



LYDGATE INFANT SCHOOL

Relationships and Health Education (RHE) Policy (February 2025)

Rationale and Ethos

This policy articulates Lydgate Infant School's approach to relationships and health education (RHE). These subjects meet statutory obligations as outlined in revised Department for Education statutory guidance (2019), with the guidance confirming that from September 2020, all schools must deliver relationships and health education (in primary schools) and relationships and sex education (in secondary schools). Additional requirements on schools in law that have informed this policy and our approach include the Equality Act (Equality Act 2010: advice for schools) and Keeping Children Safe In Education – Statutory Safeguarding Guidance (2024).

Definition

At Lydgate Infant School RHE is defined in terms of pupils' emotional, social and cultural development and involves learning about relationships, healthy lifestyles, diversity, personal identity and changes humans go through as they grow. It gives children the key building blocks of healthy respectful relationships, focusing on family and friendships, in all contexts, including online. This includes the importance of treating others and ourselves with kindness, consideration and respect. It embraces the concept of lifelong learning about physical, moral and emotional development as our children grow up, and gives them essential understanding of how to be healthy, physically and mentally, as they do so. The aim is to give our children the information that they need to make good decisions about their own health and wellbeing. It should enable pupils to increasingly understand at times complex facets of growing up, adolescence and adulthood, and if required enable them to understand how to seek support appropriately if necessary. Physical health and mental wellbeing are interlinked, and it is important that pupils understand that good physical health contributes to good mental wellbeing, and vice versa.

What is compulsory in Primary School?

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools (sex education is not compulsory in primary schools). At Lydgate Infant School, in addition to relationships and health education, appropriate elements of the national curriculum for science are taught, which includes subject content regarding physical change, the human body parts and reproduction in some plants and animals.

RHE Provision

RHE is taught within the school's Learning for Life (L4L) curriculum, with links to religious education (RE), science and computing provision. We look for opportunities to draw links between subjects and integrate teaching where appropriate as part of our provision. Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

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

These areas of learning are taught within the context of family life, taking care to ensure that different family structures are recognised and valued. The school is sensitive to the fact that some children may have a different structure of support around them, for example: looked after children or young carers. We aim to ensure that in their knowledge of difference, our young pupils begin to learn the skills required to become tolerant, accepting and open-minded members of society.

Health education focuses on teaching the characteristics of good physical health and mental wellbeing. Our health education emphasises that mental wellbeing is a normal part of daily life, in the same way as physical health. It includes:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Health and prevention
- Basic first aid

SEND

For children with special educational needs and/or disability, learning is personalised when appropriate, using the same quality-first teaching strategies as for other curriculum areas. For individual children with specific needs, the content and sequence of the curriculum is shaped to meet their specific needs at different developmental stages.

Monitoring the effectiveness of this policy

This policy and its effectiveness will be reviewed regularly by the school's Headteacher and Healthy Me! Subject Leader, and will be subject to regular scrutiny and re-approval every three years as part of the school's usual policy management procedures.

Please find an overview of the school's provision below for further information.



Lydgate Infant School

KS1 Relationships and Health Education (RHE) Curriculum Overview



Relationships		Living In The Wider World
Family	Friends	Community
Who's in my family? Do families always stay the same? How should families treat each other? When should I say no? Who owns my body? I do! Are all families the same?	Who is my friend? What makes good friends? Should friends tell us what to do? How do we stop bullying?	How do we make a happy school? Who lives in my neighbourhood? What makes a boy or a girl?
Health and Wellbeing		
Mental Wellbeing	Physical Health	Growing Up
Understanding my feelings Where do feelings come from? Who am I? What helps me to be happy?	Staying Healthy How do I help my body stay healthy? How do I decide what to eat? How do we stop getting ill? How can I stay safe?	Growing How bodies change as we get older (link with science)

- These strands: Family, Friends, Community, Mental Wellbeing, Staying Healthy and Growing Up are built on over the course of KS1 (Year one and Year two).
- Learn Sheffield, following a wide consultation, have developed this community-led curriculum for use by all Sheffield schools.
- The key principles are to promote healthy relationships/friendships and to support children to be safe, happy and kind.