



St Bernard's Preparatory School

Relationships, Sex & Health Education Policy

Authorised by: The Board of Governors of St Bernard's Preparatory School

Term: Pentecost 2026

Signature:

Review Date: Pentecost 2027

Circulation: Governors/all staff/volunteers automatically
Parents on request/School Website

Status: Current

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Mission Statement

With God as our shelter and Christ as our guide, the mission of St Bernard's Preparatory School is to educate towards love and service to God, each other and the wider community. Through our broad, balanced curriculum we will develop an understanding of each faith and the values we share. We will treat each person with respect, knowing we are special and unique.

St Bernard's is part of the St Benedict's family of schools. All schools in the group share a similar Catholic and Benedictine/Bernardine ethos.

Children's Mission Statement

We follow God's footsteps through our love, our work and our prayer.

Applies to: -

Whole School including Early Years Foundation Stage (EYFS), all staff, Peripatetics, clubs and extra-curricular activity providers, volunteers, Trustees, Governors.

Availability:

This Policy is available to parents on the website www.stbernardsprep.org or a copy can be requested from the school office.

The RSHE Coordinator and R.E. Subject Leaders, together with the Headteacher, are responsible for monitoring the standards of children's work and the quality of teaching in Relationship, Sex and Health Education (RSHE). Monitoring ensures that RSHE is delivered consistently, reflects the Catholic ethos of the school, and meets statutory requirements for Relationships and Health Education.

Monitoring activities include:

- Book scrutiny – teachers take part in regular reviews of RSHE written tasks to check that pupils are applying their learning and making progress
- Planning scrutiny – ensuring that all statutory content is covered and that teaching is faithful to *Life to the Full Plus* materials
- Lesson observations and learning walks – reviewing teaching strategies, pupil engagement, and appropriateness of content delivery
- Pupil voice – gathering feedback through School Council, Wellbeing Monitors and Anti-Bullying Ambassadors to evaluate how children experience RSHE and how safe they feel in applying it to their lives
- Parent consultation – using the Ten:Ten parent portal, workshops and letters to ensure parents are fully informed and engaged in RSHE provision
- Staff feedback and CPD – supporting colleagues in their delivery of RSHE and updating them on new guidance or developments

The subject leaders identify strengths and areas for development in RSHE, celebrate good practice, and provide support and resources for colleagues. Outcomes of monitoring are shared with the Headteacher and Governing Body to ensure accountability.

This monitoring process ensures that RSHE equips pupils with the knowledge, skills and virtues they need to flourish, while also preparing them to recognise risk, keep themselves safe (including online), and know where to seek help, in line with Keeping Children Safe in Education (2025).

Defining Relationship, Sex and Health Education

The Department for Education (DfE) guidance states that *“children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way”* (DfE Statutory Guidance, 2019, para. 1).

Relationship, Sex and Health Education is therefore about more than the acquisition of factual knowledge: it is about the development of the pupil’s knowledge and understanding of themselves as human persons created and loved by God. It is about recognising each child is called to live in a right relationship with themselves and others, and being able to make moral decisions in conscience.

In primary schools, the focus is on *“teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults”* (DfE Statutory Guidance, 2019, para. 62).

At St Bernard’s, this includes explicit teaching on:

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

This is delivered through **Ten Ten’s Life to the Full Plus** programme, which integrates these statutory elements into a spiral curriculum that is fully consistent with our Catholic ethos. Children are supported to understand that healthy, respectful relationships are founded on dignity, kindness, forgiveness and love, rooted in the teachings of Christ.

In line with **Keeping Children Safe in Education (2025)**, RSHE also plays a vital role in safeguarding, ensuring that children know how to recognise risk, keep themselves safe (including online), and seek help when needed.

Statutory Curriculum Requirements

In line with the statutory requirements for Relationships Education, this theme is central to our Catholic mission and the *Life to the Full Plus* programme. It reflects the truth that we are created to love others, and it helps children to understand the dignity of every human being, regardless of race, sex, disability, faith or background.

This theme supports children to:

- live harmoniously alongside one another, showing respect, fairness and equality
- value the uniqueness of each person and celebrate diversity

- recognise, challenge and report bullying in all its forms, including racist, homophobic and cyber-bullying
- understand the importance of forgiveness, kindness and compassion in relationships

Within this theme, children are explicitly taught the statutory content outlined by the Department for Education, which includes:

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

These five areas are **statutory**, and parents do not have the right to withdraw their children from Relationships Education.

The Science curriculum is also statutory and includes teaching about:

- naming external body parts
- the human body as it grows from birth to old age (including puberty)
- reproduction in some plants and animals

Parents cannot withdraw their children from the Science curriculum.

All teaching in this area is delivered through the Catholic lens of human dignity and vocation to love, helping children to recognise healthy and unhealthy relationships, both online and offline. In line with Keeping Children Safe in Education (2025), it equips pupils with the knowledge and confidence to protect themselves from harm, recognise when they feel unsafe, and know where to seek support.

Rationale

‘I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL’ (Jn.10.10)

At St Bernard’s Preparatory School, we are committed to delivering Relationship, Sex and Health Education (RSHE) because of our Catholic beliefs about God and about the human person. We believe in the unique dignity of every person, created in the image and likeness of God, and this truth underpins our whole approach to education.

Our approach to RSHE is rooted in the Catholic Church’s teaching of the human person and presented within a positive framework of Catholic ideals. At the heart of Catholic life is the Trinity — Father, Son and Holy Spirit — in communion, united in loving relationship and embracing all people and all creation.

Because we are made in God’s image and likeness, gender and sexuality are understood as gifts from God, reflecting His beauty and sharing in His divine creativity. RSHE is therefore placed firmly within the context of relationships, as it is within relationships that human love, dignity and sexuality grow and develop.

Following the guidance of the Bishops of England and Wales and in line with the Department for Education statutory guidance (2019), RSHE is firmly embedded in the wider PSHCE framework. It is

concerned with nurturing human wholeness and is integral to the physical, spiritual, emotional, moral, social and intellectual development of every pupil.

RSHE at St Bernard's is:

- Christ-centred – rooted in Christ's vision of what it means to be fully human
- Positive and prudent – affirming each child's potential while also helping them to recognise risks and dangers
- Holistic – developing the whole child and promoting safeguarding, wellbeing and flourishing

All RSHE is delivered in accordance with the Church's moral teaching. It emphasises the central importance of marriage and family life, while acknowledging that pupils come from a variety of family contexts. Every child has the right to have their life respected, and support is provided to help them engage with different values in a respectful and compassionate way.

Our chosen programme, *Ten Ten's Life to the Full Plus*, embodies this rationale. It ensures full coverage of statutory Relationships and Health Education requirements, while reflecting Catholic teaching and safeguarding priorities as set out in *Keeping Children Safe in Education (2025)*.

Values and Virtues

Our RSHE programme is rooted in Catholic and Gospel values and reflects the dignity of every human person, created in the image and likeness of God. It affirms the importance of stable relationships, marriage and family life, and seeks to form pupils in the virtues that enable them to love God and others with integrity, respect and compassion.

Through *Ten Ten's Life to the Full Plus*, these values are embedded across the curriculum, supporting pupils in their spiritual, moral, social and cultural growth. The programme is centred on Catholic teaching of the human person, encouraging children to make moral decisions in conscience and to live out the call to holiness.

The following virtues are explicitly explored and promoted within our RSHE provision:

- **Faithfulness** – remaining loyal in relationships and commitments
- **Fruitfulness** – using our gifts for the good of others and for God's purposes
- **Chastity** – recognising the dignity of the body and the proper expression of love
- **Integrity** – living truthfully and consistently with Gospel values
- **Prudence** – making wise and responsible decisions
- **Mercy** – offering forgiveness and understanding to others
- **Compassion** – showing empathy, kindness and care, especially for the vulnerable

At St Bernard's, PSHCE and RSHE are central to the Catholic ethos of the school, inspired by the teaching of the Gospels, the Catholic community, and the values of St Benedict, as well as British Values. They support children's formation and underpin all aspects of school life — in the classroom, across the school community, and beyond. In line with *Keeping Children Safe in Education (2025)*, the teaching of values and virtues in RSHE also contributes to safeguarding by equipping children with the moral framework and resilience to make safe, respectful and responsible choices.

RSHE also supports the promotion of British Values, including mutual respect, tolerance, democracy and individual liberty, through teaching about dignity, rights, responsibilities and respectful relationships.

Aim of RSHE and The Mission Statement

Our Mission Statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural, emotional) and we believe that RSHE is an integral part of this education. Furthermore, our school aims state that we will endeavour to raise children's self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes. It is in this context that we commit ourselves:

In partnership with parents, to provide children and young people with an education which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the human person.

Objectives

Through our RSHE programme, pupils are supported to grow in knowledge, understanding, attitudes and virtues that reflect their dignity as children of God. In particular, they will be encouraged to develop:

- **Reverence** for the gift of human sexuality and fertility
- **Respect** for the dignity of every human being, in themselves and in others
- **Joy** in the goodness of the created world and in their own bodily nature
- **Responsibility** for their own actions, and recognition of the impact these have on others
- **Awareness** of their own sexual identity and respect for the identity of others
- **Appreciation** of the gift of life-long, self-giving love
- **Recognition** of the importance of marriage and family life
- **Commitment** in building and sustaining loving and faithful relationships

Through RSHE, children will be supported in developing the following personal and social skills:

- Making sound judgements and good choices, guided by integrity and respect for commitments made
- Loving and being loved, and the ability to form friendships and loving, stable relationships free from exploitation, abuse and bullying
- Managing emotions within relationships, and coping with relationship breakdowns with confidence, sensitivity and dignity
- Managing conflict positively, while recognising the value of difference
- Cultivating humility, mercy and compassion, learning to forgive and be forgiven
- Developing self-esteem and confidence, demonstrating self-respect and empathy for others
- Building resilience and resisting unwanted pressures, recognising the influence of the media, internet and peer groups, and developing the ability to assess these pressures and respond wisely
- Assessing risks and managing behaviours to minimise risks to health, safety and personal integrity

Children will also be supported to know and understand:

- The Church's teaching on relationships and the nature and meaning of sexual love
- The Church's teaching on marriage and the importance of marriage and family life
- The central role of virtue in guiding human living and loving
- The physical and psychological changes that accompany puberty
- The facts about human reproduction, how love is expressed sexually, and how sexual love plays an essential and sacred role in procreation

These objectives are embedded in Ten Ten's *Life to the Full Plus* programme, which presents statutory Relationships and Health Education content within a Catholic framework of human dignity, vocation and virtue. They also prepare pupils to recognise risk, keep themselves safe (including online), and know how to seek help and support, in line with Keeping Children Safe in Education (2025).

Outcomes, Inclusion and Differentiated Learning

RSHE at St Bernard's Preparatory School will be taught in a way that is sensitive to the different needs of individual pupils in respect to ability, maturity, and personal circumstances. This includes awareness of pupils' faith background, culture, and sexual orientation, and ensuring that no child is subjected to discrimination.

Lessons will also help children to recognise and respond to discrimination, teasing, bullying and aggressive behaviours (including cyber-bullying), prejudice-based language, and exploitation, as well as knowing how to ask for help.

Equalities Obligations

The Governing Body has wider responsibilities under the Equality Act 2010 and will ensure that the school strives to do the best for all pupils, irrespective of disability, educational needs, race, nationality, ethnic or national origin, sex, gender identity, religion or sexual orientation, or whether they are looked after children.

Broad Content of RSHE

RSHE has three interrelated aspects:

- Attitudes and values
- Knowledge and understanding
- Personal and social skills

These are delivered through:

1. The whole school/ethos dimension (e.g. assemblies, Catholic life of the school, pastoral support)
2. The cross-curricular dimension (e.g. Science, RE, Computing, PSHCE)
3. The specific RSHE curriculum, taught through Ten Ten's *Life to the Full Plus*, from EYFS to Year 6.

Teaching strategies include:

- establishing ground rules
- discussion and project learning
- reflection and experiential learning
- active learning, group work and role-play
- use of film and video

Assessment is carried out through questioning, feedback, written tasks and holistic reflection activities at the beginning and end of each unit.

Parents and Carers

Parents are recognised as the primary educators of their children. As a Catholic school, St Bernard's Preparatory School supports parents in this vocation by providing:

- access to **Ten Ten parent resources** for home learning
- letters in advance of more sensitive lessons
- workshops on RSHE themes
- opportunities to view teaching materials
- Consultation period with an opportunity to ask questions about the content of the curriculum
- Termly school-produced RSHE newsletters, providing an overview of the learning for each term and guidance on how parents can engage with and access the Ten Ten parent portal

Parents will be consulted in the development, monitoring and review of the RSHE programme. They have the right to withdraw their child from **sex education** elements outside the Science curriculum, but not from statutory Relationships or Health Education. Any withdrawals should be requested in writing to the Headteacher. The school will offer materials to support parents in delivering this content at home.

Balanced Curriculum

Whilst promoting Catholic values and teaching in accordance with the Church, we will ensure that pupils also receive clear scientific information and are aware of the relevant aspects of the law. Pupils will be offered a balanced curriculum that equips them to stay safe, healthy and respectful, while being able to understand and live out their rights and responsibilities.

Responsibility for Teaching

The teaching of RSHE is primarily the responsibility of staff delivering Science, R.E., PSHCE and P.E. However, all staff play a role in developing children's attitudes and values through role modelling and guidance. All staff are expected to teach RSHE in line with the Catholic ethos of the school and have completed online RSHE training for Catholic schools.

External Visitors

Specialist visitors and outside agencies may be invited to support the delivery of RSHE, for example health professionals, CAFOD, or clergy. These visits will always complement, not replace, teacher-led provision. All visitors will be fully briefed and expected to follow the school's safeguarding procedures and Catholic ethos.

Safeguarding and Sensitive Issues

Children will only thrive in an environment where they feel safe. Teachers will create supportive classrooms with clear ground rules so that children can ask questions freely and respectfully. Some sensitive or controversial topics may arise; these will be addressed openly and truthfully within the Catholic framework of RSHE.

Where a disclosure or safeguarding concern arises, staff must follow the school's Safeguarding Policy and inform the Designated Safeguarding Lead (DSL). Teachers will explain that they cannot offer unconditional confidentiality in matters relating to abuse or illegal activity. The Designated Safeguarding Lead (DSL) oversees safeguarding concerns arising from RSHE.

Monitoring and Evaluation

The RSHE Coordinator and the Headteacher, is responsible for monitoring the provision and quality of RSHE. This includes scrutiny of planning, lesson delivery, pupil work and assessment through parent and pupil voice surveys, staff feedback, book scrutiny and planning reviews. Findings are reported to the Headteacher and Governing Body. Governors are responsible for overseeing the policy, ensuring statutory compliance, and considering evaluations before amendments are made. This policy will be reviewed annually, or sooner in response to changes in statutory guidance or diocesan direction.