St Edmund's Catholic Primary School
299 Westferry Road, London E14 3RS

Relationships, Sex and Health Education (RSE) Policy

School Mission Statement: **Through Christ We Learn**

Commitment to equality:

We are committed to providing a positive working environment which is free from prejudice and unlawful discrimination and any form of harassment, bullying or victimisation. We have adopted a number of key policies to ensure that the principles of Catholic Social Teaching, in relation to human dignity and dignity in work, become embedded into every aspect of school life, and these policies are reviewed regularly in this regard.

Policy approved by:	**School Business Manager**	Date: Sept 2025
Date of next review	September 2026	
Responsibility for Policy:	Governing Board	
Review Cycle: this Policy will be renewed by: the FGB/Curriculum/Finance Committee* Annually		

Summary of changes to this Policy

(this should only be completed for Statutory Policies)

Version	Date of change	Description of change	Section/Page

1. Our Catholic Vision for RSE

At St Edmund's, every child is created and loved by God. Relationships, Sex and Health Education (RSE) helps pupils grow in dignity, confidence, respect and understanding of themselves and others.

RSE at St Edmund's:

- is rooted in the Gospel
- reflects the teachings of the Catholic Church
- promotes Catholic Social Teaching
- forms the whole child: spiritually, morally, emotionally and physically
- prepares children to build safe, healthy, loving relationships
- helps children understand how to stay safe and make wise choices

We work in partnership with parents, who are the first educators of their children.

2. Statutory Requirements

This policy follows:

- DfE *Relationships Education, Relationships & Sex Education and Health Education* (2019 & 2025 update)
- Keeping Children Safe in Education (KCSIE)
- Equality Act 2010
- CES Model RSE Policy
- Diocese of Westminster expectations
- National Curriculum for Science

In primary schools:

✔ **Relationships Education is statutory**
✔ **Health Education is statutory**
✔ **Puberty education (Science) is statutory**
✔ **Sex Education is *not* statutory**

Parents **cannot withdraw** from Relationships Education, Health Education, or puberty lessons in Science.

Parents **can withdraw** from Sex Education taught outside the Science Curriculum.

3. Curriculum Overview

St Edmund's uses **TenTen Life to the Full**, a Catholic, media-rich programme approved by the Catholic Education Service and Diocese of Westminster.

TenTen ensures:

- full coverage of statutory Relationships Education
- full coverage of statutory Health Education
- age-appropriate teaching of puberty
- clear Catholic theology
- strong safeguarding elements
- high-quality learning resources
- SEND accessibility
- a secure **Parent Portal** for transparency

3.1 Relationships Education (Statutory)

Children learn about:

- families and people who care for them
- caring and respectful friendships
- boundaries, privacy and keeping safe
- online behaviour and digital safety
- kindness, honesty, trust and forgiveness

3.2 Health Education (Statutory)

Children learn about:

- mental wellbeing
- emotional regulation
- healthy lifestyles and good choices
- personal hygiene
- sleep, rest and exercise
- basic first aid
- online wellbeing
- **puberty (Science)** including menstruation

3.3 Sex Education (Non-statutory)

St Edmund's teaches *basic, age-appropriate* human development in Upper Key Stage 2 in line with the Science Curriculum and Catholic understanding of the human body.

Parents may withdraw from Sex Education only (see Section 6).

4. Teaching RSE at St Edmund's

RSE is taught:

- through the TenTen Life to the Full programme
- in a safe, respectful and age-appropriate environment
- by trained staff
- using clear and accurate vocabulary
- through discussion, story, drama, prayer and reflection
- within the teachings of the Church
- with emphasis on dignity, respect, safety, responsibility and love

SEND pupils receive adapted materials and additional support.

5. Working With Parents

We value strong home–school partnership.

Parents are supported through:

- the TenTen **Parent Portal**
- clear communication before sensitive topics
- opportunities to view planning and materials
- parent information meetings where needed

Parents are encouraged to discuss RSE learning with their children in a faith-filled and supportive way.

6. Parental Right to Withdraw

Parents may request withdrawal from **non-statutory Sex Education**.

Parents **cannot withdraw** from:

- Relationships Education
- Health Education
- Puberty content in the Science curriculum

Requests must be made in writing to the Head of School.
A meeting will be offered to discuss the request.

The school will respect the decision and record it appropriately.

7. Safeguarding

RSE supports safeguarding by teaching children:

- appropriate boundaries
- respect for their own body
- how to recognise unsafe situations
- the difference between safe and unsafe secrets
- how to stay safe online
- how to ask for help from trusted adults

Any concerns raised during RSE are handled in accordance with **KCSIE** and school safeguarding policy.

8. Roles and Responsibilities

Governing Body

- Approves the policy
- Ensures statutory compliance

Headteacher / Head of School

- Oversees implementation
- Ensures staff training and communication

RSE/RE Lead

- Coordinates curriculum delivery
- Provides support and monitoring

- Ensures alignment with CES and diocesan guidance

Teachers

- Deliver RSE sensitively, respectfully and accurately

9. Monitoring and Review

RSE is monitored through:

- lesson observations
- planning review
- pupil voice
- parent feedback
- governor oversight

This policy is reviewed annually by the Governing Body.

10. Related Policies

- Safeguarding & Child Protection
- RE Policy
- PSHE Policy
- Online Safety Policy
- Behaviour Policy
- Anti-Bullying Policy
- SEND Policy