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1. Policy Statement

Kings Ash Academy is committed to providing a high-quality Relationships, Sex and Health Education (RSHE) curriculum that enables pupils to develop the knowledge, skills and attributes they need to thrive as healthy, safe and responsible members of society. RSHE forms a fundamental part of the academy's wider commitment to safeguarding, wellbeing, personal development and preparation for life in modern Britain.

The curriculum is delivered through the Kapow Primary RSHE and PSHE programme and is designed to be progressive, inclusive and age appropriate. Learning is sequenced carefully to build pupils' understanding over time and supports them in developing positive relationships, managing their wellbeing, staying safe and preparing for the changes associated with growing up. The curriculum reflects local safeguarding priorities, pupil needs, wellbeing, healthy relationships, online safety and preparation for secondary transition.

2. Rationale

At Kings Ash Academy, we believe that RSHE is an essential part of every child's education and personal development. Children are growing up in an increasingly complex and interconnected world and require opportunities to develop emotional literacy, resilience, communication skills and the ability to make informed decisions.

Our RSHE curriculum supports children to:

- understand and manage emotions
- maintain physical and mental wellbeing
- build positive relationships
- understand personal safety
- recognise and manage risk
- respect diversity and difference
- become active and responsible citizens
- prepare confidently for the changes that occur as they grow and mature

The curriculum reflects statutory guidance, complements the Science curriculum and contributes to safeguarding by helping pupils recognise unsafe situations, understand boundaries and know where to seek help.

3. Aims

The aims of RSHE at Kings Ash Academy are:

- To promote pupils' physical, emotional, mental and social wellbeing.
- To develop confidence, resilience and self-esteem.
- To help pupils establish healthy and respectful relationships.
- To teach pupils how to stay safe both online and offline.
- To prepare pupils for puberty and the physical and emotional changes associated with growing up.
- To develop understanding of rights, responsibilities and citizenship.
- To foster respect, equality, inclusion and tolerance.
- To support pupils in becoming responsible members of their communities.
- To contribute to safeguarding and child protection.
- To prepare pupils for life in modern Britain.

4. Statutory Framework

This policy has been written with reference to:

- Children and Social Work Act 2017
- Relationships Education, Relationships and Sex Education and Health Education Regulations 2019
- Keeping Children Safe in Education
- Equality Act 2010
- SEND Code of Practice
- National Curriculum for England
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Relationships Education and Health Education are statutory components of the primary curriculum. National Curriculum Science also contains statutory content relating to the human body and human development.

5. Roles and Responsibilities

The Governing Body, Headteacher, RSHE Lead and teaching staff share responsibility for effective implementation.

Governor with Strategic Responsibility for Curriculum

Mr Rob Tyler provides strategic oversight of RSHE, monitors implementation and supports policy review.

Governor Link for Safeguarding

Mr Tim Stephens monitors safeguarding aspects of RSHE and provides challenge and support.

RSHE Lead

Mrs Laura Ford oversees curriculum planning, quality assurance, consultation and compliance.

Governing Body

The Governing Body will:

- approve the policy
- monitor implementation
- ensure statutory compliance
- review effectiveness

Headteacher

The Headteacher will:

- ensure statutory requirements are fulfilled
- monitor curriculum implementation
- support staff training
- ensure parental engagement

RSHE Lead

The RSHE Lead will:

- oversee curriculum planning
- support staff
- monitor delivery
- evaluate effectiveness

Teaching Staff

Teachers will:

- deliver RSHE in accordance with this policy
- establish safe learning environments
- answer questions appropriately
- follow safeguarding procedures

Parents and carers remain children's primary educators and are encouraged to work in partnership with the school.

6. Curriculum Design

Kings Ash Academy uses the Kapow Primary RSHE and PSHE curriculum.

The curriculum is structured through seven key areas.

Healthy Self

Learning focuses on:

- mental wellbeing
- emotional literacy
- resilience
- self-esteem
- healthy lifestyles
- physical health

Connecting with Others

Learning focuses on:

- families
- friendships
- communication
- respect
- kindness
- boundaries
- healthy relationships

The Online World

Learning focuses on:

- online safety
- cyberbullying
- privacy
- digital citizenship
- social media awareness
- responsible technology use

Citizenship

Learning focuses on:

- rights and responsibilities
- democracy
- British Values
- equality
- diversity
- community participation
- financial awareness

Staying Safe

Learning focuses on:

- personal safety
- trusted adults
- consent and boundaries
- recognising risk
- seeking help
- emergency situations

Growing Up

Learning focuses on:

- body changes
- puberty
- personal hygiene
- menstruation
- reproduction
- conception
- pregnancy and birth

Health Protection

Learning focuses on:

- hygiene
- disease prevention
- vaccinations
- oral health
- healthy habits
- first aid [

7. Curriculum Progression

Year Group	Healthy Self	Connecting with Others	Online World	Citizenship	Staying Safe	Growing Up	Health Protection
Reception	Recognising feelings	Friendship and kindness	Technology with adults	Belonging to groups	Trusted adults	Body awareness	Hygiene
Year 1	Healthy choices	Families and friendships	Basic online safety	Responsibilities	Safe/unsafe situations	Body ownership	Medicines safety
Year 2	Managing feelings	Respectful relationships	Privacy online	Fairness	Trusted adults	Privacy and body parts	Healthy habits
Year 3	Wellbeing	Family diversity	Online behaviour	Rights and responsibilities	Safe choices	Growing independence	Healthy lifestyles
Year 4	Mental wellbeing	Empathy and communication	Online risks	Community participation	Seeking support	Puberty introduction	Tobacco awareness
Year 5	Resilience	Marriage and family life	Online relationships	Equality and diversity	Risk taking	Puberty and menstruation	Preventative healthcare
Year 6	Transition	Healthy relationships	Digital citizenship	Responsible decision making	Consent and personal safety	Reproduction, conception, pregnancy and birth	First aid and vaccinations

8. Teaching and Learning

RSHE is primarily delivered through timetabled PSHE lessons.

Learning may also take place through:

- assemblies
- enrichment activities
- safeguarding curriculum
- educational visits
- themed events

- Science lessons

Sensitive topics are explored through stories, scenarios and fictional characters rather than personal disclosures. This approach supports safe discussion whilst promoting empathy and understanding.

9. Creating a Safe Learning Environment

Teachers establish clear expectations and ground rules before delivering RSHE lessons.

Pupils are encouraged to:

- listen respectfully
- value different viewpoints
- contribute appropriately
- maintain privacy and respect

Questions will be answered honestly and in an age-appropriate manner. Staff may defer questions where appropriate and follow safeguarding procedures if concerns arise.

10. Inclusion and Equality

Kings Ash Academy is committed to ensuring that all pupils can access RSHE.

Teaching reflects:

- Equality Act 2010 requirements
- diverse families and communities
- SEND needs
- safeguarding requirements
- inclusive practice

The curriculum promotes respect and challenges prejudice, discrimination and bullying.

11. Safeguarding and Confidentiality

RSHE contributes directly to safeguarding by helping pupils:

- understand boundaries
- identify trusted adults
- recognise abuse
- seek support

Teachers cannot promise confidentiality.

Any disclosure indicating potential harm or abuse will be reported to the Designated Safeguarding Lead (Sarah Greenhill) in accordance with safeguarding procedures.

12. Partnership with Parents

Kings Ash Academy values the role of parents and carers in children's personal development.

The school will:

- publish this policy on the website
- provide curriculum information
- offer opportunities for consultation
- respond to parental questions
- provide access to curriculum materials where appropriate

The curriculum overview for parents should be published alongside this policy.

13. Right to Withdraw

Parents cannot withdraw children from:

- Relationships Education
- Health Education
- National Curriculum Science

Parents may request withdrawal from the non-statutory sex education content taught in Year 6 within the Growing Up strand.

Requests should be made in writing to the Headteacher.

Alternative supervised learning will be provided where withdrawal is agreed.

14. Monitoring, Evaluation and Review

The effectiveness of RSHE will be monitored through:

- pupil voice
- learning walks
- work scrutiny
- staff feedback
- parental feedback
- safeguarding reviews
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The policy will be reviewed annually or sooner if changes in legislation or school context require this.

Appendix A – Curriculum Progression by Year Group

Full curriculum and vocabulary progression maps are available to access on our website [Kings Ash Academy, RSHE/PSHE Section](#)

Appendix B – Statutory Coverage

Relationships Education: families, friendships, respectful relationships, online relationships and being safe.

Health Education: mental wellbeing, internet safety, physical health, healthy eating, first aid and changing adolescent body.

National Curriculum Science content is delivered in accordance with statutory requirements.

Appendix C – Parent Withdrawal Request Procedures

Relationships Education, Health Education and National Curriculum Science are statutory requirements.

Parents and carers cannot withdraw pupils from:

- Relationships Education
- Health Education
- National Curriculum Science

Parents may request withdrawal from the non-statutory Sex Education elements delivered within the Growing Up strand in Year 6.

Requests should follow the procedure below:

Stage 1

A written request should be submitted to the Headteacher.

Stage 2

A meeting will be arranged with:

- the Headteacher
- the RSHE Lead

The purpose of the meeting is to:

- understand parental concerns
- explain curriculum content
- share curriculum materials
- explain the educational purpose of the learning
- discuss potential social and emotional impacts of withdrawal
- explain that pupils may receive information from peers outside school which may not always be accurate

Stage 3

In primary schools, requests relating to non-statutory sex education will normally be granted.

Important Information

Parents should note that withdrawal applies only to specific non-statutory sex education content.

Pupils will continue to participate in:

- Relationships Education
- Health Education
- National Curriculum Science

Alternative supervised learning arrangements will be made where appropriate.

Teachers will manage questions sensitively and appropriately if pupils who have been withdrawn seek clarification regarding curriculum content.

Parents have the right to view curriculum materials by contacting the school.

Appendix D – Consultation Record

Summary of parental consultation, staff consultation and governor approval process.

Related Policies

The TSAT Safeguarding Policy