



RSHE Policy Document

Vision

At Moulsham Infant School, we believe that RSHE prepares our children for the real-life challenges that they will face now and throughout their later lives. We are committed to providing high-quality Relationships, Sex and Health Education (RSHE) that supports the personal development, wellbeing and safeguarding of all pupils. Our curriculum is built on the Kapow Primary scheme of work, which provides a structured, age-appropriate and inclusive approach to RSHE.

RSHE at our school helps children develop the knowledge, skills and values they need to form positive relationships, stay healthy, keep themselves safe and understand their place in the world. We strive to give our children the nurture and tools needed to communicate, reflect and become resilient people. At Moulsham Infant School, we want our children to express themselves freely, feel validated and heard.

Intent

The aim for our RSHE curriculum is to nurture children's early social, emotional and health understanding so they can form positive relationships, stay safe and respect others. We want the children to begin developing the confidence and wellbeing needed for later life.

These are the main aims for all pupils:

- Develop respectful relationships with peers and adults
- Understand and manage feelings and emotions
- Learn how to keep themselves healthy and safe
- Know how to stay safe online
- Recognise trusted adults and know how to seek help
- Develop confidence, resilience and independence
- Understand the importance of kindness, cooperation and fairness
- Begin to understand some of the changes that happen to their bodies as they grow and use correct terminology for body parts

As an infant school, we are required to teach Relationships Education and Health Education. We do not teach sex education beyond the statutory requirement to name body parts and understand the concept of growing and changing.

This policy is written in line with:

- The Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (DfE, July 2025)

At Moulsham Infant School, RSHE is taught through:

- Weekly lessons
- Stories
- Cross-curricular links (e.g., science, PE, computing)
- Assemblies and whole-school initiatives

Teachers adapt lessons to meet the needs of all learners

Safeguarding

When teaching any sensitive topic, such as RSHE which deals with family life, safe and appropriate touching and healthy relationships, we recognise the potential to uncover incidents of abuse through children's disclosures. All members of staff who deliver RSHE lessons, have statutory training around safeguarding children and are all aware of our school's safeguarding policy and procedures in the case of a disclosure or a safeguarding concern.

Keeping parents and carers informed

We believe that successful training around RSHE can only take place when parents and school work together. Especially, considering we want both children to grow up safe and happy in healthy relationships, with the ability to manage their emotions and speak up when they feel unsafe.

To do this we

- Have the RSHE policy available to parents through our website
- Have the curriculum overview on the website
- Have the link to the Kapow parent zone available on the website
- Have consulted with parents by sharing the policy
- Inform parents ahead of each term what will be covered
- Provide opportunities to view teaching materials - Parents can request to see further lesson content by contacting the school (from September 2026)

Impact

By the end of each lesson there will be an opportunity for teacher assessments and more a formal assessment will be carried out at the end of the year and reported on the annual report.

Monitoring

The RSHE lead ensures that -

RSHE meets statutory requirements

Monitors planning, delivery and impact across the school

Assessments are made through a combination of observations, discussions and written work.

Resources

Kapow website

We have a wide range of storybooks that support RSHE. They help children explore themes such as friendships, emotions, personal safety and wellbeing through age-appropriate narratives.

Renewal

The policy will be reviewed in the Summer term 2027

Policy approved by governors June 2026

Parent consultation July 2026