Lamberhurst St. Mary's CE Primary School

Relationships, Social, Health and Economic (RSHE) Policy

Date Written	September 2026
Written By	Mrs. C Belling
Date Agreed by Governing Body	October 2026
Headteacher	Mrs. C Vickery-Booth
Chair of Governors	Mr. P Edgesmith
Date of next full review	September 2028

Inspired by the Parable of the Sower, all children and adults in our inclusive Christian school community are able to thrive and flourish. Like seeds on good earth, all are nurtured with supportive loving care.



This policy will be reviewed following any lessons learnt and/or updates to national or local guidance and procedures.

	Name	Contact information
Designated Safeguarding Lead (DSL)	Mrs. Charlotte Vickery-Booth	headteacher@lamberhurst.kent.sch.uk
Deputy Designated Safeguarding Lead	Mrs. Nicola Mitchell	dht@lamberhurst.kent.sch.uk
Deputy Designated Safeguarding Lead	Mrs. Carla Belling	senco@lamberhurst.kent.sch.uk
Deputy Designated Safeguarding Lead	Mrs. Lizzy Connors	connorsl@lamberhurst.kent.sch.uk
Headteacher	Mrs. Charlotte Vickery-Booth	headteacher@lamberhurst.kent.sch.uk

Aims

At Lamberhurst St Mary's Primary School, we believe that Relationships, Social and Health Education (RSHE) is an essential part of every child's education. Through our RSHE curriculum, we aim to support pupils to:

- Develop positive, respectful relationships.
- Understand how to keep themselves physically and mentally healthy.
- Build confidence, resilience and self-esteem.
- Recognise and manage risk in different situations.
- Understand diversity and inclusion.
- Prepare for the opportunities, responsibilities and experiences of later life.
- Know how and where to seek help when needed.

Our RSHE curriculum is delivered using the **Kapow Primary RSHE Scheme of Work**, which is fully aligned with the statutory guidance from the Department for Education.

It is also underpinned by our school vision:

Inspired by The Parable of the Sower, all children and adults in our inclusive Christian Community are able to thrive and flourish. Like seeds on good earth, all are nurtured with supportive loving care.

And values of:

- Community
- Aspiration
- Resilience
- Kindness

We promote an inclusive environment that meets the needs of all pupils.

Statutory Requirements and September 2026 Updates

This policy has due regard to:

- The Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance (DfE, revised 2025, effective from 1 September 2026).
- The Children and Social Work Act 2017.
- The Equality Act 2010.
- Keeping Children Safe in Education (KCSIE).
- The Education Act 2002.

Changes Effective from September 2026

To comply with the revised statutory guidance, the school's RSHE curriculum will include enhanced teaching on:

Online Safety and Online Wellbeing

Pupils will learn about:

- Safe and respectful online relationships.
- Age restrictions and online platforms.
- Protecting personal information and privacy.
- Recognising scams, misinformation and harmful online content.
- Understanding the impact of online behaviour on wellbeing.

Personal Safety

Pupils will develop knowledge and skills to:

- Recognise unsafe situations.
- Seek help from trusted adults.
- Understand safety around roads, water, railways and public places.
- Recognise and respond to risks both online and offline.

Accurate Anatomical Vocabulary

The curriculum will ensure children learn the correct names for body parts, including genitalia, in an age-appropriate manner to support safeguarding, health education and personal safety.

Healthy Relationships and Boundaries

Pupils will learn:

- How to communicate effectively.
- How to establish and respect personal boundaries.
- The importance of kindness, respect and consent in age-appropriate contexts.
- Strategies for managing conflict and maintaining healthy friendships.

Emotional Wellbeing, Change and Loss

The curriculum includes greater emphasis on:

- Emotional literacy.
- Building resilience.
- Managing change.
- Bereavement and loss.
- Seeking support when experiencing difficult emotions.

Parent Consultation and Transparency

In line with the revised guidance, the school will:

- Consult parents regularly on the RSHE curriculum.
- Publish this policy on the school website.
- Be transparent about curriculum content and teaching materials.
- Continue to work in partnership with parents and carers in supporting children's learning.

Official DfE Guidance

The statutory guidance that schools should use to prepare for September 2026 can be found here:

Department for Education: Relationships Education, Relationships and Sex Education (RSE) and Health Education
https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education

At Lamberhurst St Mary's Primary School, we will use the updated Kapow curriculum materials mapped to the revised 2026 statutory requirements to ensure full compliance from September 2026.

Curriculum Content

Through the Kapow Primary RSHE programme, pupils will learn about:

Families and Relationships

Pupils will learn:

- The characteristics of healthy friendships.
- Respectful relationships.
- Different family structures.
- Managing conflict and seeking support.
- Online relationships and digital safety.

Health and Wellbeing

Pupils will learn:

- Physical health and healthy lifestyles.
- Mental wellbeing.
- Emotional literacy.

- Personal hygiene.
- Sleep, nutrition and exercise.
- Personal safety and risk management.

Safety and the Changing Body

Pupils will learn:

- Personal boundaries.
- Consent and permission.
- Online safety.
- Puberty and physical changes.
- Keeping safe in different environments.
- Basic first aid.

Citizenship

Pupils will learn:

- Rights and responsibilities.
- Diversity and inclusion.
- Community participation.
- Respect for others.
- British Values.

Economic Wellbeing

Pupils will learn:

- Money management.
- Needs and wants.
- Enterprise and careers awareness.

Sex Education

At Lamberhurst St Mary's we teach the statutory requirements relating to the changing adolescent body through Health Education. We DO NOT teach sex education

Parents cannot withdraw children from statutory Relationships Education or Health Education.

Inclusion and Equal Opportunities

Our RSHE curriculum is inclusive and accessible to all pupils.

We will:

- Promote respect for all individuals and families.
- Meet the needs of pupils with SEND.
- Ensure teaching is age-appropriate and sensitive.
- Challenge prejudice, stereotypes and discrimination.
- Comply with the Equality Act 2010.

Teaching materials will reflect the diversity of modern Britain.

Teaching and Learning

RSHE is taught through planned lessons using the Kapow Primary Scheme of Work.

Teaching will:

- Be factual, balanced and age-appropriate.
- Encourage discussion and critical thinking.
- Create a safe and supportive learning environment.
- Use agreed class ground rules.
- Provide opportunities for pupils to ask questions.

Pupils will be encouraged to respect different viewpoints whilst understanding the values of equality, respect and inclusion.

Safeguarding and Confidentiality

Staff cannot offer complete confidentiality to pupils.

If a disclosure raises safeguarding concerns, staff will follow the school's safeguarding procedures and report concerns to the Designated Safeguarding Leads (DSL's).

All RSHE teaching will be delivered in accordance with the schools:

- Safeguarding Policy
- Child Protection Policy
- Online Safety Policy
- Behaviour Policy

Assessment

Assessment in RSHE is used to:

- Monitor pupil understanding.
- Inform future planning.
- Identify misconceptions.
- Support pupil progress.

Assessment will be age-appropriate and may include discussion, reflection activities and teacher observations.

Working with Parents and Carers

We recognise that parents and carers are children's first educators.

We will:

- Inform parents about curriculum content.
- Share information about RSHE teaching where appropriate.
- Provide opportunities for parents to ask questions.
- Encourage partnership working between home and school.

Monitoring and Review

The RSHE Lead and Senior Leadership Team will monitor the effectiveness of the policy and curriculum through:

- Lesson observations.
- Planning scrutiny.
- Pupil voice.
- Staff feedback.
- Governor oversight.

This policy will be reviewed every two years or sooner if required by changes in legislation or guidance.