RELATIONSHIPS & HEALTH EDUCATION

Excellence Without Compromise

A simple guide for parents

Our full RHSE Policy can be found on our school website

At Kings Road, we want every child to feel respected, included and safe. These lessons help children understand themselves, look after their wellbeing and build positive relationships.

Relationships Education

Families and the people who care for us

Caring friendships and managing disagreements

Kindness, respect and healthy boundaries

Online relationships and staying safe online

Personal safety, recognising when something feels unsafe and asking a trusted adult for help

Health Education

Being active, eating healthily, sleep and personal hygiene

Feelings, emotional wellbeing and where to find support

Online wellbeing and making safe choices

Keeping safe, including basic first aid

Growing and developing, including puberty and the correct names for body parts

How We Teach Relationships and Health Education

Learning takes place mainly through PSHE, with relevant learning also included in Science and RE.

Lessons are age-appropriate, sensitive and adapted so children with different needs and levels of understanding can take part.

Staff encourage respect for everyone.

If a child asks an unexpected question, staff respond sensitively.

Any safeguarding concern is shared with the Designated Safeguarding Lead and managed through the school's safeguarding procedures.

How can you find out more?

You can view the curriculum on the school website or ask the school office for a copy. You can also arrange to speak with the PSHE Co-ordinator or Headteacher about the curriculum.

A note about withdrawl

Children cannot be withdrawn from statutory Relationships Education, Health Education or National Curriculum Science. The school currently teaches only the statutory elements of sex education, so withdrawal is unlikely to apply. If you have a question about a particular lesson, please contact the Headteacher.

Our full Relationships and Health Education Policy is available from the school.