

St Mary's Catholic Academy



RSHE Policy 2025-2026



Our Lady of Lourdes Catholic Multi-Academy Trust

Mission Statement

“To walk hand in hand with God, loving him, loving each other and loving ourselves, doing our best with the gifts he given us to make the world a richer place.”

At St Mary’s Catholic Academy, our mission is rooted in the Gospel values of love and respect. We place our children at the heart of everything we do, helping them to grow in their relationship with Jesus. Within a safe and nurturing community, each child is encouraged to rise to challenges, build upon successes, and learn from mistakes. We are committed to inspiring our pupils to use their God-given gifts to make the world a richer place through faith, love, and learning.

Relationship, Sex and Health Education Policy

“Children today are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive opportunities but also challenges and risks. In this environment, children need to know how to be safe and healthy, and how to manage their academic, personal, and social lives in a positive way.” (Secretary of State, July 2019)

In this policy, the Governors and teachers, in partnership with pupils and parents/carers, set out our intentions about relationships, sex and health education (RSHE). We also set out our rationale for, and approach to, RSHE and PSHE at St Mary’s.

Implementation and Review of Policy

Our school’s Relationships, Sex and Health Education (RSHE) policy is reviewed annually, in full consultation with the Governing Body, the Head Teacher, and the RSHE Lead, to ensure it remains rooted in the teachings and values of the Catholic Church. Each review ensures that our provision continues to uphold the dignity of every child and reflects our mission as a Catholic primary school. This policy will be updated to ensure it is fully in line and compliant with the latest government updates coming into effect this September. This update will ensure that our school continues to meet all statutory requirements and reflects current guidance,

Defining Relationship and Sex Education

The DfE guidance states that “children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way”¹. It is about the development of the pupil’s knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience. In primary schools the focus should be on “teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.”² This would include the topics of families and the people of who care for me, caring friendships, respectful relationships, online relationships and being safe.

Relationship, Sex and Health Education

The DfE guidance highlights that RSHE is about developing pupils' knowledge and understanding of what it means to be fully human, called to live in positive, healthy relationships with self and others, and enabled to make moral decisions with a well-formed conscience.

At St Mary's, the focus is on teaching the fundamental building blocks and characteristics of positive relationships, including:

- families and the people who care for us
- caring friendships
- respectful relationships
- online relationships
- being safe

Statutory Curriculum Requirements

We are legally required to teach the statutory aspects of RSHE found within the National Curriculum (e.g. Science). However, our commitment goes beyond statutory requirements: RSHE at St Mary's is grounded in Catholic teaching and the holistic development of each child.

Rationale

"I have come that you may have life and have it to the full." (John 10:10)

RSHE is taught because of our Christian beliefs about God and the dignity of the human person, created in His image and likeness. It is rooted in Catholic teaching and framed by Gospel values.

At the heart of our approach is the belief that:

- Gender and sexuality are gifts from God.
- Relationships grow and develop best in the context of love.
- RSHE should be presented positively, prudently, and with reference to Christ's vision of humanity.

All RSHE will be taught in accordance with the Church's moral teaching, emphasising the sanctity of marriage and family life while respecting all pupils regardless of their family circumstances.

Values and Virtues

The programme promotes Catholic values and virtues, helping children to respond to God's call to love. Key virtues include:

Aims of RSHE and PSHE

At St Mary's we aim to educate the whole child: spiritual, physical, intellectual, moral, social, cultural, and emotional. RSHE and PSHE contribute by:

- Raising self-esteem
- Building knowledge and understanding
- Valuing all people
- Developing caring and sensitive attitudes

Objectives

Through RSHE and PSHE we aim for pupils to:

- Respect the dignity of every human being
- Take responsibility for their actions
- Form positive and loving friendships
- Manage emotions, conflict, and change with resilience
- Recognise the importance of family and community
- Develop self-respect, empathy, and integrity

Programme Resources

St Mary's follows the Life to the Full Plus programme by Ten Ten, which has been approved by the Nottingham Diocese, the Catholic Education Service, and the DfE.

The programme is delivered across EYFS, Key Stage 1, Lower KS2 and Upper KS2 on a two-year cycle, ensuring progression and age-appropriate content. Modules cover:

- *Created and Loved by God* (understanding self, body, health, and emotions)
- *Created to Love Others* (friendships, family, relationships, keeping safe, life online)
- *Created to Live in Community* (living in wider society, responsibilities, Catholic Social Teaching)

Parents can access materials via the Ten Ten Parent Portal, supporting communication at home.

Teaching and Assessment

Strategies include:

- Ground rules and safe spaces
- Discussion and group work
- Reflection and role play
- Films and video resources
- Project-based and experiential learning

Assessment is continuous and embedded within the Life to the Full sessions.

Parents and Carers

Parents are recognised as the primary educators of their children. St Mary's supports parents by:

- Sharing materials for use at home
- Offering workshops
- Informing parents in advance of sensitive topics
- Providing conversation starters via the Ten Ten Parent Portal

Right to Withdraw

Parents may withdraw their child from Sex Education that falls outside the statutory Science curriculum. Requests should be made in writing to the Headteacher. Support and alternative resources will be provided.

Balanced Curriculum

St Mary's provides a balanced curriculum in line with Catholic values, offering pupils scientific facts, legal perspectives, and opportunities to explore different viewpoints, while upholding Church teaching.

Safeguarding and Sensitive Issues

RSHE often touches on sensitive topics. These are taught openly within the safe framework of Catholic teaching and school safeguarding policies. Staff will always act in line with safeguarding duties if disclosures arise.

Monitoring and Evaluation

The Headteacher/RSHE Lead monitors provision through planning checks, pupil voice, and staff consultation. Evaluation occurs bi-annually with feedback from pupils, parents, and governors, and informs future improvements.

Governors remain ultimately responsible for the policy.

Appendix: Ten Ten Life to the Full Plus Curriculum Overview

This appendix provides a year-by-year overview of the Life to the Full Plus curriculum delivered at St Mary's Catholic Primary School (Hyson Green). It is structured to show progression across EYFS, KS1, Lower KS2, and Upper KS2.

EYFS (Preschool and Reception)

- - Module 1: Created and Loved by God – identity, body awareness, health, emotions, life cycles
- - Module 2: Created to Love Others – friendships, family, life online, keeping safe
- - Module 3: Created to Live in Community – God's love, belonging to community, early financial education

Key Stage 1 (Years 1 and 2)

- - Module 1: Created and Loved by God – uniqueness, body health, emotional wellbeing, life cycles
- - Module 2: Created to Love Others – friendships, family, keeping safe, life online
- - Module 3: Created to Live in Community – Trinity, neighbourliness, community living, needs and wants

Lower KS2 (Years 3 and 4)

- - Module 1: Created and Loved by God – sacraments, body changes, puberty, emotions, life cycles
- - Module 2: Created to Love Others – friendships, managing challenges, online safety, first aid, responsibilities
- - Module 3: Created to Live in Community – love in community, Church, Catholic Social Teaching, money matters

Upper KS2 (Years 5 and 6)

- - Module 1: Created and Loved by God – gifts and talents, puberty (boys and girls), body image, reproduction, menstruation, coping with change
- - Module 2: Created to Love Others – peer pressure, relationships, online safety, recognising abuse, making good choices, supporting others
- - Module 3: Created to Live in Community – Trinity, Catholic Social Teaching, reaching out, money and work

Reviewed: September 2025

RSHE Lead: Louise Nicholson

¹ Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, headteachers, principals, senior leadership teams, teachers Page 19

¹ Relationships Education, Relationships and Sex Education (RSE) and Health Education: Statutory guidance for governing bodies, proprietors, headteachers, principals, senior leadership teams, teachers Page 19