



Settrington All Saints' Church of England Primary School

PSHE and RSE Policy

Let us not love with words or speech alone but with actions and truth.

1 John 3:18

Ratified:

Date: July 2026

Review Period: 3 years

Next Review: July 2029 (or before if DFE updates)

Introduction and School Ethos

At Settrington All Saints' Primary School, Relationships and Sex Education is rooted in our Christian vision and values. Guided by our Christian values of Love and Service, we are committed to nurturing the whole child - spiritually, morally, socially, emotionally and physically.

Relationships and Sex Education (RSE) plays a vital role in this mission. Through RSE, pupils learn how to form healthy, respectful relationships, understand their emotions and bodies, and develop the skills needed to stay safe and thrive in modern society. Teaching is delivered in a way that is age-appropriate, inclusive and sensitive to our church ethos.

RSE contributes directly to our church school vision by:

- Affirming the worth and dignity of every child as made in the image of God
- Promoting loving, respectful relationships modelled on Christian values
- Supporting pupils' spiritual, moral and emotional development
- Encouraging forgiveness, empathy, honesty and responsibility

Theological Underpinning

Teaching is underpinned by biblical principles such as:

- "Love your neighbour as yourself" (Mark 12:31)
- "Treat others as you would like to be treated" (Luke 6:31)

Marriage and family life are taught in line with Christian teaching, while recognising and respecting the lived experiences of all families within the school community.

Aims and Objectives

Our RSE aims to:

- Enable pupils to develop positive, healthy relationships based on mutual respect, consent and understanding.
- Provide knowledge about physical and emotional changes, bodies, puberty, and human development in an age-appropriate way.
- Build skills in communication, decision-making and resilience.
- Promote inclusivity, respect for diversity, and confidence in personal identity.
- Equip pupils with knowledge and skills to stay safe online and offline.
- Support pupils in understanding emotional wellbeing, respect, and inclusivity.

Use of the Jigsaw PSHE Scheme of Work and Curriculum Structure

At Settrington All Saints', Relationships Education, Sex Education and Health Education is delivered through the Jigsaw PSHE Scheme of Work, which is a spiral, comprehensive, age-appropriate curriculum aligned with statutory requirements.

Jigsaw is organised into six half-termly themes (Puzzles):

1. Being Me in My World
2. Celebrating Difference
3. Dreams and Goals
4. Healthy Me
5. Relationships
6. Changing Me

The Relationships and Changing Me units form the core of our RSE provision. These units include puberty and human life cycles, delivered sensitively and at an appropriate level for each year group.

How Jigsaw Supports RSE

The Jigsaw programme:

- Meets statutory requirements for Relationships Education and Health Education
- Encourages emotional literacy, self-regulation and empathy
- Uses a mindful, inclusive and respectful teaching approach
- Supports children in understanding values such as respect, responsibility and care for others
- Ensures a progressive curriculum that evolves with the child, from simple friendships in early years to puberty and human reproduction in upper Key Stage 2.
- Develops communication, assertiveness and boundary-setting skills to enable pupils to manage relationships safely and confidently.

Teaching and Learning Approach

Lessons at Settrington All Saints' are delivered by trained staff using Jigsaw materials, discussions, stories, and reflection activities. As part of the Jigsaw structure of the lesson, ground rules are established to create a safe and respectful learning environment. Pupils are encouraged to ask questions, which are answered honestly and appropriately and staff are guided on how to manage sensitive issues and safeguarding concerns through professional development training. Sensitive themes such as consent or online harms are explored

with careful teacher guidance and structured discussion. Jigsaw promotes a positive, inclusive, and respectful environment, adhering to British Values.

Key features of the Jigsaw model reflected in practice:

- A spiral curriculum that revisits key RSE concepts in increasing depth, A strong emphasis on emotional literacy, mindfulness and self-regulation, Lessons structured around:
- Connect (calm me)
- Open my mind
- Tell me or show me
- Let me learn
- Help me reflect

Online Safety: Pupils will be taught about online risks including misinformation, harmful online influence, privacy, scams and the impact of digital content, ensuring they can critically engage with what they see online.

Personal safety: including road, water and public space safety, risk recognition and how to seek help.

Pupils are taught about emotional wellbeing, including understanding feelings of loneliness, coping with change and loss, and recognising when to seek support.

Relationships Education (Statutory)

Jigsaw Unit	Key Learning Outcomes
Relationships	Families, friendships, conflict resolution, trust, respect, recognising unhealthy behaviours
Being Me	Belonging, rights and responsibilities, school community
Celebrating Difference	Respect, diversity, bullying (including online)
Healthy Me	Emotional wellbeing, managing feelings, seeking help

Sex & Health Education (Upper KS2 focus)

Year Group	Jigsaw Unit	Content
Y3–4	Changing Me	Body parts, growth, basic understanding of change
Y5	Changing Me	Puberty, emotional changes, personal hygiene

Y6	Changing Me	Human reproduction, conception (scientific), preparation for secondary school
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Pupils' understanding is assessed informally through discussion, reflection and teacher observation.

Teachers delivering RSE receive appropriate training including:

- Understanding the updated RSHE statutory guidance.
- Managing sensitive discussions and classroom boundaries.
- Jigsaw programme training and access to updated teaching materials ahead of full implementation.

Inclusion, Equality and Diversity

RSE at Settrington All Saints' is inclusive and respectful of all pupils and families. It acknowledges that families may look different, while recognising marriage as taught within Christian belief. RSE reflects the diversity of modern Britain. Pupils learn about a range of families, including same-sex parents, and develop respect and understanding for all individuals, in line with the Equality Act 2010.

Safeguarding and Confidentiality

RSE contributes to safeguarding by helping pupils:

- Understand personal boundaries
- Recognise unsafe situations
- Know who to talk to if worried or uncomfortable

If a disclosure is made, staff follow the school's Safeguarding and Child Protection Policy.

Monitoring and Review

Monitoring evaluates how effectively knowledge and skills build over time, and the impact on pupils' ability to manage relationships, stay safe and demonstrate independence.

- Teaching materials are reviewed annually by the PSHE/RSE Lead to ensure suitability for pupils and consistency with our Christian ethos.
- The PSHE/RSE Lead monitors delivery of Jigsaw and RSE outcomes through learning walks and pupil conferencing.

This policy will be reviewed annually or sooner in response to changes in statutory guidance. The Senior Leadership Team, PSHE/RSE lead, and governing body will ensure the curriculum and resources are up to date.

Parental Engagement and Right to Withdraw/ Working with Parents

We are committed to ongoing, transparent engagement with parents/carers about RSHE content and implementation plans. We support parents by:

- Sharing curriculum overviews (including Jigsaw content)
- Offering information meetings/ slideshow presentations prior to teaching puberty and sex education

- Providing access to teaching materials upon request

Right to Withdraw

- Parents cannot withdraw children from Relationships Education or Health Education
- Parents can withdraw their child from non-statutory Sex Education (beyond National Curriculum Science)
- Requests must be made in writing to the Headteacher using the form attached to this policy, and will be discussed sensitively

Request to Withdraw from Non-Statutory Sex Education

School Name: _____

Child's Name: _____

Class: _____

I wish to request that my child be withdrawn from non-statutory Sex Education sessions (beyond the National Curriculum Science requirements).

I understand that:

- Relationships Education and Health Education are statutory and my child will continue to take part in these lessons
- This request applies only to specific elements of the Changing Me unit
- Alternative supervised activities will be provided during withdrawn sessions

Reason for request (optional):

Parent/Carer Name: _____

Signature: _____

Date: _____

School response discussed with Headteacher:

Yes / No

Date: _____