



Relationships, Sex and Health Education (RSHE) – Statement of Intent

Policy Reviewed **February 2026**
Next Review Due **February 2027**

Contents

Rationale and Purpose	2
Legislative and Inspection Context	2
Aims of RSE	2
Overview of What We Intend to Deliver	3
Delivery, Teaching and Assessment.....	4
Parental/Carer Involvement	4
Equalities, Inclusion and Safeguarding	5
Monitoring, Evaluation and Review.....	5



Rationale and Purpose

At Gloverspiece School, we are committed to providing a high-quality Relationships, Sex and Health Education (RSHE) programme that supports our pupils' spiritual, moral, social and cultural development. This RSHE programme is designed to foster personal wellbeing, mutual respect and healthy relationships, thereby preparing pupils for the opportunities, responsibilities and experiences of adult life.

RSHE supports our overarching ethos to support our students to *Nurture, Grow and Achieve* and underpins our commitment to promoting respect, tolerance, equality and dignity for all members of our school community.

This statement sets out our intent for RSHE provision at both Primary and Secondary levels for the academic year 2025/26.

Legislative and Inspection Context

As an independent school, we deliver RSHE as part of a broader Personal, Social, Health and Economic (PSHE) Education programme in line with the Education (Independent School Standards) Regulations 2014, including the requirement to promote pupils' spiritual, moral, social and cultural development.

We have regard to the latest DfE statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education, which was updated in July 2025 and will come into force from 1 September 2026. We use the guidance to inform age-appropriate and evidence-based RSHE teaching and practice.

Our RSHE provision supports safeguarding and welfare requirements and reflects principles outlined in Keeping Children Safe in Education (KCSIE) and other relevant safeguarding guidance.

Aims of RSE

Our RSHE programme aims to enable pupils to:

- Develop confidence, self-esteem and self-respect.
- Understand healthy and respectful relationships, including online relationships.
- Acquire accurate knowledge about human development, sexuality and relationships appropriate to their age and maturity.
- Be equipped with the skills to recognise and manage risk, feel safe and secure, and know how to seek help if needed.
- Understand and respect diversity, equality and difference.
- Make informed and responsible decisions about their wellbeing, health and relationships.



Overview of What We Intend to Deliver

Spring Term 2025/26

Gloverspiece RSHE Content

At Gloverspiece, relationship education will be delivered in an age-appropriate way and integrated within our PSHE curriculum. This is divided into three levels. Which level the student accesses will be based on previous knowledge, developmental age, as well as chronological age to ensure each student is able to access the provision appropriately. Coverage will include:

A general year group guide	Level 1	Level 2	Level 3
Year 1 - 3	• My special people • Growing up the human life cycle • Everybody's body • What makes a good friend • Falling out with friends		
Year 4 and 5		• Time to change • Menstruation and wet dreams • Personal Hygiene • Emotions and feelings	
Year 6 - 8			• Puberty and emotional changes • Menstrual wellbeing • Healthy and unhealthy relationships • Managing conflict • Introduction to consent



Dilmore RSHE Content

In the secondary phase, RSHE will build progressively on prior learning and include:

- Family Conflict
- Laws on Relationships
- 'What does a healthy relationship mean to me?'
- Long-Term Commitments
- Contraception
- Fertility
- Maintaining a Healthy Pregnancy
- Routes to Parent-hood
- Abortion

Delivery, Teaching and Assessment

RSHE is delivered through our taught RSE scheme of work, forming part of our wider PSHE curriculum, enriched by pastoral and wider school activities.

- Teaching is age-appropriate, inclusive and sensitive to pupils' needs, backgrounds and experiences.
- Staff receive appropriate training, and external specialists may be used to enhance delivery.
- Ground rules are established in lessons to create a safe learning environment for all pupils.
- Emerging areas to explore can be followed-up/addressed within assemblies, nurture sessions or in other ways.
- Across both age phases, baseline knowledge and acquired knowledge will be assessed through knowledge check assessments/surveys utilised and the start and end of the scheme of works planned.

Parental/Carer Involvement

We recognise the role of parents and carers in supporting RSHE. Parents/carers will be:

- Informed about the content and timing of key RSHE units [within current statement]
- Consulted in the development and regular review of the RSHE policy and statement.
- Able to request copies of the resources/materials used to deliver the RSHE provision.
- Made aware of their statutory right to request withdrawal of their child from sex education elements beyond statutory relationships content (secondary only), in line with DfE guidance.



Equalities, Inclusion and Safeguarding

- RSHE at Gloverspiece School respects equality and diversity, and complies with equality legislation.
- Teaching is inclusive of all pupils, irrespective of protected characteristics.
- Our RSHE curriculum supports pupils with SEND through appropriate differentiation and support.

Monitoring, Evaluation and Review

RSHE provision is monitored through review of planning, pupil voice, assessment and pastoral feedback.

This statement and the associated RSHE policy will be regularly reviewed by the Senior Leadership Team, governors and relevant stakeholders, with the next scheduled review date of March 2027.