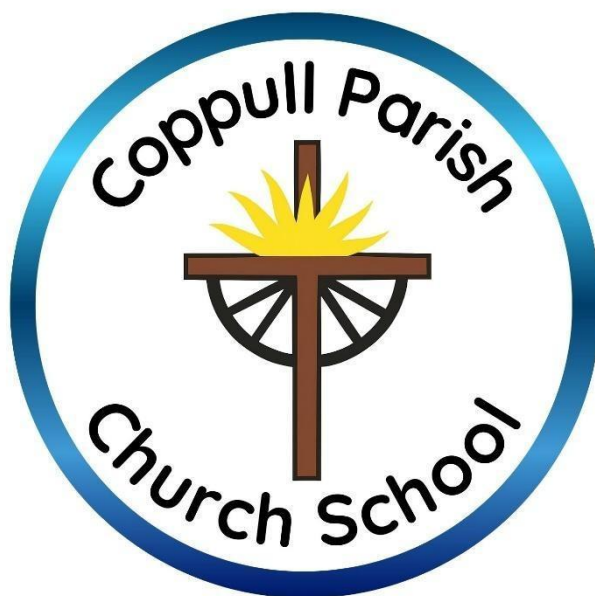


COPPULL PARISH CHURCH OF ENGLAND PRIMARY SCHOOL



PSHE & RSHE Subject Policy 2026/27

PSHE (Personal, Social, Health and Economic Education) and Relationships, Sex and Health Education (RSHE)

Date Approved	Next Review	Responsible Person
September 2026	September 2027	J Cooper

Policy Overview and Statutory Context

At Coppull Parish Church School, we recognise that high-quality Relationships, Sex and Health Education (RSHE) is essential to pupils' personal development, wellbeing and safety. RSHE supports children to develop the knowledge, skills and attitudes they need to form positive relationships, manage emotions, stay healthy and make informed decisions as they grow.

This policy sets out our school's approach to RSHE in line with statutory guidance and reflects our commitment to safeguarding, inclusion, and promoting pupils' physical and mental wellbeing.

This policy has been developed in accordance with:

- The Children and Social Work Act 2017
- Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance (DfE)
- Keeping Children Safe in Education
- The Equality Act 2010

In primary schools:

- Relationships Education is statutory
- Health and Wellbeing Education is statutory
- Sex Education is not statutory beyond the National Curriculum for Science

Definition and Scope of RSHE

RSHE is made up of three interrelated components.

Relationships Education (Statutory)

Relationships Education supports pupils to develop healthy, respectful relationships. This includes learning about:

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships
- Online safety and awareness
- Being safe, including boundaries, consent, and safeguarding in an age-appropriate way

Health and Wellbeing Education (Statutory)

Health Education supports pupils to understand how to maintain their physical and mental wellbeing. This includes:

- General wellbeing
- Wellbeing online
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, tobacco and vaping
- Health protection and prevention
- Personal safety
- Basic first aid
- Developing bodies

There is no right of withdrawal from Health Education.

Sex Education (Non-Statutory)

Sex Education, where taught beyond the statutory science curriculum, is:

- Carefully planned and age-appropriate
- Delivered sensitively and inclusively
- Clearly communicated to parents and carers

Additional sex education does not include explicit teaching about sexual activity. Parents and carers have the right to withdraw their child from non-statutory sex education.

Curriculum Organisation and Delivery

RSHE is taught as part of Coppull Parish school's planned PSHE curriculum and is delivered regularly across the academic year. Lessons are taught by class teachers and are timetabled within the school week, ensuring consistent and age-appropriate coverage for all pupils.

RSHE is delivered using the 1decision programme, which:

- Meets statutory Relationships and Health Education requirements
- Provides a progressive, story-led curriculum
- Supports curriculum sequencing and progression
- Includes teacher guidance and assessment opportunities

RSHE is taught regularly and reinforced through cross-curricular links, including:

- Science (statutory elements)
- Computing (online safety)
- Assemblies and whole-school themes

Teachers may adapt sequencing or revisit content in response to emerging pupil needs, such as safeguarding concerns or wellbeing issues.

Whole School Curriculum Map

	Autumn		Spring		Summer	
Reception	1. Name this week 2. Pink starts school 3. Pink misses Mummy 4. Purple feels poorly 5. Red needs the toilet 6. Why does purple play differently? 6. Blue learns to share 7. Blue's indoor voice	1. Yellow learns about germs 2. Green's Daddy moves out 3. Rainbow's food journey 4. Pink feels sad 5. Red's nut allergy 6. Red's hearing aid 7. Yellow play fights 8. Orange brushes her teeth	1. Yellow wants to play with orange 2. Rainbow feels angry 3. Orange feels worried 4. Purple watches the news 5. Orange helps out 6. Blue's best friend	1. Yellow's bedtime 2. Orange moves house 3. Purple's pet bird 4. Blue gets lost 5. Green stays in hospital 6. Blue explores road safety	1. Pink has a new brother 2. Red goes swimming 3. Rainbow helps at home 4. Rainbow's Day Out 5. Orange sleeps over	1. Red visits the dentist and Green gets glasses 2. Green's Greens 3. Pink's Screen Time 4. Yellow goes on Holiday 5. Rainbow visits the seaside 6. Green is moving up a year
Year 1	Feelings & Emotions Unit What I Know Now Jealousy A World Without Judgement Unit What I Know Now Democracy Fire Safety Unit What I Know Now Hoax Calling		Computer Safety Unit What I Know Now Online Bullying Being Responsible Unit What I Know Now Water Spillage Keeping/Staying Safe Unit What I Know Now Road Safety		Keeping/Staying Healthy Unit What I Know Now Washing Hands Relationships Unit What I Know Now Friendship Our World Unit What I Know Now Growing in Our World	
Year 2	Feelings & Emotions Unit Worry Anger A World Without Judgement Unit Individual Liberty Rule of Law Fire Safety Unit Petty Arson Enya & Deedee Visit the Fire Station		Computer Safety Unit Image Sharing Computer Safety Documentary Being Responsible Unit Practice Makes Perfect Helping Someone in Need Keeping/Staying Safe Unit Tying Shoelaces Staying Safe		Keeping/Staying Healthy Unit Healthy Eating Brushing Teeth Relationships Unit Bullying Body Language Our World Unit Living in our World Working in the World	
Year 3	Feelings & Emotions Unit Grief What I've Learnt A World Without Judgement Unit Tolerance What I've Learnt Fire Safety Unit Texting Whilst Driving What I've Learnt		Computer Safety Unit Making Friends Online What I've Learnt Being Responsible Unit Stealing What I've Learnt Keeping/Staying Safe Unit Learning Out of Windows What I've Learnt		Keeping/Staying Healthy Unit Medicine What I've Learnt Relationships Unit Touch What I've Learnt Our World Unit Looking After Our World What I've Learnt	
Year 4	Feelings & Emotions Unit What I Know Now Jealousy A World Without Judgement Unit What I Know Now Breaking Down Barriers First Aid Unit What I Know Now First Aid Y4		Computer Safety Unit What I Know Now Online Bullying Being Responsible Unit What I Know Now Coming Home on Time Keeping/Staying Safe Unit What I Know Now Cycle Safety		Keeping/Staying Healthy Unit What I Know Now Healthy Living The Working World Unit What I Know Now Chores at Home Growing and Changing Unit What I Know Now Appropriate Touch (Relationships)	
Year 5	Feelings & Emotions Unit Anger Adults' & Children's Views A World Without Judgement Unit Inclusion & Acceptance Adults' & Children's Views First Aid Unit First Aid Y5		Computer Safety Unit Image Sharing Adults' & Children's Views Being Responsible Unit Looking Out for Others Adults' & Children's Views Keeping/Staying Safe Unit Peer Pressure Adults' & Children's Views		Keeping/Staying Healthy Unit Smoking Adults' & Children's Views The Working World Unit Enterprise Adults' & Children's Views Growing and Changing Unit Puberty Adults' & Children's Views	
Year 6	Feelings & Emotions Unit Worry What I've Learnt A World Without Judgement Unit British Values What I've Learnt First Aid Unit First Aid Y6 (Part 1&2) What I've Learnt		Computer Safety Unit Making Friends Online What I've Learnt Being Responsible Unit Stealing What I've Learnt Keeping/Staying Safe Unit Water Safety What I've Learnt		Keeping/Staying Healthy Unit Alcohol What I've Learnt The Working World Unit In-App Purchases What I've Learnt Growing and Changing Unit Conception What I've Learnt	

Inclusion, SEND and Equality

PSHE & RSHE is delivered in line with the Equality Act 2010 and promotes respect for difference and diversity. Teaching is inclusive and reflects the needs of all pupils.

For pupils with special educational needs or disabilities (SEND), PSHE & RSHE is adapted to ensure accessibility by:

- Using clear and consistent language and visuals
- Breaking learning into smaller steps
- Providing additional scaffolding or repetition
- Considering pupils' emotional and developmental needs

Safeguarding and Safe Learning Environment

PSHE & RSHE is delivered within a safe, supportive and respectful learning environment where pupils feel able to participate and ask questions appropriately.

To support this:

- Ground rules are agreed yearly with pupils at the start of PSHE & RSHE lessons to promote respect, confidentiality and appropriate discussion
- Correct and age-appropriate terminology is used sensitively by staff
- Teaching approaches such as distancing techniques are used where appropriate, allowing scenarios and examples to be discussed without personalising experiences
- Opportunities are provided for pupils to ask questions in a range of ways, including anonymous question boxes or written questions, to reduce pressure and support pupil confidence
- Personal disclosures are not encouraged during lessons and pupils are reminded that sensitive concerns should be shared with a trusted adult
- Pupils are signposted to trusted adults (including ELSA trained staff) and support systems within the school for further help or discussion

All PSHE & RSHE teaching is underpinned by the school's safeguarding procedures. Any disclosures or concerns arising from RSHE lessons are handled in line with the Safeguarding and Child Protection Policy.

Responding to Pupils' Questions

Pupils' questions will be answered honestly, sensitively and in an age- and stage-appropriate manner. Staff will use professional judgement when responding to questions, taking account of pupils' age, maturity and the school's planned curriculum.

Where a question relates to sex education that is not included within the school's planned primary curriculum, or to content from which a pupil has been withdrawn, staff

will not provide teaching that circumvents the parental right of withdrawal. Where appropriate, pupils may be encouraged to discuss questions with their parents or carers.

If a question raises a safeguarding concern or suggests that a pupil may be at risk of harm, staff will respond in accordance with the school's Safeguarding and Child Protection Policy.

Roles, Responsibilities and Staff Training

Leadership and Governance

- The Headteacher has overall responsibility for PSHE & RSHE provision
- The Governing Body approves this policy and monitors its implementation
- The PSHE/RSHE Lead oversees curriculum planning, progression, and staff support

Teaching and Support Staff

Staff delivering PSHE & RSHE:

- Follow the agreed curriculum
- Create a safe and respectful learning environment
- Respond appropriately to pupil questions and disclosures

Staff Training

Staff involved in the delivery of PSHE & RSHE receive appropriate training and ongoing support to ensure confidence, consistency, and safeguarding compliance. This includes induction support, access to guidance and resources, and updates linked to statutory changes or emerging pupil needs.

- CPD is available from the 1Decision teacher portal - <https://www.1decision.co.uk/whole-school-training>

Parental Engagement and Communication

We value open and transparent communication with parents and carers and recognise the important role they play in supporting their child's PSHE & RSHE learning. The school works in partnership with parents and carers to ensure PSHE & RSHE is delivered in a clear, sensitive and age-appropriate way.

The school will:

- inform parents and carers about the PSHE & RSHE curriculum, including the themes covered and how learning is delivered
- Ensure parents and carers are able to request and view the curriculum materials used to deliver RSHE, including materials provided through 1decision. The school is committed to transparency and will make RSHE materials available to parents and

carers in accordance with statutory guidance. Requests should be made to the PSHE/RSHE Lead or Headteacher.

- respond to questions, feedback, or concerns in a timely, respectful, and supportive manner
- offer discussion with appropriate members of staff where further clarification or reassurance is needed

Parents and carers have the right to request withdrawal of their child from non-statutory sex education taught beyond the National Curriculum for science. There is no right of withdrawal from Relationships Education or Health Education. Any requests for withdrawal are managed sensitively, in line with statutory guidance, and in discussion with parents or carers to ensure the child's wellbeing and educational needs remain central.

Parent/Carer Zone

Parent and Carer Support

1decision provides a dedicated Parent and Carer Zone on its website, offering a range of resources, guidance and information to support parents and carers in understanding and reinforcing the themes and topics covered through the school's PSHE/RSHE curriculum.

The resources are designed to support meaningful conversations between children and their parents or carers and provide practical guidance to help families continue and reinforce learning at home. They cover a range of age-appropriate themes relating to personal development, relationships, health, wellbeing, online safety, emotional literacy and wider life skills.

Parents and carers are encouraged to access these resources to support their understanding of the content delivered through the school's PSHE/RSHE programme and to facilitate open, supportive and age-appropriate discussions at home. The resources also provide parents and carers with guidance on how they can respond to children's questions and support their developing knowledge, understanding and decision-making skills.

The 1decision Parent and Carer Zone can be accessed here: [1decision Parent and Carer Zone](#)

Parent / Carer Zone

📍 Home - Resources - Parent / Carer Zone

Welcome to our Parent / Carer Zone

This section of our website is designed especially for parents and carers whose children attend schools using 1decision as part of their curriculum.

Here, you'll find an introduction to the award-winning 1decision resources and how they support your child's learning, along with a selection of topics



Withdrawal letter

Right to Withdraw

Parents/carers have the right to request that their child is withdrawn from **additional sex education** taught as part of our RSHE programme, where this content is not part of statutory Relationships Education, Health Education or the National Curriculum for Science. At Coppull Parish Church School, the additional sex education is delivered through the **1decision Growing and Changing: Conception** unit in Year 6.

Parents/carers **cannot withdraw their child from statutory Relationships Education, Health Education or Science**, including teaching about puberty, menstruation, body changes, relationships, personal boundaries, keeping safe or the biological aspects of human reproduction that form part of the Science curriculum.

Requests for withdrawal will be considered in accordance with the Department for Education's statutory guidance, and parents/carers will be provided with clear information about the content from which they are requesting withdrawal. A parent/carer withdrawal request from additional sex education will be respected, and appropriate alternative provision will be made for the pupil during the lesson. A copy of the school's **Parent/Carer Right to Withdraw from Sex Education letter and withdrawal form** is provided alongside this policy and clearly identifies the specific content from which withdrawal may be requested.

The withdrawal letter can be found on our school website under the PSHE curriculum page - <https://www.coppullparish.lancs.sch.uk/page/?title=PSHE&pid=261>

Coppull Parish Church School

Light to the World 



Sex Education: Information for Parents and Carers

What Your Child Will Be Taught

At Coppull Parish Church School, we understand that teaching children about relationships, growing up and human development is an important part of supporting their wellbeing, safety and preparation for the future. We also recognise that parents and carers play a vital role in these conversations and that schools and families work best when they work together openly and supportively.

Relationships and Health Education (RHE) is statutory for all primary schools in England and forms part of our PSHE curriculum. This includes puberty education. Parents and carers do not have the right to withdraw their child from any content that covers statutory Relationships or Health Education objectives, or national curriculum science objectives (including human development and reproduction).

In addition to the statutory curriculum, our school also chooses to deliver a Sex Education unit. This is taught in Year 6 through 1decision's Conception topic and covers how babies are made in an age-appropriate, factual way. This is the only element of our PSHE/RSHE provision from which parents and carers may request withdrawal.

We hope you trust that, as a school, we take decisions around RSHE content very seriously. All materials are carefully selected and reviewed to ensure they remain age-appropriate, sensitive and relevant to children's current needs and levels of maturity. Our priority is always to support children in developing accurate understanding, confidence, safety awareness and respect in a way that is appropriate for their stage of development.

Our Chosen Programme: 1decision

To deliver PSHE and RSHE, we use 1decision - a multi-award winning programme used across the country and worldwide. The resources have been developed by PSHE and safeguarding experts, working alongside schools and children.

We encourage you to explore the 1decision Parent/Carer Zone before making any decision about withdrawal. There you will find:

- An overview of what 1decision is and how it works
- A content overview, including examples of puberty and conception animations
- Examples of Early Years content
- Understanding RSHE document
- Free home activities and much more

Why We Teach Sex Education

We believe it is important that children receive accurate, age-appropriate information in a safe environment - from a trusted adult, rather than from peers or online sources. Research shows that children who do not receive this information at school are more likely to turn to the internet, where content can be misleading, harmful or age-inappropriate.

Our teaching is carefully planned, sensitive in its delivery, and gives pupils the opportunity to ask questions in a supportive setting.

We would love to show you the resources before you make a decision. You are welcome to ask your child's class teacher or PSHE to lead to view the full 1decision videos and ask any questions.

Requesting Withdrawal from the Conception Unit

If, after reviewing the 1decision resources, you wish to withdraw your child from the Year 6 Conception unit, please follow the process below.

Our withdrawal process:

Please complete the withdrawal form below and return to school.

Please be aware that any request for withdrawal will be noted and kept on your child's record, in line with statutory guidance.

If you have any questions about our RSHE curriculum, please contact us at school by talking to your child's class teacher or Mrs Cooper (PSHE Lead).

Kind Regards.

Parent/Carer Withdrawal Request

Child's name: _____

Class: _____

I have read the information above and understand that the parental right to withdraw applies to the additional Year 6 sex education – 1decision Growing and Changing: Conception.

I request that my child is withdrawn from:

☐ Year 6 – Growing and Changing: Conception

I understand that I cannot withdraw my child from statutory Relationships Education, Health Education or the National Curriculum for Science.

Name of parent/carers: _____

Signature: _____

Date: _____

Please return this form to your child's class teacher.

Monitoring, Evaluation and Review

PSHE & RSHE is monitored and evaluated to ensure it remains effective, relevant and responsive to pupils' needs. Monitoring focuses on the quality of provision, pupil understanding, and the impact of learning over time.

This includes:

- **Pupil voice**, gathered through discussion, reflection activities, and feedback, to understand pupils' experiences, confidence, and understanding of RSHE themes. Pupil voice is used to inform curriculum development and ensure learning reflects pupils' needs and lived experiences.
- **Assessment and progress tracking**, using age-appropriate, non-judgemental methods such as discussion outcomes, written reflections, and teacher observations. Assessment information is used to identify strengths, gaps in understanding, and areas requiring reinforcement.
- **Teacher reflection**, where staff review lesson delivery and pupil responses to inform future planning and adapt teaching where necessary.
- **Leadership monitoring**, including curriculum reviews, lesson visits where appropriate, and scrutiny of planning and assessment information to ensure consistency, progression, and statutory coverage across the school.

Monitoring and evaluation of PSHE & RSHE takes place on a planned and regular basis and is led by the PSHE/RSHE Lead, with oversight from senior leaders. Findings from monitoring activities are used to inform curriculum review, staff training, and future planning, ensuring continuous improvement.

Links to Other Policies

This policy should be read alongside the following:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- Online Safety Policy
- Equality Policy
- SEND Policy
- Anti-Bullying Policy

This RSHE policy has been developed by Coppull Parish Church School's PSHE lead and the senior leadership team with reference to statutory guidance and safeguarding requirements. Where appropriate, the views of staff, parents and carers, and pupils have been considered to inform the content of the policy.

The policy is approved by the Governing Body and is reviewed annually, or sooner if statutory guidance or local circumstances change.

As part of the review process, the school will:

- review updates to statutory RSHE guidance and related safeguarding documentation
- consider feedback from pupils through pupil voice activities
- seek feedback from staff involved in the delivery of RSHE
- consult parents and carers when developing and reviewing its Relationships Education policy. Parents and carers are given a meaningful opportunity to understand the proposed curriculum, ask questions, view materials and provide feedback. The Governing Body considers this feedback before approving significant revisions to the policy.
- make amendments where necessary to ensure the policy remains relevant, compliant, and responsive to pupils' needs
- Following review, any significant changes to the policy will be shared with parents and carers.