

Ringwood CE Infant School

Relationships and Health Education (RHE) Policy

1. Vision and Values

In line with our Christian Vision, our school aims to be a loving, inclusive family where our core Christian values of love, courage and respect are recognised and developed. In 'Laying the Foundations for Life within a Christian context', in particular in line with The Church of England's Vision for Education, 'Deeply Christian, Serving the Common Good,' we aim to ensure that we provide a high-quality education which promotes life in all its fullness' (John ch:10vs10) and educates the whole person.

2. Policy Statement

RHE in a Church of England school should ensure that children are able to cherish themselves and others as unique and wonderfully made, keep themselves safe and able to form healthy relationships where they respect and afford dignity to others.

In line with the Church of England Principles and Charter document (November 2019) we recognise that *'all pupils have a right to an education which enables them to flourish and is set in a learning community where differences of lifestyle and opinion are treated with dignity and respect; bullying of all kinds is eliminated; and where they are free to be themselves and fulfil their potential without fear'*.

Our school is committed to providing high-quality **RHE education** that supports pupils' wellbeing, personal development, and safeguarding. RHE is taught as part of our whole-school approach to Personal Development Learning (PDL), and is fully aligned with statutory requirements (DfE 2020; updated 2025/26). We use the **HeartSmart** curriculum as our core programme, because it promotes emotional literacy, resilience, healthy relationships, and positive decision-making.

3. Aims of RHE

Our RHE curriculum aims to ensure that all pupils:

- Develop healthy, respectful relationships
- Understand the importance of family, including diverse family structures
- Learn how to keep themselves physically and emotionally safe
- Develop strategies for emotional regulation and resilience
- Understand online safety and personal boundaries
- Recognise and report concerns, including abuse and bullying
- Learn about growing and changing, in an age-appropriate way
- Are prepared for the next stage of education and life in modern Britain

4. Statutory Requirements

We deliver RHE in line with:

- DfE *Relationships Education, Relationships and Sex Education (RSE) and Health Education* (2020)
- DfE *RSHE Update Guidance* (2025/26)
- Keeping Children Safe in Education (KCSIE)
- Equality Act 2010
- Ofsted Education Inspection Framework Statutory in primary schools:
- Relationships Education
- Health Education
- Science curriculum content relating to human development

5. Curriculum Design and Content

We use **HeartSmart** as our primary scheme of work. HeartSmart is structured around five core principles:

- Don't Forget to Let Love In - Belonging, safety, kind internal dialogue
- Too Much Selfie Isn't Healthy -Kindness, empathy, inclusion, digital wellbeing, generosity and gratitude
- Don't Hold On to What's Wrong - Forgiveness, emotional regulation, reconciliation, peace-making
- Fake Is a Mistake - Honesty, integrity, authenticity, courage to be real
- No Way Through Isn't True - Perseverance, courage, resilience, grit, growth mindset

Coverage includes:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships and digital safety
- Being safe, including consent and boundaries
- Mental wellbeing
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco (age-appropriate)
- Health prevention
- Basic first aid
- Emotional literacy and resilience
- Anti-bullying and discrimination
- Personal safety (road, rail, water, public spaces)
- Online harms, including AI manipulation and deepfakes
- Financial safety and scams
- Grief, loss, and loneliness

6. Teaching and Learning Approach

RHE is taught weekly as part of PDL, with cross-curricular links to science, computing, PE, and safeguarding.

Our approach is:

- Inclusive and representative of all families and identities
- Age-appropriate, using correct but sensitive vocabulary
- Evidence-based and rooted in child development
- Interactive, using discussion, stories, scenarios, and reflection
- Safe, with clear ground rules and safeguarding protocols Teachers receive regular training to ensure high-quality delivery.

7. Safeguarding and Confidentiality

RHE plays a vital role in safeguarding. All staff follow the school's Safeguarding and Child Protection Policies.

- Pupils are taught how to recognise unsafe situations and seek help
- Disclosures are handled in line with statutory safeguarding procedures
- Teachers do not promise confidentiality

8. Equality and Inclusion

We comply with the Equality Act 2010 and ensure RSHE:

- Reflects diverse families, cultures, and identities
- Challenges stereotypes, sexism, misogyny, and discrimination
- Is accessible for pupils with SEND
- Promotes respect for all

9. Parental Engagement and the Right to Withdraw

Parents are informed annually about RHE content and invited to view resources. Parents **cannot withdraw** their child from:

- Relationships Education
- Health Education
- Science curriculum content

10. Assessment and Monitoring

Assessment includes:

- Pupil voice
- Teacher observation
- Work samples
- Self-reflection activities

11. The RHE/PDL Lead monitors:

- Curriculum coverage
- Lesson quality
- Staff training needs
- Statutory compliance

12. Roles and Responsibilities of the Governing Body

- Ensures RHE meets statutory requirements
- Reviews and approves the policy

Headteacher

- Ensures RHE is taught consistently and safely

RHE/PDL Lead

- Oversees curriculum planning and mapping
- Ensures alignment with statutory guidance
- Provides staff training
- Monitors impact

Teachers

- Deliver high-quality RHE lessons
- Create safe learning environments
- Follow safeguarding procedures

13. Review Cycle

This policy is reviewed annually or sooner if statutory guidance changes.

