



ST TERESA
of CALCUTTA
Catholic Academy Trust



Relationships, Sex and Health Education Policy 2025 – 2026



St Vincent De Paul RC Primary School

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1. Introduction

Relationships, Sex and Health Education (RSHE) forms part of the personal, social, health and economic education of pupils at St Vincent de Paul RC Primary School and supports their spiritual, moral, social and cultural development.

As a Roman Catholic school within the Diocese of Salford, RSHE is delivered in fidelity to the teachings of the Catholic Church. We recognise parents as the first educators of their children and work in close partnership with families. Our approach integrates a Catholic understanding of the human person, promoting dignity, respect and love, while fully meeting statutory requirements.

Statutory duties

- All maintained primary schools must teach Relationships Education and Health Education.
- Schools may choose how to deliver content, but RSHE must be age-appropriate and inclusive of statutory topics.
- Parents have the legal right to withdraw their child from *sex education elements* of RSHE (beyond the statutory science curriculum) after discussion with the school.

2. Vision and Mission

In line with guidance from the **Diocese of Salford** and the **Catholic Education Service (CES)** model policy, the vision for RSHE at St Vincent de Paul RC Primary School is based on the belief that:

- Every human person is made in the *image and likeness of God*.
- Human sexuality and relationships are gifts from God and should be taught within the context of faith, virtue and Christian living.
- RSHE supports the formation of the *whole person* — spiritually, emotionally, socially and physically — enabling children to grow into loving, responsible and faithful adults.

The Gospel value underpinning this policy is:

“I have come that they may have life, and have it to the full” (John 10:10).

RSHE at St Vincent de Paul RC Primary School is rooted in our mission to walk ‘hand in hand in Jesus’, serving one another with love, humility and compassion.

Inspired by our mission statement — “Brother, sister, let me be your servant, let me be as Christ to you” — RSHE supports children to understand relationships as a vocation to love and service, reflecting Christ’s example.

3. Aims and Objectives

The RSHE programme at St Vincent de Paul RC Primary School aims to help pupils:

- Develop healthy, respectful and loving relationships.
- Understand their own dignity and the dignity of others as children of God.
- Grow in self-respect, resilience and emotional wellbeing.

- Recognise and manage their feelings appropriately.
- Learn about the Church's teaching on family life, marriage and relationships.
- Be prepared to make informed, moral and virtuous choices as they grow older.

4. Curriculum and Resources

Core Programme: Ten:Ten – *Life to the Full*

St Vincent de Paul RC Primary School uses *Life to the Full* by **Ten:Ten Resources** as the core programme for delivering RSHE.

- The programme is **approved and recommended by the Diocese of Salford**.
- It is underpinned by the **Catholic Education Service Model RSE Curriculum**, which the Department for Education recognises as good practice.
- The programme integrates Catholic theology, scripture and prayer with statutory Relationships and Health Education requirements.

Programme Structure *Life to the Full* is taught through a spiral curriculum from Reception to Year 6 and is organised into three core modules:

1. **Created and Loved by God**
2. **Created to Love Others**
3. **Created to Live in Community**

Each module is revisited annually at an age-appropriate level, enabling children to deepen their understanding as they mature.

5. Teaching and Learning

- RSHE is taught by class teachers as part of a planned, progressive programme.
- Lessons are delivered weekly or in blocks throughout the academic year.
- Teaching is inclusive, respectful and sensitive to pupils' differing experiences.
- A range of teaching methods are used, including discussion, reflection, prayer, video and activities.
- Parents are given access to the **Ten:Ten Online Parent Portal**, allowing them to view resources and support learning at home.

6. Parental Engagement and the Right to Withdraw

The Role of Parents

St Vincent de Paul RC Primary School recognises parents as the *first and most important educators* of their children. We are committed to working in partnership with parents and carers through:

- Information letters and curriculum overviews
- Access to Ten:Ten parent resources
- Opportunities to view teaching materials
- Meetings or workshops when appropriate

Right to Withdraw

Parents may request that their child be withdrawn from *non-statutory sex education* elements of RSHE. Any such request should be made in writing and will be discussed with the Headteacher.

Parents should note that:

- There is **no right to withdraw** from Relationships Education or Health Education.
- There is **no right to withdraw** from the statutory National Curriculum Science.

7. Safeguarding and Sensitive Issues

RSHE is delivered within a clear safeguarding framework. Teachers establish ground rules and ensure that pupils understand how to keep themselves safe.

- Children are encouraged to speak to a trusted adult if they have worries or concerns.
- Personal disclosures are not discussed in class.
- Any safeguarding concerns arising from RSHE lessons are managed in line with the school's Safeguarding and Child Protection Policy.

8. Inclusion

RSHE at St Vincent de Paul RC Primary School is inclusive and accessible to all pupils.

- Lessons are adapted where necessary to support pupils with additional needs.
- Teaching respects the lived experiences of pupils and families while remaining faithful to Catholic teaching.
- Every child is treated with dignity, respect and compassion.

9. Monitoring and Review

The RSHE policy and programme are monitored and evaluated by:

- The Headteacher
- The RSHE subject lead
- Senior leaders
- The Governing Body

The policy is reviewed annually, or sooner if required, in line with diocesan guidance, statutory changes or school priorities.

Date approved by Governing Body: _____

Review date: _____