

Relationships Education and Health Education 2026



Tuesday 28th April 2.30pm at Sladefield Infant School

AND

Monday 1st May 9am at Thornton Primary School

Agenda

- 1. Current policy and curriculum (from 2019)**
- 2. New DfE guidance (from 2025)**
- 3. Policy additions (for September 2026)**
- 4. Curriculum additions/changes (for September 2026)**
- 5. Questions and feedback**

1. Current policy and curriculum

(from 2019)

Q. How did the schools get their current policy and curriculum?

A. DfE 2019 Policy and Curriculum guidance

- **2019 - DfE introduced the statutory Relationships and Sex Education (RSE) curriculum for all schools**
- **September 2020 – Sladefield Infant School and Thornton Primary School formed a joint working party to develop a shared policy and curriculum (staff, governors and parents from both schools) using the DfE guidance**
- **May 2021 – Parents/carers were consulted about policy and curriculum, including resources (online meetings during lockdown!)**
- **June 2021 – Final policy and curriculum agreed**
- **September 2021 - Policy and curriculum implemented successfully!**

2. New DfE guidance

(from 2025)



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

Statutory guidance for governing bodies,
proprietors, head teachers, principals, senior
leadership teams, teachers

(last updated December 2025)

There is a new name for primary schools:

- Relationships Education and Health Education
(physical health and mental wellbeing)

The old name is NOT used from September 2026:

- Relationships and Sex Education (RSE) and Health
Education

3. Policy additions

(for September 2026)

Relationships Education and Health Education 2025

What do we
need to do to be
ready for
September
2026?

ANSWER – there is not very much to do because we already have a great policy and curriculum! There are only a few additions/changes we need to make to...

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- Additions to the current policy (original policy written in consultation with the schools' working party)
 - Changes/additions to the curriculum

The final policy will then be approved by the Governing Bodies of both schools.

Addition 1 on page 2

UNICEF Gold Rights Respecting School Status

- Both Sladefield Infant School and Thornton Primary School are proud to be recognised as UNICEF Gold Rights Respecting Schools. This status places children's rights at the centre of our ethos, curriculum and wider school culture. The Rights Respecting Schools Award (RRSA) supports our Relationships Education by embedding the UN Convention on the Rights of the Child (UNCRC) throughout all teaching and learning. Pupils learn the importance of mutual respect, empathy, fairness and inclusion, and these principles underpin the expectations around healthy relationships.

Addition 2 on page 3

- PSHE policy
- Safeguarding policy
- Equal Opportunities policy
- Equality and Diversity Policy
- Behaviour policy
- SEND/Inclusion policy
- Confidentiality policy
- Anti-bullying policy
- E-safety policy
- Volunteer/Visitor policy
- Supporting Mental Health and Wellbeing policy

Addition 3 on page 5

- In line with the statutory RSHE guidance (updated July 2025), both Sladefield Infant School and Thornton Primary School teach pupils the correct anatomical names for all body parts. This forms an essential part of our safeguarding approach, supporting children to communicate clearly, reduce stigma, and identify or report concerns with accuracy. Teaching accurate vocabulary helps pupils recognise that these body parts are private and reinforces their understanding of personal boundaries, body autonomy and how to seek help from a trusted adult.

Addition 4 on page 6

Wellbeing Intent & Curriculum Alignment

Our school wellbeing vision emphasises creating an environment where children feel happy, healthy and safe.

Wellbeing is central to the Healthy Relationships curriculum, supporting pupils to develop:

- Emotional literacy
- Self-regulation strategies
- Resilience and confidence
- Respectful communication
- Positive friendships and conflict-resolution skills

The wellbeing curriculum works alongside PSHE and Relationships Education, ensuring consistency in language, expectations and safeguarding messages across all year groups.

Addition 5 on pages 6 and 7

SAFEGUARDING in the RSE and PSHE Curriculum.

Safeguarding is woven throughout the teaching of Relationships Education. Staff recognise that pupils may disclose concerns during lessons that explore relationships, trust, boundaries or safety. All staff follow school safeguarding procedures, including immediate discussion with the Designated Safeguarding Lead. The curriculum teaches children how to keep themselves safe, how to identify trusted adults, how to recognise unhealthy relationships and how to seek help.

4. Curriculum additions/changes

(for September 2026)

Relationships Education and Health Education 2026



PHSE/Relationships Education at Sladefield

Information for Parents and Carers

Our aim

At Sladefield children in Reception, Year 1 and Year 2, are taught PHSE and Relationships Education focusing on helping children to **feel safe, happy and supported**, while learning how to form **positive relationships**, manage feelings and **stay safe** in the world around them.



What do children learn at Sladefield?

Relationships and Friendships

Children learn to:

- Understand what makes a **good friend**
- Be **kind, Respectful and fair**
- Take turns and share
- Manage small disagreements peacefully
- Recognise **bullying** and know how to ask for help
- Understand **personal space and boundaries** (e.g. knowing it's okay to say "no").

Families and Caring Relationships

Children learn that:

- Families can look different and all loving families are valued
- Family members care for each other
- If something worries them at home or school, they should talk to a trusted adult



What do children learn at Sladefield?

Keeping Safe (newly strengthened focus)

As part of Health and Wellbeing, children learn:

- How to stay safe around roads and water
- How to recognise when something feels unsafe
- Who to go to for help at school and at home
- Online safety, such as being kind online and not sharing personal information without permission.

Understanding Feelings and Wellbeing

Children are supported to:

- Name and talk about feelings
- Understand that everyone has different emotions
- Know ways to calm down and feel better
- Understand that changes and loss can cause feelings, and that support is available



What do children learn at Sladefield?

Important points for parents

✓ What is included

- Age-appropriate lessons about **relationships, safety and wellbeing**
- Teaching children the **correct names for body parts** (including genitalia) in a simple, factual way to support safeguarding and confidence

✗ What is NOT taught in KS1

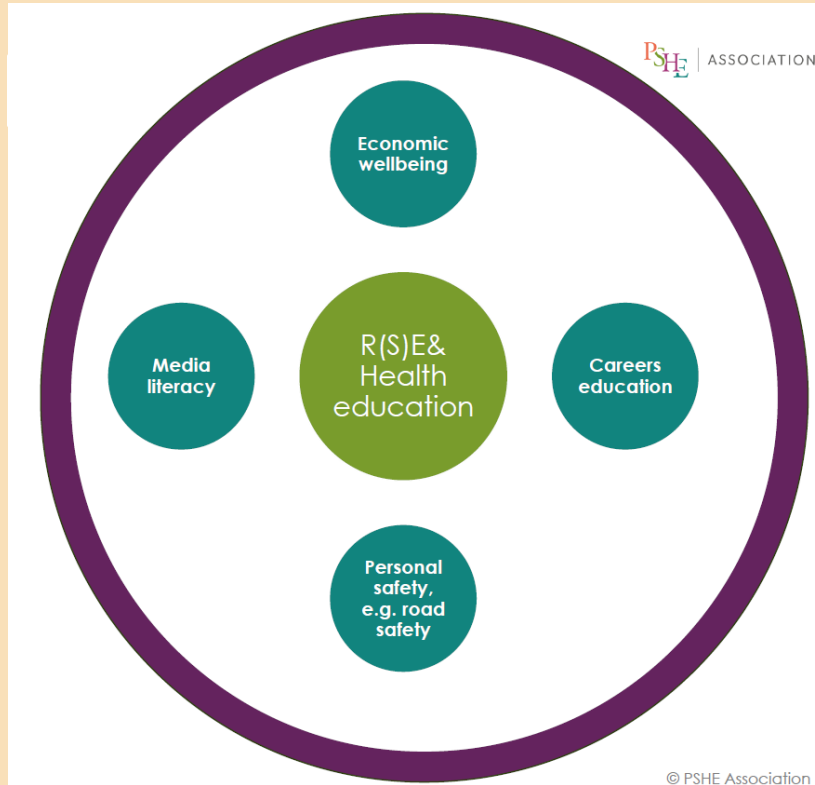
- Sex education
- Puberty
- Sexual activity or reproduction
- Any explicit or inappropriate content

Sex education is **not compulsory** in primary schools and is not taught in KS1.

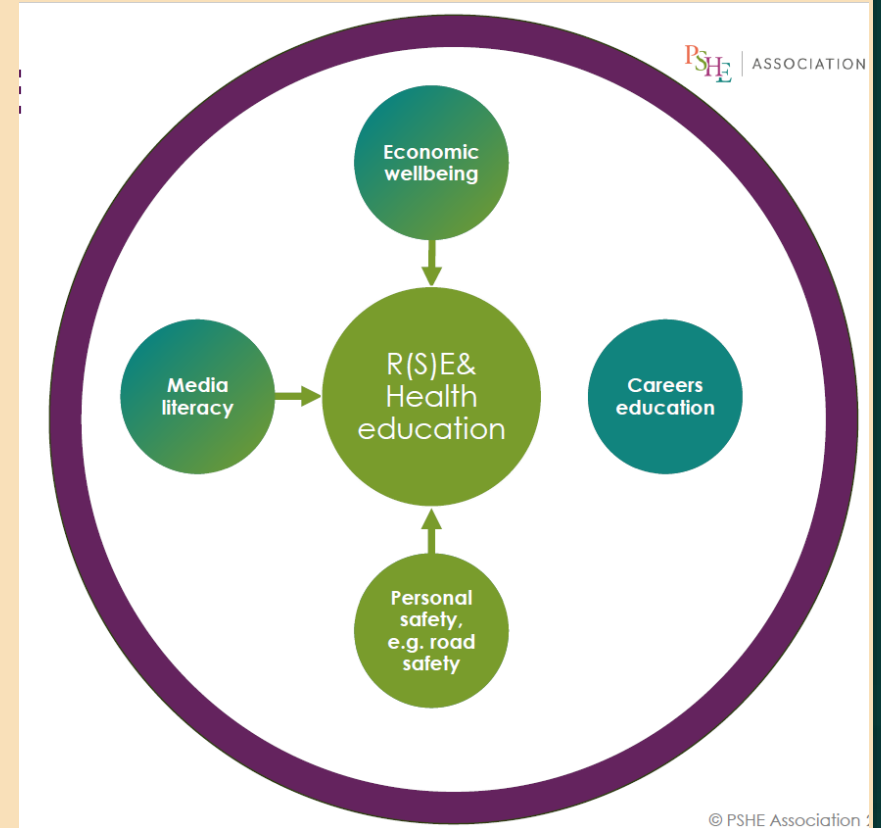


How much of PSHE will be statutory?

Under the 2019 guidance, around 75-80% of PSHE Education was compulsory, through statutory RSHE.



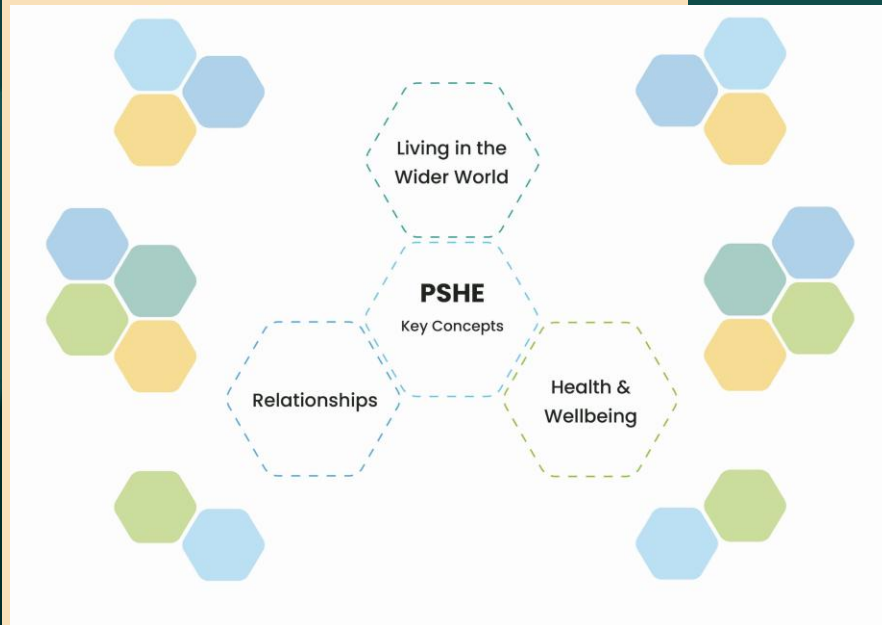
Under the 2025 guidance, this is closer to 90%.



How is PSHE organised?

Curriculum 2019

Curriculum 2026



Statutory RSHE

Relationships Education

Families and people who care for me

Caring friendships

Respectful, kind relationships

Online safety and awareness

Being safe

Health Education

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

Economic wellbeing and careers education

How have we organised the content at KS1-2?

Statutory RSHE

- Families
- Friendships
- Respecting self and others
- Safe relationships: consent, boundaries and trust
- Mental health and wellbeing
- Keeping healthy and well
- Physical activity and nutrition
- Changing and growing up
- Personal safety and first aid
- Online life and safety
- Drug education

Economic wellbeing and careers education

- Economic wellbeing
- Careers education: aspirations, learning and work

Where do Thornton currently get lesson resources from?

- PSHE Association
- Food A Fact of Life (Food and healthy lifestyles)
- NHS Change for Life
- St. John Ambulance (First Aid)
- BBC Bitesize
- Network Rail (Rail safety)
- Brake and Think! (Road safety)
- Royal Life safety society UK (Water safety)
- Young Minds (MHWB)
- Google Internet Legends & Child Net (E-safety)
- Winston's Wish (Bereavement and Loss)
- Safe for Me (Anti-Social Behaviour)
- Choices (CRC Lime Project)
- Services for Education (HRE puberty)
- UNICEF
- Action for Clean Air
- Natwest Money Sense

Incorporating new content

Relationships

- Managing conflict in relationships, and what to do about loneliness
- Greater focus on skills to manage relationships, including how to recognise who to trust and not trust
- Greater focus on online risks and inappropriate content
- Protections on social media, including age requirements and location settings
- **Optional:** to teach about the pressure to share nude images or online sexual content

Health and wellbeing

- Managing change and loss, including bereavement
- Scams, fraud and video game monetisation
- Medial literacy e.g. taking a critical approach to online content
- Personal safety including hazards, fire safety and travel safety
- Facts and risks associated with vaping and nicotine pouches
- Correct names for body parts including penis, vulva, vagina, testicles, scrotum, nipples

New Content at Thornton

Relationships Education

- Families and people who care for me
- Respectful, kind relationships
- Online safety and awareness

Health Education

- General Wellbeing
- Wellbeing online
- Physical health and fitness
- Healthy Eating
- Health protection and prevention
- Developing Bodies – (new vocabulary vulva, scrotum, nipples)

Where will new content come from?

- **PSHE Association**
- **Cyber Sprinters**
- **British Red Cross**
- **NHS Health for Life**
- **BBC Bitesize**

Can parents view the new lesson plans and resources Thornton will use?

We have printed off a copies of the new resources and you can arrange to view them.

5. Questions and feedback

Parent Information Meeting
for Relationships Education &
Health Education Evaluation



Thank You

