, Many Faiths” “Stand Up, Speak Out, Be Kind”	† St Francis of Assisi  Young Minds  Children in Need	Pupil pledges, interfaith floor books, assembly photos
<b>Spring 1</b> (Jan – Feb)	Created to Love Others (cont.)	Forgiveness, empathy, healthy boundaries; wellbeing	 <b>Week of Prayer for Christian Unity</b>  Wellbeing / Hello	<b>Family &amp; Community</b> → <a href="#">CAFOD CST Primary</a>	Chinese New Year (Reception), continued interfaith visits	“Healing and forgiving” “God’s peace in our hearts”	† St Joseph  Guide Dogs	Class liturgies, PSHE reflections, pupil voice

			Yellow focus					
<b>Spring 2 (Mar – Apr)</b>	Created to Live in Community	Stewardship, vocation, service, Lent	† <b>Lent CAFOD Appeal</b> ☞ <b>Peace &amp; Justice Assemblies</b> ❁ Stations of the Cross	<b>Stewardship &amp; Preferential Option for the Poor</b> → <a href="#">CAFOD CST</a>	Y4 Sikh Gurdwara visit, Y5 Buddhism workshop	“Walking with Jesus in Lent” “Called to Serve”	† St Joseph ❁ CAFOD Big Lent Walk	Lent journals, charity totals, govern or visit notes
<b>Summer 1 (Apr – May)</b>	Created to Live in Community (cont.)	Global community, responsibility, creation care	🌐 <b>Laudato Si’ Week / Eco-Week</b> ❁ May Devotions	<b>Care for Creation</b> → <a href="#">Laudato Si’ Encyclical</a>	Y5 Buddhism reflection; continued interfaith links	“The Earth is our home” “Called to care”	† Mary, Mother of the Church ❁ Greenpeace / WWF	Eco-team projects, RE books, Laudato Si’ assemblies
<b>Summer 2 (Jun – Jul)</b>	Consolidation & Celebration	Vocation in action, gratitude, unity	🌐 <b>International Day</b> ☞ End-of-Year Worship & Leavers’ Mass † Saints Peter & Paul	<b>Solidarity &amp; Common Good</b> → <a href="#">Caritas CST</a>	Y6 Faiths Forum workshop & interfaith dialogue	“Many cultures, one family of God” “Go out and shine”	† St Peter & St Paul Community fundraising	Event photos, parental engagement logs, pupil reflections