



Flying High Partnership

Mapplewells Learning for Life (RSE) Policy

Caring for myself and others

Last reviewed on: September 2025

Next review due by: September 2026

Vision

Our FHP curriculum model, underpinned by current research and statutory documentation (such as the National Curriculum and EYFS framework), ensures our children will be well-rounded individuals who are prepared for the next stage of their journey. It will promote compassion, mutual understanding, integrity and a pursuit of excellence in order for our children to reach their potential and make a positive contribution to the wider world. Our enquiry-based approach takes children on a journey of memorable learning through rich and purposeful experiences, culminating in authentic outcomes which leave a social legacy. We communicate our vision through the acronym, 'CHROME'.

Character and Heart	to develop individuals who are resilient and show compassion and integrity.
Relevance	to ensure our children's backgrounds and needs, along with our current culture, climate and events, determine the content of our curriculum.
Opportunities	to enable children to move beyond their lived experiences, further developing their cultural capital
Memorable learning	to secure children with transferable knowledge they need for subsequent learning
Empowerment	to enable children to be aspirational, reflect on their learning, take risks, be brave, ask questions, solve problems, evaluate, develop peer critique methods and take ownership of their learning to increase their cultural capital.

RSE Vision

At FHP, we provide a safe, friendly, stimulating and challenging environment where children's individuality is celebrated and respected. We strive to ensure that every child has dreams, aspirations and reaches for their goals. We believe that the relationships we create and maintain throughout our lives are fundamental to our emotional well-being, therefore we aim for all children to be able to build positive, successful and healthy relationships in all aspects of their life. By teaching quality PSHE and RSE, our children will grow into well-rounded global citizens who have a respect for their school and their local, national and global communities. As such, the PSHE and RSE curriculum promotes the teaching of British values and challenges stereotypes, promoting empathy, tolerance and acceptance of diversity in all forms. Everyone faces difficult situations in their lives, therefore our pupils will be provided with the opportunity to develop resilience, have the opportunity to explore mental health, know how and when to ask for help, and know where to access support. The successful implementation of our PSHE and RSE curriculum will help our pupils to develop feelings of self-respect, confidence and emotional literacy. We endeavour to teach children skills to allow them to grow up with strategies to help them overcome challenges which they may be faced with throughout their life.

Aims

Our RSE curriculum aims to:

- *teach important and necessary topics, drawing on good practice*
- *encompass many areas of study*
- *tailor RSE to reflect the needs of our pupils, equipping pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions*
- *build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.*

We are aspirant for all children to leave Mapplewells Primary School as Global Citizens being respectful and understanding of World Beliefs and consequently have clearly defined end points for each year group and the whole primary phase to ensure we meet this aim. . Please see appendix A: 'As Global Citizens' for our end of primary phase poster.

Relationships Education, Relationships and Sex Education (RSE) and Health Education (RSHE)

1 Feb 2026

Introduction

Relationships Education is compulsory for **all** pupils receiving primary education and Relationships and Sex Education (RSE) is compulsory for **all** pupils receiving secondary education. Health Education is also compulsory in all schools except independent schools. PSHE continues to be compulsory in independent settings.

At Mapplewells Primary and Nursery School we wholeheartedly support the philosophy of RSHE and believe it is best taught as part of PSHE and citizenship education. Our programme seeks to promote the spiritual, moral, cultural, mental, and physical development of our pupils as well as preparing them for the opportunities, responsibilities, and experiences of adult life in a digital age.

We aim to help all our children build healthy friendships and positive relationships in an age-appropriate way, raising awareness of attitudes and values, developing personal and social skills, and promoting knowledge and understanding. Our RSHE curriculum covers more than the biological facts and information – it endeavours to help children develop self-esteem, self-responsibility as well as acquiring the understanding and attitudes which prepare children to develop caring, stable, healthy relationships. To develop an appreciation of the value of self-respect, dignity, marriage, civil partnerships, and parental duty should be encouraged in all pupils together with the sensitivity to the needs of others, loyalty, and acceptance of responsibility. We will look at all aspects of diversity in an inclusive and non-judgemental way.

Whilst as a school we are aware we need to be mindful of and respectful to a wide variety of faith and cultural beliefs, and we will make every attempt to be appropriately sensitive, equally it is essential that our children still have access to the learning they need to stay safe, healthy and understand their rights as individuals.

We acknowledge that all young people deserve the right to honest, open, and factually correct information to help better form their own beliefs and values, free from bias, judgement, or subjective personal beliefs of those who teach them.

Policy Development

This policy has been developed to reflect the most recent Statutory RSHE guidance - [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/relationships-and-sex-education-rse-and-health-education), and was formulated in consultation with the whole school community with input from the county council, school leaders, staff and governors.

This policy is available:

- Online at www.mapplewellsprimary.co.uk
- In the school prospectus
- From the school office

This policy is reviewed and evaluated throughout the academic year. It is updated annually.

Roles, Responsibilities and Staff Training

At Mapplewells Primary and Nursery School the RSHE programme will be led by Gemma Coleman – RSE Lead. The programme leader will liaise with the governing body, parents/carers, Local Authority, and outside agencies and take responsibility for:

- Policy development and review
- Monitoring and assessing effectiveness in practice to inform policy review and development of the programme
- Assess and co-ordinate training and support for staff, parents/carers, where appropriate
- Liaise with external agencies to deliver specific elements of the programme
- Monitor and quality assure the programme to ensure continuity and progression with the spiral curriculum
- Ensure that RSHE is fully represented at appropriate curriculum and pastoral meetings
- Ensure parents/carers are aware of what is being taught, by whom and when
- Staff and/or Governor Training – RSHE can be a sensitive issue. We will support all our staff by making provision for teaching staff to clarify legislation, curriculum requirements, and to consider appropriate teaching approaches and materials. We will support the use of visitors from outside, such as health professionals, police and voluntary sector, and other organisations to provide support and training to staff teaching RSHE. We will ensure that all visitors have been quality assured in advance and only use reputable providers.

Confidentiality, Safeguarding and Child Protection

It is inevitable that effective RSHE which allows for open discussion to take place may lead pupils to share their worries and concerns with staff (verbally and/or non-verbally). We will ensure that all our staff are completely familiar with our Safeguarding and Child Protection procedures. Pupil's disclosures and/or suspicions of abuse must be followed up with the pupil concerned, the same day and referred to the Designated Safeguarding Lead (DSL) or their Deputy without delay. The DSL or their Deputy will deal with these disclosures or concerns in line with the school's policies and procedures.

Safeguarding is everyone's responsibility however all staff, governors, visitors, parents/carers, and pupils need to be aware of who to report to and how to report any safeguarding concerns. The Designated Safeguarding Lead/leads (DSL) and their Deputy/deputies in our school is/are Andrew Whittle, Ryan Latkowski, Mrs Bousefield and Miss Marshall.

The nominated Governor with responsibility for RSHE is Mrs Charles.

Parental Rights to Withdraw

At Mapplewells Primary and Nursery School we are committed to ensuring that the education provided to our pupils in relationships education / RSE is appropriate to their age and compliant with the requirements of the Equality Act 2010.

We recognise, in accordance with the statutory guidance, that parents have the right to request for their child to be withdrawn from some or all of the sex education delivered as part of the statutory RSE (other than sex education in the National Curriculum as part of the Science curriculum), but not from relationships education at primary. Parents wishing to exercise this right must do so in writing to the Headteacher, Mr Whittle. They will be invited to discuss their concerns but if they still wish to withdraw their child(ren) we will make reasonable adjustments and provide suitable work for their child(ren) at this time.

Managing Difficult Questions

It is inevitable that controversial issues may occur as part of RSHE, such as divorce, rape, abortion, pornography etc. We aim to address these issues with sensitivity and at a level appropriate to the age group and developmental stage of our pupils, considering any additional special educational needs, in an objective manner free from personal bias. Consideration will be given to the potential for small group or 1-1 discussion for specific questions to be discussed. We will take into account different viewpoints such as different religious beliefs. Discussions will be set within the legal framework and pupils made aware of the law as it relates to the issues being discussed.

Curriculum Design

The RSHE curriculum at Mapplewells Primary and Nursery School will be taught through our Learning for Life curriculum, and further details of:

- A spiral curriculum
- Curriculum days
- PSHE/RSHE lessons
- External providers
- Taught by class teachers after training from RSE Lead
- Enhanced through our Enquiry Curriculum
- Golden thread throughout the school, embedded by all staff
- Links with other curriculum areas such as – PE, Citizenship, Science, Religious Education etc

The programme will be delivered to all our pupils by:

- A variety of professional personnel who will deliver the content - for example dedicated staff or external visitors such as health practitioners, Police, or others with expertise on specific topics
- curriculum days or through specific enquiry work etc
- lessons delivered in mixed-ability groups, with different learning styles or any SEND requirements being considered and adapted for – we do not differentiate at Mapplewells, we scaffold up.
- Use of 'ground rules' or 'group agreements' – ensuring we create an environment where everybody feels able to discuss openly and honestly without fear of embarrassment or judgement
- Reminding pupils of who can offer confidential support such as sexual health services when appropriate

Across EYFS, KS1 and KS2 pupils will be supported with developing the following skills:

- Communication – speaking and listening, including how to manage changing friendships, relationships, and emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required
- Informed decision making
- Self-respect and empathy for others

- Recognising and maximising a healthy lifestyle
- Managing conflict
- Discussion and group work

Curriculum Content (Primary)

Through an effective and creative curriculum and by the end of primary school, our pupils should know about:

- Families and people who care for them
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Physical Health and Mental Wellbeing (primary)

Our pupils will be taught about the characteristics of good physical health and mental wellbeing and of the benefits and importance of daily exercise, good nutrition, and sufficient sleep, and that mental wellbeing is a normal part of daily life, in the same way as physical health. Within our curriculum and by the end of primary school, pupils should know about:

- Mental wellbeing
- Online behaviour and safety
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

Further details of our RSHE curriculum plans can be found by visiting: www.mapplewellsprimary.co.uk

Breaches / Complaints:

Breaches to this policy will be dealt with in the same way that breaches of other school policies are dealt with, as determined by the Head teacher and Governing Body.

If a parent/carer is not satisfied with our school's actions, we ask that they follow our school's complaint policy and procedures. This is available online from our school website, and on request from the school office.

Links with other policies

You may find it helpful to read this RSHE Policy alongside the other following school policies:

Policy	How it may link
Safeguarding Policy	Includes information about child protection procedures and contextualised safeguarding
Child-on-Child Policy	Includes details about how to recognise, report and respond to all forms of child-on-child abuse

Behaviour Policy	Includes details about the school's behaviour system including potential sanctions for pupils
Anti-Bullying Policy	Includes information about bullying behaviours and vulnerable groups
Online Safety Policy / E-Safety / Acceptable Use Policies	Includes information about children's online behaviour and details about online bullying / cyberbullying
Equality Policy	Includes information about our school's approach to tackling prejudice and celebrating differences. Links to prejudice—related language and crime and the protected characteristics
Complaints Policy	Includes information about how to make a complaint if you are not satisfied with the school's response

Further information and support can be found through the following links:

- Statutory RSHE guidance - [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/relationships-and-sex-education-rse-and-health-education)
- Keeping Children Safe in Education - [Keeping children safe in education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/keeping-children-safe-in-education)

Monitoring, Evaluation and Review

To ensure our RSHE programme is effective, is meeting the needs of our pupils and complies with the RSHE statutory guidance, the following strategies will be used to quality assure the programme of study:

- Evaluation self-review from pupils after specific topics or at the end of a key stage
- Comments from pupils and representatives from the pupil voice
- Whole class discussions

This policy is reviewed and evaluated throughout the academic year. It is updated annually.

Date approved by Governing Body:

Date to be reviewed: February 2027

APPENDIX

Relationships Education, Relationships and Sex Education (RSE) and Health Education (RSHE)

1 February 2026

Here are some more helpful links to refer to for guidance, reviews, research, and resource links:

- Statutory RSHE guidance - [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/relationships-and-sex-education-rse-and-health-education)
- Keeping Children Safe in Education - [Keeping children safe in education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/keeping-children-safe-in-education)
- Education Act/Academies Act - [Education Act 2011 \(legislation.gov.uk\)](https://www.legislation.gov.uk/ukpga/2011/25/contents) - [Academies Act 2010 \(legislation.gov.uk\)](https://www.legislation.gov.uk/ukpga/2010/25/contents)
- [Learning and Skills Act 2000 \(legislation.gov.uk\)](https://www.legislation.gov.uk/ukpga/2000/49/contents)
- NSPCC - [How to Talk to Children About Sex & Safety | NSPCC | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/keeping-children-safe-in-education/how-to-talk-to-children-about-sex-safety/)
- PSHE Association - [PSHE Association | Charity and membership body for PSHE education \(pshe-association.org.uk\)](https://www.pshe-association.org.uk/)
- Teaching Impartiality in Schools - [Political impartiality in schools - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/political-impartiality-in-schools)
- Equality Act 2010 - [Equality Act 2010: guidance - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/equality-act-2010-guidance)
- SEND Code of Practice - [SEND code of practice: 0 to 25 years - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/send-code-of-practice-0-to-25-years)
- Advice for sharing nudes and semi-nudes (sexting) - [Sharing nudes and semi-nudes: advice for education settings working with children and young people - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/sharing-nudes-and-semi-nudes-advice-for-education-settings-working-with-children-and-young-people)
- [Education for a Connected World - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/education-for-a-connected-world)
- CEOP Education - [CEOP Education \(thinkuknow.co.uk\)](https://www.thinkuknow.co.uk/education/)
- NSCP - [Nottinghamshire Safeguarding Children Partnership](https://www.nottinghamshire.gov.uk/childrens-safeguarding-partnership/)
- NCC Schools' Portal - [Information and Resources for Schools | NCC Schools Portal \(nottinghamshire.gov.uk\)](https://www.nccschoolsportal.org.uk/)
- PSHE Association (guidance) - [Selecting and working with visitors and speakers \(pshe-association.org.uk\)](https://www.pshe-association.org.uk/guidance/selecting-and-working-with-visitors-and-speakers/)