



2026 - 2027

Kingsclere CE Primary School Relationship, Sex and Health Education Policy

Date created	July 2026
Review period	Annual
Next due for review	July 2027
Governors Committee Responsible	FGB
Date Reviewed	September 2026

This policy has been created by Kingsclere CE Primary School in line with the Department for Education guidance on Relationship, Sex and Health Education and Personal, Social, Health Education as well as guidance from the My Happy Mind Plus programme.



Kingsclere CE Primary School, Ash Grove, Newbury, Berkshire, RG20 5RE

Hand in hand we learn, we grow, we soar.

Relationship, Sex and Health Education Policy

The aims of our RHSE policy are to:

- Deliver a progressive, age-appropriate and inclusive RSHE curriculum.
- Create a safe environment for discussing sensitive topics.
- Develop pupils' confidence, empathy and self-respect.
- Equip pupils to build healthy, respectful relationships, online and offline.
- Prepare pupils for puberty and promote healthy lifestyles.
- Teach accurate vocabulary for bodies, relationships and emotions.
- Help pupils recognise boundaries, stay safe and seek support.
- Promote respect, responsible decision-making and strong partnerships with parents and carers

Relationships Education – Statutory

Relationships Education teaches children about healthy, respectful and safe relationships, including relationships with family, friends, carers, trusted adults and people online. It also covers respect, kindness, personal boundaries, permission-seeking, privacy, recognising safe and unsafe situations, and knowing how to ask for help.

It includes sensitive, age-appropriate safeguarding topics, such as personal boundaries, unsafe touch, consent, online safety and harmful behaviours, to help pupils recognise risk and stay safe.

The myHappymind Plus programme includes age-appropriate content linked to wider safeguarding, within its broader personal safety curriculum. This supports pupils to develop a gradual, sensitive and appropriate understanding of how to keep themselves safe, in line with national safeguarding expectations. At Kingsclere CE Primary School, we do not teach children about Female Genital Mutilation (FGM) - this is not part of the statutory primary curriculum. However, we do teach pupils about body privacy, their rights over their own bodies, safe and unsafe touch, and the importance of speaking to a trusted adult if they are ever worried about themselves or someone else. This forms an essential part of our wider safeguarding and personal safety education.

Any concerns or disclosures will be managed in line with Kingsclere CE Primary School's Safeguarding and Child Protection Policy and reported to the Designated Safeguarding Lead.

Health Education - Statutory

Health Education teaches pupils about physical health, mental wellbeing, growing and changing, puberty, healthy lifestyles, emotional wellbeing and how to seek support when needed.

Sex Education – Non-statutory in Primary

Primary schools are not required to teach sex education beyond the statutory science curriculum. Where Kingsclere CE Primary School chooses to teach additional sex education, this is delivered in an age appropriate way and includes learning about human reproduction, how babies are conceived and preparation for the physical and emotional changes linked to growing up.

At Kingsclere CE Primary School this content is taught in Year 6. Parents and carers will be consulted about this content in advance and provided with clear information about what will be taught.

Relationships, Sex and Health Education - RSHE

RSHE brings together Relationships Education, Health Education and, where the school chooses to teach it, sex education. It helps pupils develop the knowledge, skills and values they need to build healthy relationships, look after their physical and mental health, respect difference, develop a positive sense of identity and make safe, informed decisions. RSHE encourages discussion and understanding and is delivered in an age-appropriate, inclusive and respectful way.

Right to Withdraw

At Kingsclere CE Primary School, parents and carers have the right to request that their child is withdrawn from non-statutory sex education lessons. This right does not apply to statutory Relationships Education, Health Education or content covered through the National Curriculum for Science.

Where a parent or carer wishes to make this request, the Headteacher will first meet with them to discuss their concerns, understand the reasons for the request and explain the purpose and value of the teaching. Where appropriate, the pupil may also be involved in this discussion. Following this discussion, Kingsclere CE Primary school will grant the request and ensure that the pupil receives appropriate, purposeful alternative education during any lessons from which they are withdrawn.

Delivery of RSHE

RSHE is delivered through weekly myHappyMind lessons taught by class teachers and Higher-Level Teaching Assistants. Class teachers and Higher-Level Teaching Assistants are well placed to provide a consistent, trusted and supportive environment in which pupils feel safe to learn, reflect and ask questions.

Weekly lesson delivery incorporates the statutory requirements for Relationships Education and Health Education and is supported through the following programmes:

myHappyMind – Core Programme

The core myHappyMind programme supports pupils' mental health and wellbeing by helping them develop preventative habits, resilience, self-esteem, emotional awareness and positive relationships.

myHappyMind Plus

myHappyMind Plus provides complete PSHE coverage, including health, wellbeing, relationships, sex education and life skills.

British Values

British Values are promoted through assemblies, collective worship, classroom activities and interactive sessions, helping pupils understand respect, responsibility, democracy, individual liberty and the rule of law.

At Kingsclere CE Primary School, RSHE is delivered through myHappyMind and

myHappymind Plus, which provide a progressive and age appropriate curriculum. Learning is carefully sequenced to build on pupils' prior knowledge and develop their understanding and skills as they move through the school.

The curriculum is delivered through the myHappymind learning platform, which combines interactive lessons with journals and worksheets to support reflection and recording. Lessons are inclusive and adapted where appropriate to meet the needs of all pupils, including those with SEND.

Staff at Kingsclere CE Primary School receive regular safeguarding training and understand the procedures for responding to any concerns or disclosures that may arise during lessons. Any safeguarding concerns are managed in line with the school's Safeguarding and Child Protection Policy and are reported promptly to the Designated Safeguarding Lead, (Jo Messenger- Headteacher) or the Deputy Designated Safeguarding Leads (Lindsey Bowden, Lesley Dudman, Attiya Khawaja, Caroline Williamson), so pupils receive the support they need.

For each year group, objectives from the PSHE Association are mapped to myHappymind and myHappymind Plus lessons. This enables teachers to monitor whether pupils are working towards, meeting or exceeding objectives. Assessment information is used in line with Kingsclere CE Primary School's assessment policy to monitor progress across lessons and modules.

Here is an overview of myHappymind, myHappymind Plus and British Values:

Strand	Module / Content Pillars	Description / Core Content
myHappymind	Meet Your Brain	Helps children understand how their brain works and how to manage emotions and responses.
	Celebrate	Builds self-esteem by helping children recognise their strengths and positive qualities.
	Appreciate	Encourages gratitude and supports children in developing a positive mindset.

	Relate	Supports children in building positive relationships and understanding others.
	Engage	Helps children set goals, stay motivated and develop resilience.
myHappymind Plus	Relationships (Sex) and Health Education	Provides age-appropriate learning about relationships, health, and wellbeing.
	Economic Wellbeing and Careers Education	Introduces children to financial awareness, future aspirations and career pathways.
British Values	Democracy	Teaches children how democratic processes work and how they can contribute.
	Rule of Law	Helps children understand why rules and laws are important in society.
	Individual Liberty	Encourages children to make informed choices and understand personal freedoms.
	Mutual Respect	Supports children in recognising the importance of respecting others.
	Tolerance of Different Faiths and Beliefs	Helps children understand and appreciate diversity in beliefs and cultures.

Parent Information and Consultation

At Kingsclere CE Primary School, we are committed to working in partnership with families by providing clear, accessible information about our RSHE curriculum and ensuring parents and carers have opportunities to engage with and understand the learning taking place.

Our RSHE policy and curriculum overviews are available to parents and carers to promote transparency and support meaningful engagement with their child's learning. We offer opportunities for parents and carers to review the

curriculum and resources used within school, through an annual parental consultation session.

Parents and carers are welcome to contact Kingsclere CE Primary School at any time if they wish to discuss the curriculum or view lesson materials. They can do this by contacting Mrs Lauren Taylor – our PSHE Lead.

Where Kingsclere CE Primary school chooses to deliver sex education beyond the statutory science curriculum, parents and carers will be consulted in advance and provided with information about the content being taught. In line with statutory guidance, parents and carers have the right to request that their child is withdrawn from non-statutory sex education lessons.

Through the myHappyMind Parent App, families can access resources linked to the core myHappyMind programme, helping them understand lesson content and reinforce key strategies, such as Happy Breathing, at home.

Managing Difficult Questions

At Kingsclere CE Primary School we recognise that pupils may ask questions about topics that go beyond the sex education covered by the school, or that relate to content from which they have been withdrawn.

Staff will respond sensitively and in an age-appropriate way. This may include encouraging the pupil to speak with a parent, carer or another trusted adult, or signposting them to appropriate support.

We understand that unanswered questions may lead children to seek answers from inappropriate or online sources. For this reason, questions are handled thoughtfully and safely, rather than avoided.

Safeguarding

At Kingsclere CE Primary School, safeguarding principles are embedded throughout the RSHE curriculum and wider school practice. This includes learning about online safety, healthy relationships, consent, personal boundaries, recognising safe and unsafe situations, and emotional wellbeing.

Lessons are delivered in a safe, age-appropriate and supportive manner, ensuring pupils feel respected and able to seek help if needed. Staff at

Kingsclere CE Primary School are alert to any safeguarding concerns that may arise during lessons and know how to respond in line with the school's safeguarding procedures, including sharing information with the Designated Safeguarding Lead where appropriate.

Clear signposting is provided so pupils know who they can talk to if they are worried or need support. Staff can also refer to the myHappymind guidance on using journals to help ensure any potential safeguarding disclosures are recognised and responded to appropriately.

Monitoring Curriculum Delivery

At Kingsclere CE Primary School, the PSHE Lead is responsible for monitoring the quality and impact of RSHE across the school. This includes using pupil voice, book looks, completing module assessments and doing learning walks to check that lessons are being delivered consistently and effectively. Feedback is used to celebrate good practice, identify areas for development and inform future curriculum planning.

We are committed to working in partnership with parents and carers. A yearly parental consultation is offered so families can learn about the RSHE curriculum, ask questions and review the resources and lesson content used in school. Parents and carers can also request to view curriculum materials by contacting Mrs Lauren Taylor – PSHE Lead via the school office.

To support high-quality delivery, all teachers are expected to complete myHappymind online training before teaching the programme. At the beginning of each academic year, staff at Kingsclere CE Primary School are updated on any new content, resources or curriculum changes. Ongoing CPD, including the myHappymind Staff CPD programme, is used to strengthen staff confidence, knowledge and practice. Additional training and support will be provided where needed to ensure RSHE lessons are delivered consistently, confidently and effectively.