

# St Cuthbert's Catholic Primary School Walbottle



## Relationships Education, Relationships and Sex Education and Health Policy

At St Cuthbert's we live and learn in faith and love,  
through Jesus' teachings.

Our school is a place where we can grow as a family,  
helping each other to lead full and happy lives.

Consultation that has taken place	03.02.2025
Date formally approved by Governors	7 <sup>th</sup> May 2025
Date policy became effective	8 <sup>th</sup> May 2025
Review Date	May 2027
Person Responsible for Implementation and Monitoring	HT      Governors

# Relationships Education, Relationships and Sex Education and Health Education Policy

## School Mission Statement

**'At St Cuthbert's we live and learn in faith and love, through Jesus' teachings. Our school is a place where we can grow as a family, helping each other to lead full and happy lives.'**

Our Mission Statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural, emotional) and we believe that Relationships Education, Relationships and Sex Education and Health Education is an integral part of this education. Furthermore, our school aims state that we will endeavour to raise pupils' self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes.

## Consultation

This policy has been produced in consultation with staff and parents/carers.

Consultation has taken place with:

- information to parents/carers including information about the programme used in school
- School council group
- Review of Relationships and Education, Relationships and Sex Education and Health Education curriculum with staff and pupils
- The Governance working party

## Rationale

***'I have come that you might have life and have it to the full'***

(John10.10)

We are involved in Relationships Education, Relationships and Sex Education and Health Education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to Relationships Education, Relationships and Sex Education and Health Education therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity, Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity. Relationships Education, Relationships and Sex Education and Health Education, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DfE, Relationships Education, Relationships and Sex Education and Health Education will be firmly embedded in the Relationships and Health framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All Relationships Education, Relationships and Sex Education and Health Education will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family while acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from and support will be provided to help pupils deal with different sets of values.

### **Aim of Relationships Education, Relationships and Sex Education and Health Education**

In partnership with parents, we aim to provide children with a "positive and prudent sexual education" which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the human person.

To develop the following **attitudes and virtues**:

- respect for the dignity of every human being – in their own person and in the person of others;
- joy in the goodness of the created world and their own bodies;
- responsibility for one's actions and a recognition of the impact of these on others;
- recognising and valuing their own sexual identity and that of others;
- celebrating the gift of life-long love;
- recognising the importance of marriage and family life;

To develop the following **personal and social skills**:

- making sound judgements and good choices;
- loving and being loved, and the ability to form friendships and loving, stable relationships;
- managing emotions within relationships including when relationships break down;
- managing conflict positively, recognising the value of difference;
- cultivating humility, mercy and compassion, learning to forgive and be forgiven;
- developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups;

To develop the following **knowledge and understanding**:

- the Church's teaching on marriage and the importance of marriage and family life;
- the centrality and importance of virtue in guiding human living and loving;
- the physical and psychological changes that accompany puberty;
- the facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation; (**Parents may withdraw their child from this aspect of the curriculum**) *'These will be covered through five overlapping themes – moral, spiritual, physical, emotional and social development'.*

## Inclusion and Differentiated learning

We will ensure Relationships Education, Relationships and Sex Education and Health Education is sensitive to the different needs of individual pupils in respect to pupils' different abilities, levels of maturity and personal circumstances in a way that does not subject pupils to discrimination. Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber-bullying), use of prejudice-based language and how to respond and ask for help. These questions will be responded to in the context of the school's inclusion policy.

## Statutory Curriculum Requirements

We are required to teach those aspects of Relationships Education, Relationships and Sex Education and Health Education which are statutory parts of National Curriculum for Science. We are required to teach Relationships and Health Education.

## Equalities Obligations

The local governing committee have wider responsibilities under the Equalities Act 2010 and will ensure that our school strives to do the best for all of the pupils, irrespective of disability, educational needs, race, nationality, ethnic or national origin, pregnancy, maternity, sex, gender identity, religion or sexual orientation or whether they are looked after children.

## Broad Content of Relationships Education, Relationships and Sex Education and Health Education

Three aspects of Relationships Education, Relationships and Sex Education and Health Education - attitudes and values, personal and social skills and knowledge and understanding will be provided in three inter-related ways: the whole school/ethos dimension; cross-curricular Relationships and Health approach and a discreet Relationships Education, Relationships and Sex Education and Health Education curriculum.

## Programme / Resources

The main Relationships Education, Relationships and Sex Education and Health Education programme will be The Ten Ten, Life to the full programme. The Primary Curriculum framework for Relationships Education, Relationships and Sex Education and Health Education will be followed which is cross curricular (see appendix).

## Assessment of Relationships Education, Relationships and Sex Education and Health Education

Assessment in RSE involves knowledge and understanding alongside skills development and the ability to explore values and attitudes. Assessment will be carried out using a wide variety of evidence, recognising that RSE contributes to pupil's moral and emotional development and to their personal skills. Examples of assessment opportunities include: work in exercise books, preparing presentations or displays, demonstrating understanding through role play, contributions to discussions, shared understanding with peers or significant pieces of written work showing progress and the development of skills.

## Parents and Carers

Parents/carers are the primary educators of their children. They were consulted before this policy was ratified by the governors. They will be consulted at every stage of the development of any revision of the Relationships Education, Relationships and Sex Education and Health Education programme, as well as during the process of monitoring, review and evaluation. Resources used by the school in the Relationships Education, Relationships and Sex Education and Health Education programme will be made available each year for parents/carers to view.

Parents have **the right to withdraw** their children from Relationships Education, Relationships and Sex Education and Health Education excepting those elements which are required by the National Curriculum science orders. Should parents wish to withdraw their children they should notify the school by contacting the Headteacher in writing. The request will be made on a year by year basis. The school will provide support by providing material for parents to help the children with their learning.

## Teaching the Programme

Class teachers have the responsibility for teaching the Relationships Education, Relationships and Sex Education and Health Education curriculum.

On some occasions adults from other agencies will be used to deliver some aspects of Relationships Education, Relationships and Sex Education and Health Education. Such visits will always complement the current programme and never substitute or replace teacher led sessions.

External visitors will be made clear about their roles and responsibilities whilst they are in school

delivering a session. Visitors should adhere to our code of practice developed in line with the school

visitor policy/CES guidance 'Protocol for Visitors to Catholic Schools' and will be required to ensure that all teaching is rooted in Catholic principles and practice.

## Other Roles and Responsibilities regarding Relationships Education, Relationships and Sex Education and Health Education

**Local governing committee will:**

- Draw up the Relationships Education, Relationships and Sex Education and Health Education policy, in consultation with parents and teachers;
- Ensure that the policy is available to parents;

- Ensure that the policy is in accordance with other whole school policies, e.g., SEN, the ethos of the school and our Christian beliefs;
- Ensure that parents know of their right to withdraw their children;
- Establish a link governor to share in the monitoring and evaluation of the programme, including resources used;
- Ensure that the policy provides proper and adequate coverage of relevant National Curriculum science topics and the setting of Relationships Education, Relationships and Sex Education and Health Education within relationships and Health Education;
- Ensure that the school policy and teaching is compliant with the guidance issued by the Diocesan Department for Education 2019.

## Headteacher

The headteacher takes overall delegated responsibility for the implementation of this policy and for liaison with the local governing committee, parents, the Diocesan Department for Education and the local authority, as well as other appropriate agencies.

## Relationships Education, Relationships and Sex Education and Health Education Coordinator

The coordinator with the headteacher has a general responsibility for supporting other members of staff in the implementation of this policy and will provide a lead in the dissemination of the information relating to Relationships Education, Relationships and Sex Education and Health Education and the provision of in-service training.

## All Staff

Relationships Education, Relationships and Sex Education and Health Education is a whole school issue. All teachers have a responsibility of care; as well as fostering academic progress they should actively contribute to the guardianship and guidance of the physical, moral and spiritual well-being of their pupils. Teachers will be expected to teach Relationships Education, Relationships and Sex Education and Health Education in accordance with the Catholic Ethos of the school. Appropriate training will be made available for all staff teaching Relationships Education, Relationships and Sex Education and Health Education. All staff have been included in the development of this policy and all staff should be aware of the policy and how it relates to them.

## Children's questions

The local governing committee want to promote a healthy, positive atmosphere in which Relationships Education, Relationships and Sex Education and Health Education can take place. They want to ensure that pupils can ask questions freely, be confident that their questions will be answered, and be sure that they will be free from bullying or harassment from other children and young people.

## Controversial or Sensitive issues

There will always be sensitive or controversial issues in the field of Relationships Education, Relationships and Sex Education and Health Education. These may be a matter of maturity, of personal involvement or experience of children, of disagreement with the official teaching of the Church, of illegal activity or other doubtful, dubious or harmful activity. The governors believe that children are best educated, protected from harm and exploitation by discussing such issues openly within the context of the Relationships Education, Relationships and Sex Education and Health Education programme. The use of ground rules, negotiated between teachers and pupils, will help to create a supportive climate for discussion.

*(See also Relationship Education, Relationships and Sex Education and Health Education, Sections 63 and 64 'Managing Difficult Questions' DfE February 2019, for more detail)*

Some questions may raise issues which it would not be appropriate for teachers to answer during ordinary class time.

## Supporting children and young people who are at risk

Children will also need to feel safe and secure in the environment in which Relationships Education, Relationships and Sex Education and Health Education takes place. Effective Relationships Education, Relationships and Sex Education and Health Education will provide opportunities for discussion of what is and is not appropriate in relationships. Such discussion may well lead to disclosure of a safeguarding issue. Teachers will need to be aware of the needs of their pupils and not let any fears and worries go unnoticed. Where a teacher suspects that a child or young person is a victim of or is at risk of abuse they are required to follow the school's safeguarding policy and immediately inform Colette Barrett (Designated Safeguarding Lead) or Sarah Walsh (Deputy Designated Safeguarding Lead).

## Confidentiality and Advice

All governors, all teachers, all support staff, all parents and all pupils must be made aware of this policy, particularly as it relates to issues of advice and confidentiality.

All lessons, especially those in the Relationships Education, Relationships and Sex Education and Health Education programme, will have the best interests of pupils at heart, enabling them to grow in knowledge and understanding of relationships and sex, developing appropriate personal and social skills and becoming appreciative of the values and attitudes which underpin the Christian understanding of what it means to be fully human.

Pupils will be encouraged to talk to their parents/carers about the issues which are discussed in the programme. Teachers will always help pupils facing personal difficulties, in line with the school's pastoral care policy. Teachers should explain to pupils that they cannot offer unconditional confidentiality, in matters which are illegal or abusive for instance. Teachers will explain that in such circumstances they would have to inform others, e.g. parents, headteacher, but that the pupils would always be informed first that such action was going to be taken.


## Monitoring and review of the policy

The Relationships Education, Relationships and Sex Education and Health Education Coordinator will monitor provision by scrutinising plans, schemes of work and samples of pupils' work. The programme will be

evaluated biennially. Governors will carry out their own audit of the policy and will consider all such evaluations and suggestions before amending the policy. Parents will also be consulted. Governors remain ultimately responsible for the policy.

This policy will be reviewed every year by the headteacher, Relationships Education, Relationships and Sex Education and Health Education coordinator, the local governing committee, and staff. The next review date is June 2027.

This policy was approved by the Local Governing Committee on 7<sup>th</sup> June 2025

Signed .....  ..... Chair of Governors



## Bibliography and Reading List

---

### Conciliar Decrees

Second Vatican Council. Declaration on Christian Education (Gravissimum Educationis), October 28, 1965.

Second Vatican Council. Pastoral Constitution on the Church in the Modern World (Gaudium et Spes), December 7, 1965.

### Documents of the Universal Church

Catechism of the Catholic Church, (1994) 2004. Available at [www.vatican.va](http://www.vatican.va)

Compendium of the Catechism of the Catholic Church, 2005. Available at [www.vatican.va](http://www.vatican.va)

### Papal Documents (Chronological)

Pius XI. Encyclical Letter *On Christian Marriage (Casti Connubii)*, December 31, 1930.

Paul VI. Encyclical Letter *On the Regulation of Birth (Humanae Vitae)*, July 25, 1968.

Paul VI. Apostolic Exhortation *On Evangelization in the Modern World (Evangelii Nuntiandi)*, December 8, 1975.

John Paul II. Post-Synodal Apostolic Exhortation *The Role of the Christian Family in the Modern World (Familiaris Consortio)*, November 22, 1981. John Paul II. Encyclical Letter *The Splendor of Truth (Veritatis Splendor)*, August 6, 1993.

John Paul II. *The Theology of the Body: Human Love in the Divine Plan*.

Boston: Pauline Books & Media, 1997.

Benedict XVI. Post-Synodal Apostolic Exhortation *The Sacrament of Charity (Sacramentum Caritatis)*, February 22, 2007.

### Documents from Vatican Offices or Congregations

Congregation for Catholic Education. *Educational Guidance in Human Love*, 1983. Available at [www.vatican.va](http://www.vatican.va).

Congregation for the Clergy. *General Directory for Catechesis*.

Congregation for the Doctrine of the Faith. *Instruction on Respect for Human Life in Its Origin and on the Dignity of Procreation: Replies to Certain Questions of the Day (Donum Vitae)*, February 22, 1987. Available at [www.vatican.va](http://www.vatican.va). Congregation for the Doctrine of the Faith. *On Some Aspects of the Use of the Instruments of Social Communication in Promoting the Doctrine of the Faith*, March 30, 1992. Available at [www.vatican.va](http://www.vatican.va)

Pontifical Council for the Family. *The Truth and Meaning of Human*

*Sexuality: Guidelines for Education Within the Family*, December 8, 1995. Available at [www.vatican.va](http://www.vatican.va)

Congregation for Catholic Education, *The Catholic School on the Threshold of the Third Millennium*,

December 1997. Available at [www.vatican.va](http://www.vatican.va)

*Relatio Post Disceptationem*, Post-discussion Report of the Extraordinary Synod on the Family, 13 October 2014. Available at [www.catholicherald.co.uk](http://www.catholicherald.co.uk)

#### Papal talks and addresses

Pope John Paul II, General Audience, 16 January 1980

Pope John Paul II, *Evangelium Vitae* (The Gospel of Life), 25 March, 1995

Pope Benedict XVI, *Interview Of The Holy Father Benedict XVI In Preparation For The Upcoming Journey To Bavaria* (September 9-14, 2006), Apostolic Palace of Castel Gandolfo, Saturday, 5 August 2006

Benedict XVI, *Address of the Holy Father to Teachers and Religious*, Chapel of St Mary's University College, Friday 17 September 2010

Address of his Holiness Benedict XVI on the occasion of *Christmas greetings to the Roman Curia Clementine Hall*, Friday, 21 December 2012

#### Bishops' Conference of England and Wales

Low Week Statement, *Laying the Foundations for Education in Personal Relationships*, 1987

'Learning to Love' An introduction to Catholic Relationship and Sex Education (Relationships Education, Relationships and Sex Education and Health Education) for Catholic Educators, March 2017

#### Bishops of England and Wales

Archbishop Vincent Nichols, *Pastoral Letter*, October 2014

Bishop Malcolm McMahon, OP, *A Statement on Relationships*

#### Government Documents

*Relationships Education, Relationships and Sex Education (Relationships Education, Relationships and Sex Education and Health Education) and Health Education* (DfE February 2019)

Welsh Assembly Government, *Sex and Relationship Education in Schools, Circular 019/2010*, (Cardiff: Welsh Assembly, 2010)

#### Other supportive documents

*Education for Love, Catholic Education Service, 1994*

*Young People Sex and Relationships, the New Norms*, a report by the Institute of Public Policy Research, August 2014, Imogen Parker.

## Appendix 1

## A Governor Audit for Monitoring Relationships Education, Relationships and Sex Education and Health Education

This checklist is to support the school's processes of self-evaluation and should be completed in partnership with governors and those responsible for Relationships Education, Relationships and Sex Education and Health Education in the school.

Policy	Fully	Partly	Not Evidenced
The school has a Relationships Education, Relationships and Sex Education and Health Education policy in place covering the content and organisation of Relationships Education, Relationships and Sex Education and Health Education and how it will be taught and reviewed.			
The policy has been ratified by the full governing body within the last two years.			
The policy is consistent with the Catholic mission and ethos of the school and in accordance with Catholic teaching.			
Findings from any review and monitoring processes are written into the school improvement plan.			

There is a statement included in the school's prospectus regarding the school's approach to Relationships Education, Relationships and Sex Education and Health Education.			
Details of the Relationships Education, Relationships and Sex Education and Health Education curriculum are published on the school's website.			
There is a designated member of staff responsible for Relationships Education, Relationships and Sex Education and Health Education.			
There is a designated governor to monitor Relationships Education, Relationships and Sex Education and Health Education.			

Programme of study	Fully	Partly	Not Evidenced
Governors are aware of how Relationships Education, Relationships and Sex Education and Health Education is taught across the school.			
A range of appropriate Relationships Education, Relationships and Sex Education and Health Education resources are used to meet the needs of all pupils.			
Clear, developmental programme of study identifies the elements of Relationships Education, Relationships and Sex Education and Health Education taught across subjects and show how the requirements of Relationships Education, Relationships and Sex Education and Health Education within Relationships and Health education and the National Curriculum are covered.			
Parents/carers are regularly made aware of how Relationships Education, Relationships and Sex Education and Health Education is taught throughout the school.			
Implementation	Fully	Partly	Not Evidenced
Parents/carers are provided with opportunities to view resources to be used when appropriate and informed of their right to withdraw their child from Relationships Education, Relationships and Sex Education and Health Education lessons.			
The school supports parents who have withdrawn their child to deliver Relationships Education, Relationships and Sex Education and Health Education at home.			

The policy is disseminated among staff (including support staff and chaplaincy), pupils and parents/carers and included in induction arrangements for new staff, pupils and prospective parents.			
All staff understand their role in the delivery of Relationships Education, Relationships and Sex Education and Health Education.			
Staff training needs are audited to help determine the programme of CPD for Relationships Education, Relationships and Sex Education and Health Education.			
The policy takes into account issues related to equal opportunities.			
Visitors to school used to support the Relationships Education, Relationships and Sex Education and Health Education programme follow appropriate protocol.			
<b>Notes</b>          <b>Completed by:</b> <b>Date:</b>			

