

COGNITA

St Margaret's Preparatory School



Relationships, Sex and Health Education (SRE) Policy

September 2025

Our Ethos

The **ethos** of St Margaret's is to provide a high-quality all-round education, in a happy and caring family atmosphere, so that each child is well prepared for the opportunities and challenges that they will face in life.

Our Aim

Our **aim** is for every child to enjoy their learning journey, achieve their very best and to become responsible global citizens who can work together co-operatively and with respect for others.



This Policy applies to the whole school and to the Nursery at St Margaret's.

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1 Introduction and aims

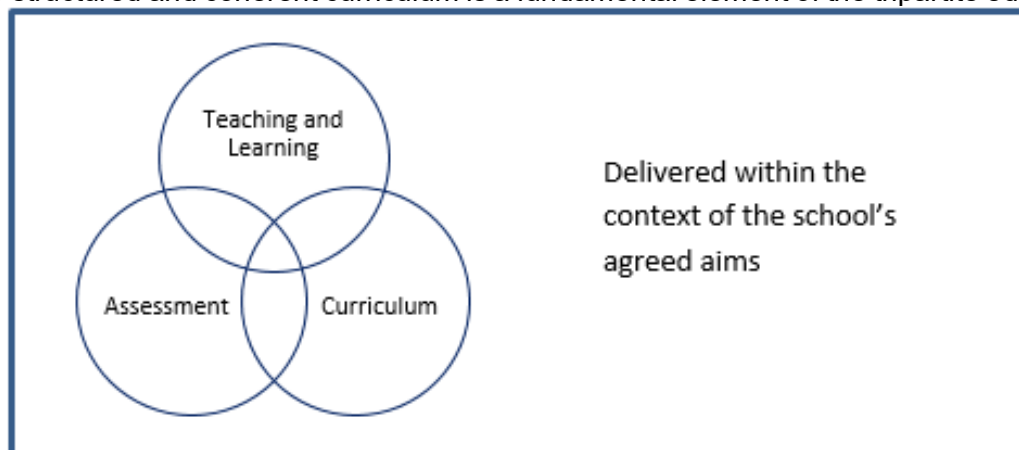
Schools and colleges play a crucial role in preventative education. Preventative education is most effective in the context of a whole-school or college approach that prepares pupils and students for life in modern Britain and creates a culture of zero tolerance for sexism, misogyny/misandry, homo/bi/trans phobia and sexual violence/harassment. This policy applies to all students, including those in the Early Years.

The purpose of this policy is to ensure that our Relationships and Sex Education (RSE) and Health Education supports our school ethos and fulfils our school aims, which are defined above.

1.1 This policy forms part of the curriculum.

1.2 We see the curriculum as, 'The total learning experience for our students, which includes not only the taught lessons but also the routines, behaviours, events, activities and other opportunities that our students experience on a daily, weekly and yearly basis in order to ensure that all of them make the best progress possible and attain high standards'.

1.3 A well-structured and coherent curriculum is a fundamental element of the tripartite education that



underpins all successful schools and includes Teaching, Learning and Assessment (see model below) and is underpinned by Wellbeing.

The aims of RSE at our school are to:

1.4 Provide a framework in which sensitive discussions can take place.

1.5 Prepare students for puberty, give them an understanding of sexual development and the importance of health and hygiene.

1.6 Help students develop feelings of self-respect, confidence and empathy.

1.7 Create a positive culture around sexuality and relationships.

1.8 Teach students the correct vocabulary to describe themselves and their bodies.

1.9 Help students understand that healthy relationships are an important part of wellbeing.

1.10 Prevent students from becoming involved in child-on-child abuse, and /or experiencing harm in school/in the community

2 Statutory requirements

- 2.1 Our policy follows the statutory guidance given by the government (DfE) and meets the requirements of the Independent School Standards. Aspects of RSE are infused within the day-to-day operation of our school; incorporated through the curriculum, both in content included in subject schemes of work and through other planned learning opportunities in the school. They are captured in our written aims and expressed in the ethos and behaviours of everyone.
- 2.2 As a Preparatory School, we must ensure that every registered student who is provided with primary education at the school is provided with relationships education, in accordance with section 34 of the Children and Social Work Act 2017 and the Independent School Standards

At St Margaret's Prep School, we teach RSE as set out in this policy.

3 Policy development

This policy has been developed in consultation with staff, students and parents. The consultation and policy development process involved the following steps:

- Review – The PSHE Lead reviewed all relevant information, including but not limited to, relevant national and local guidance including regard to the school's obligations under the Human Rights Act 1998, the Equality Act 2010, (including the Public Sector Equality Duty), and their local multi-agency safeguarding arrangements. Information published by the PSHE Association was also used for this review.
- The policy was drafted in accordance with statutory guidance and aligned with the Independent School Regulations/BSO Standards. The school curriculum plans were amended accordingly.
- Staff consultation – school staff were given the opportunity to review the policy and make recommendations.
- Parent/stakeholder consultation – parents and any interested parties were invited to attend a meeting about the policy and offer commentary.
- Student consultation – students are consulted about their RSE lessons through discussions and written surveys.
- Ratification – once amendments were made, the policy was published.
- Policy review – this policy will be reviewed every 3 years.

4 Definition

- 4.1 RSE is about the emotional, social and cultural development of students, and involves learning about healthy relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.
- 4.2 RSE involves a combination of sharing information and exploring issues and values.
- 4.3 RSE is not about the promotion of sexual activity, sexual orientation, or a specific sexual identity.

5 Curriculum

- 5.1 Our curriculum is set out in Appendix 1, but we may need to adapt this as and when necessary. The core scheme we use is professionally produced and is called 1Decision – this is a kite marked scheme. Other resources are also used.
- 5.2 We have developed the curriculum in consultation with parents, students and staff, taking into account the age, needs and feelings of students.
- 5.3 Primary sex education will focus on:
 - Preparing all students for the changes that adolescence brings; and
 - How a baby is conceived and born.

It will:

- i. consider the ages, aptitudes and needs of all pupils, including those pupils with SEND/ and an EHC plan.
 - ii. not undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs; and
 - iii. ensure that discriminatory, extremist opinions or behaviours are challenged as a matter of routine.
- 5.4 For more information about our curriculum, see Appendices 1 and 2 and our Curriculum Policy

6 Delivery of RSE

- 6.1 Our RSE is taught as part of our PSHEE curriculum. The PSHEE course is delivered to all students through discrete PSHEE lessons taught by our teachers. There is one lesson of taught PSHEE a week. Elements of the programme may be supported through the bringing in of additional expertise, such as outside speakers, trained health professionals, or the use of teachers with a particular interest or knowledge in a specific area. In addition to these discrete sessions, PSHEE is also embedded within the curriculum (e.g., social issues through the teaching of English Literature; Health through Science and PE; Citizenship through History & RE). There are also centrally organised sessions which supplement the delivery in house.
 - The science curriculum and RSE curriculum teach related content in the same term. For example children begin by looking at reproduction in plants and animals in science so that RSE is not a set of discrete lessons. The science coordinator works closely with PSHE teachers so that the content is taught coherently.
 - Our core scheme of work is 1Decision and RSE related content is delivered by PSHE teachers using the resources (for example short film clips or discussion frameworks) provided by the scheme.
 - Our PSHE coordinator is also our Year 4 form teacher. If needed, she liaises with parents before or during topics to ensure that the needs of individual children and families are respected.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships, including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- These topics are delivered using the 1Decision scheme of work and the resources and notes provided for teachers. The scheme also ensures continuity and progression between years.
- Feedback from teachers or situations that arise in school can sometimes mean that additional lessons are planned, in consultation with the PSHE Coordinator, to reinforce these fundamental building blocks. For example if an issue has arisen around online relationships amongst the children. Our teaching sometimes needs to be adaptive to the individual needs of a child or group of children and we view this as a strength of our approach to teaching RSE.
- We believe that it is important for children to understand sex education within the context of relationships. Teaching children about developing strong and safe relationships is part of our PSHE curriculum from the EYFS upwards. This means that RSE is taught through both the science and PSHE curriculums.

During Year 5 we use an online series of short programmes Busy Bodies which is viewable online at http://www.healthpromotion.ie/health/inner/busy_bodies
This is supplemented by resources by the PSHEE scheme 1 Decision.

- 6.2 For more information about our RSE curriculum, see Appendices 1 and 2 and our Curriculum Policy.

6.3

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures), along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

7 Roles and responsibilities

Staff & Governance

7.1 PSHE Lead Teacher

The person with responsibility for the overview and yearly evaluation of this policy is the PSHE Coordinator. However, all staff are responsible for ensuring this policy is implemented and acted on.

When evaluating the use and impact of this policy, our school leaders will evaluate the extent to which there is evidence of a curriculum which:

- Fulfils the aims of the school;
- Embeds aspiration, attributes and the expectation to achieve high standards and high rates of progress; and
- Provides engagement and excitement for learning.

7.2 The Headteacher

The Headteacher is responsible for ensuring that RSE is taught consistently across the school, and for managing requests to withdraw students from non-statutory components of RSE (see section 8).

7.3 The Chair of Governors

The Chair of Governors will hold the Headteacher to account for the implementation of this policy.

The Chair of Governors will ensure that:

- all pupils make progress in achieving the expected educational outcomes;
- the subjects are well led, effectively managed and well planned;
- the quality of provision is subject to regular and effective self-evaluation;
- teaching is delivered in ways that are accessible to all pupils with SEND (see below);
- Teaching is sensitive to the needs of all students with protected characteristics under the Equality Act 2010
- clear information is provided for parents on the subject content and the right to request that their child is withdrawn; and,
- the subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations.

7.4 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way;
- Modelling positive attitudes to RSE;
- Monitoring progress;
- Responding to the needs of individual students; and
- Responding appropriately to students whose parents wish them to be withdrawn from the non-statutory components of RSE.

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Headteacher.

The PSHE Coordinator and Science Coordinator liaise with any other teachers who are involved in the delivery of RSE in the school.

8 Students

Students are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

8.1 Students with Special Educational Needs and Disabilities

Our curriculum is inclusive and our RSE and Health Education is accessible for all students. For those pupils with special educational needs or specific learning difficulties, the school has a well-established Learning Support department, led by the SENCO (please delete as necessary). Further details of this provision can be found in our Special Educational Needs and Disability (SEND) Policy.

High quality teaching that is differentiated and personalised will be the starting point to ensure accessibility.

As set out in the SEND code of practice, when teaching these subjects to those with SEND, St. Margaret's is mindful of preparing students for adulthood.

St. Margaret's is aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Relationships Education and RSE can also be particularly important subjects for some pupils; for example, those with Social, Emotional and Mental Health needs or learning disabilities. Such factors will be taken into consideration in designing and teaching these subjects.

9 Parents' right to withdraw

- 9.1 If parents require more information on RSE for primary aged children, this is a useful information source of information for them:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

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

Parents have the right to withdraw their children from the non-statutory components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Headteacher.

Alternative work will be given to students who are withdrawn from sex education.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Headteacher.

A copy of withdrawal requests will be placed in the pupil's educational record. The Headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to students who are withdrawn from sex education.

10 Training

- 10.1 Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development programme with resources from the PSHE Association

- 10.2 The Headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

11 Monitoring arrangements

- 11.1 The delivery of RSE is monitored by Mrs Jessica Robinson through observing planning, monitoring class books and liaising with teachers who deliver the lessons.

Discussions with all staff who are involved in RSE and Relationships education

- 11.2 Students' development in RSE is monitored by class teachers as part of our internal assessment systems.

Appendix 1: Curriculum Map

Relationships and Sex Education Curriculum Map

Relationships and Sex Education (RSE) Policy

	Yr 1	Yr2	Yr3	Yr4	Yr5	Yr6
Autumn 1	Keeping/Staying Safe <i>Road safety</i>	Keeping/Staying Safe <i>Tying shoelaces</i>	Keeping/Staying Safe <i>Staying safe – leaning out of windows</i>	Keeping/Staying Safe <i>Cycle safety</i>	Keeping/Staying Safe <i>Peer pressure</i>	Keeping/Staying Safe <i>Water safety</i>
Autumn 2	Keeping/Staying Healthy <i>Healthy Eating</i>	Keeping/Staying Healthy <i>Healthy Eating/Brushing teeth</i>	Keeping/Staying Healthy <i>Medicine</i>	Keeping/Staying Healthy <i>Healthy living</i>	Keeping/Staying Healthy <i>Smoking</i>	Keeping/Staying Healthy <i>Alcohol</i>
Spring 1	Being Responsible <i>Water spillage</i> Feelings and Emotions <i>jealousy</i>	Being Responsible <i>Friendship – helping someone in need / Practice make perfect</i> Feelings and Emotions <i>Worry and anger</i>	Being Responsible <i>Stealing</i> Feelings and Emotions <i>grief</i>	Being Responsible <i>Coming home on time</i> Feelings and Emotions <i>jealousy</i>	Being Responsible <i>Looking out for others</i> Feelings and Emotions <i>anger</i>	Being Responsible <i>Stealing</i> Feelings and Emotions <i>worry</i>
Spring 2	Relationships <i>Bullying</i> <i>RSE</i>	Relationships <i>Friendship/Body Language / Bullying</i> <i>RSE</i>	Relationships <i>Touch</i> <i>Fire safety</i> <i>RSE</i>	Growing and Changing <i>Appropriate touch</i> <i>RSE</i>	Growing and Changing <i>Puberty and conception</i> <i>RSE</i>	Growing and Changing <i>Recap</i> <i>First Aid</i> <i>RSE</i>
Summer 1	Computer Safety <i>Online bullying</i> <i>Our World</i>	Computer Safety <i>Image sharing and CS documentary</i>	Computer Safety <i>Making friends online</i> <i>Our World</i>	Computer Safety <i>Online bullying</i> <i>The Working World</i> <i>Chores at home</i>	Computer Safety <i>Image sharing</i> <i>The Working World</i> <i>Enterprise</i>	Computer Safety <i>Making friends online</i> <i>The Working World.</i>

Relationships and Sex Education (RSE) Policy

	<i>Growing in our world</i>	Our World – Living and Working in Our World <i>Living and working in our world</i>	<i>Looking after our world</i>			<i>In-app purchases</i>
Summer 2	Hazard Watch Fire safety	Hazard Watch Fire safety / Texting whilst driving	Hazard Watch	A World without judgement <i>Breaking down barriers</i> First Aid	A World without Judgement <i>Inclusion and acceptance</i> First Aid	A World without judgement <i>British values</i>

Appendix 2: By the end of primary school, students should know:

TOPIC	STUDENTS SHOULD KNOW
Families and people who care about me	• That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up • That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring friendships	• How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

TOPIC	STUDENTS SHOULD KNOW
Respectful relationships	• The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	• That people sometimes behave differently online, including by pretending to be someone they are not • That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met • How information and data is shared and used online
Being safe	• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others, and to keep trying until they are heard • How to report concerns or abuse, and the vocabulary and confidence needed to do so • Where to get advice e.g., family, school and/or other sources

Appendix 3: Parent form: Withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	

Appendix 4: DfE RSE Statutory Guidance Suggested Resources

Link to Annex B (page 46) in DfE Relationship Education, Relationships and Sex Education and Health Education guidance – Suggested resources:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

Relationships and Sex Education (RSE) Policy

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