



# Colwall CofE Primary School and Nursery

## Relationships and Health Education Statement

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## Relationships and Health Education (RHE) Policy Statement

At Colwall CofE Primary School and Nursery, we are committed to providing high-quality, age-appropriate Relationships and Health Education (RHE) for all pupils as part of our statutory curriculum. Our aim is to equip children with the knowledge, skills and values they need to build healthy, respectful relationships, make informed choices about their health and wellbeing, and prepare for the opportunities and responsibilities of later life.

RHE at our school is delivered in a safe, supportive environment where pupils feel able to ask questions, explore sensitive topics with respect, and learn in partnership with their families. Our Christian values underpin this approach, encouraging trust, curiosity and courage:



- **Trust** – building confidence in a safe space where pupils can seek advice and support.
- **Curiosity** – encouraging open discussion and exploration of health and relationships.
- **Courage** – empowering pupils to make informed decisions and speak up for themselves and others.

Teaching covers statutory areas of:

- **Relationships Education** – including families, friendships, respect, online safety and personal boundaries.
- **Health Education** – including physical and mental wellbeing, healthy lifestyles, puberty, and basic first aid.
- **Sex Education** – age-appropriate content beyond the science curriculum, focusing on puberty, conception and reproduction, in consultation with parents.

We work in partnership with parents, who are fully informed about curriculum content and have the right to withdraw their child from non-statutory sex education. Lessons are taught with sensitivity, inclusivity and respect for all pupils, including those with additional needs.

The delivery of RHE is supported by trained staff, a carefully sequenced PSHE curriculum, and where appropriate, contributions from external experts. All teaching follows statutory guidance, including the Equality Act 2010 and Keeping Children Safe in Education.

Our policy is reviewed annually to ensure it remains relevant, evidence-based and responsive to the needs of our pupils and community.

**"Let your light shine" (Matthew 5:16) guides us in ensuring our children grow into confident, caring and resilient individuals who are able to flourish in relationships, in learning, and in the wider community.**