



RHSE Policy

Updated January 2026

Introduction

This policy aims to outline the teaching, leadership and management of RHSE at Diamond Wood Community Academy. From September 2020, Relationship and Sex Education (RSE) will be compulsory in all primary schools and RSE will be covered through PSHE education. As a Nursery and Infant school, we will cover relationship and health education. We are not required to teach sex education.

Aims and Outcomes of RSE in the curriculum:

The overall aim of RSE is to foster a positive notion of lifelong learning about physical, moral and emotional development, including how to look after physical and mental health. It aims to support the development of self-respect and empathy for others and promotes the development of skills and understanding necessary to manage conflict peaceably and learn how to recognise and avoid exploitation and abuse.

The RSE policy supports/complements the following policies and publications:

- RPSHE Policy
- RE policy
- Safeguarding policy
- Inclusion policy
- SEND Policy
- Behaviour Policy
- Anti-bullying policy

RHSE provides opportunities for pupils to:

- Provides planned opportunities for learning about the emotional, social and physical aspects of growing up and relationships.
- To have the confidence and self-esteem to value themselves and others.
To help to develop skills to enable them to understand differences and respect themselves and others.
- To prevent and remove prejudice.
- RHSE should contribute to promoting the spiritual, moral, cultural, mental and physical development of pupils at school and within society, thus preparing them for the responsibilities and experiences of adult life.

Teaching and Learning including delivery of the Curriculum

We teach RHSE through different aspects of the curriculum and carry out the main RHSE teaching in our RPSHE curriculum.

The core themes throughout are:

- We are happy!
- We are safe!
- We enjoy a challenge!
- We celebrate diversity!
- We show respect!
- We are ready and fit for our future!

Roles and Responsibilities

The Governing Body

The Local Governing Body will approve the RHSE policy and hold the Executive Headteacher/ Head of School to account for its implementation.

RPSHE Subject Leader

The RPSHE Education Leader will be responsible for monitoring and evaluating the effectiveness of RHSE throughout the school and ensuring that the curriculum is taught by qualified teachers and/or health education professionals commissioned to work with us to support with our programme (for example, school nursing service and NSPCC).

The Executive Head Teacher/Head of School

The Executive Head Teacher/Head of School are responsible for:

- ensuring that the policy is implemented effectively and taught consistently across the school.
- reporting to governors on its effectiveness through Curriculum and Standards Local Governing Body meetings.
- ensuring that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity.
- monitoring this policy on a regular basis in consultation with the Personal Development education leader.

Class Teachers

Teachers are responsible for:

- delivering RHSE in a sensitive way.

- modelling positive attitudes to RHSE.
- monitoring progress.
- responding to the needs of individual pupils.

Staff do not have the right to opt out of teaching RHSE. Staff who have concerns about teaching RHSE are encouraged to discuss this with the Executive Head Teacher/Head of School.

The Role of Parents

The school is committed to working with parents and believes that it is important to have the support of parents and the wider community for the RPHSE and RHSE programme.

We will,

- Inform parents about the school's RHSE policy and practice.
- Answer any questions that parents may have about the RSHE of their child.
- Take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for RHSE in the school.

Parents' right to withdraw

Parents **do not** have the right to withdraw their children from relationships education.

Monitoring arrangements

The delivery of RHSE is monitored by the RPHSE Leader through planning/ book scrutinies, learning walks, and pupil interviews.

Pupils' development in RHSE is monitored by class teachers; tracking children's understanding and progress through formative and summative assessments as part of our internal assessment systems. They use a range of strategies appropriate to the topic being taught and the children's age and abilities.