ST MARGARET MARY'S
CATHOLIC PRIMARY SCHOOL

RELATIONSHIPS AND HEALTH EDUCATION POLICY

2026–2027

Mission Statement

"In St Margaret Mary's School we welcome everyone into our community in order to live, love and learn together in the light and example of the life of Christ."

Policy owner	RHE Subject Leader – Mr Mulligan
Approved by	Governing Body
Effective from	1 September 2026
Next review	July 2027, or earlier if requirements or provision change
Curriculum	Life to the Full and Life to the Full Plus

1. Status, purpose and definitions

This policy sets out the school's provision for statutory Relationships Education and Health Education, together with relevant National Curriculum science. It reflects the statutory guidance applying from 1 September 2026 and forms part of the school's safeguarding and personal-development arrangements.

It should be read with the school's Child Protection and Safeguarding, Online Safety, Behaviour, Anti-Bullying, SEND, Equality and Data Protection policies; the Staff Code of Conduct; and relevant curriculum documents.

Term	Meaning in this policy
Relationships Education	Statutory learning about families, friendships, respectful relationships, online relationships, boundaries, privacy, personal safety and seeking help.
Health Education	Statutory learning about physical health, mental wellbeing, puberty and menstruation, healthy lifestyles, drugs, basic first aid and related matters.
Science	Statutory National Curriculum content, including the human body, growth from birth to old age, puberty and reproduction in plants and animals.
Sex Education	In this primary policy, teaching about human sexual intercourse and the process of human conception beyond National Curriculum science.
RHE	Relationships and Health Education: the statutory programme taught by the school.

School position: St Margaret Mary's does not teach the non-statutory sex-education lessons within Life to the Full. The school now uses Life to the Full Plus. The school's mapped Life to the Full Plus programme provides full coverage of the statutory Relationships Education and Health Education requirements alongside the school's wider PSHE objectives. National Curriculum science continues to be taught separately where appropriate. Puberty and menstruation are statutory Health Education and are not treated as withdrawable sex education.

2. Legal and guidance framework

- Education Act 2002 and Education Act 1996;
- Children and Social Work Act 2017;
- Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019;
- DfE Relationships Education, RSE and Health Education statutory guidance for introduction from 1 September 2026;
- National Curriculum in England: Science programmes of study;
- Keeping Children Safe in Education 2026 and Working Together to Safeguard Children;
- Equality Act 2010 and the Public Sector Equality Duty;
- SEND Code of Practice: 0 to 25 years;
- relevant diocesan guidance and the teaching of the Catholic Church.

3. Catholic character and aims

"I have come that you might have life and have it to the full." (John 10:10)

The unique dignity of every person, made in the image and likeness of God, underpins RHE at St Margaret Mary's. Teaching is rooted in the Catholic understanding of the human person, love, family, marriage, community and the common good. The school will be clear when content reflects Catholic belief and will also teach the relevant facts and law accurately.

The curriculum aims to help pupils:

- grow in self-respect and recognise their God-given dignity;
- develop healthy, caring and respectful relationships;
- value marriage and family life while respecting pupils from all family circumstances;
- understand their bodies, feelings, health and development;
- recognise boundaries, unsafe situations, abuse and where to seek help;
- develop resilience, responsibility, compassion and respect for others;
- prepare for the opportunities, responsibilities and experiences of life in modern Britain.

4. Curriculum content and organisation

The school now uses Life to the Full Plus as its principal RHE and PSHE programme. The mapped programme provides full coverage of the statutory Relationships Education and Health Education guidance and the school's wider PSHE objectives. School leaders remain responsible for deciding what is taught and for checking that every resource is accurate, age and stage appropriate, accessible, consistent with this policy and suitable for the school community.

Teaching is planned progressively across EYFS, KS1, lower KS2 and upper KS2. The detailed sequence, including term, module, session and approximate length, is set out in Appendix 1. Staff may adjust timing responsively, but material changes to sensitive content will be communicated to parents.

The programme is organised around three recurring themes:

- Created and Loved by God — dignity, bodies, health, emotions and personal development;
- Created to Love Others — families, friendships, boundaries, online relationships, safety and seeking help;
- Created to Live in Community — service, responsibility, work, money, citizenship and the common good.

5. Teaching and learning

- Class teachers normally deliver RHE. External visitors may supplement but will not replace the planned curriculum or the teacher's responsibility.
- Lessons will use clear ground rules, respectful language, distancing techniques and anonymous question boxes where appropriate.
- Teaching will be positive, carefully sequenced, age and stage appropriate and designed to build knowledge and practical relationship skills before harms occur.
- Staff will not invite pupils to disclose personal experiences in front of the class.
- Resources, videos and websites will be checked before use. Any visitor's credentials, lesson plan, resources and safeguarding arrangements will be approved in advance.

- Core factual learning about puberty and menstruation will be accessible to all pupils. Separate discussion groups may be used where a specific need is identified, without withholding essential knowledge from either boys or girls.

6. Answering questions

Pupils' questions will be answered honestly, sensitively and at a level appropriate to their age and development. Teachers may defer a question, answer it individually, consult the RHE Subject Leader or encourage discussion at home. Questions that go beyond the school's planned primary curriculum will not be used to introduce unplanned whole-class sex education. Staff will not dismiss a safeguarding question or direct a child towards unsafe sources.

7. Parents, consultation and access to materials

- Parents and carers are recognised as the first educators of their children and will be proactively consulted when this policy and curriculum are reviewed.
- Pupil and staff views will also inform evaluation and development.
- The policy will be published on the school website and provided free of charge on request.
- Parents do not have a veto over statutory content, but their views will be listened to and considered.

8. Parental withdrawal

Parents do not have the right to withdraw their child from statutory Relationships Education, statutory Health Education or National Curriculum science. This includes puberty, menstruation, bodily privacy, boundaries, recognising and reporting abuse and online safety.

The school does not currently provide additional non-statutory primary sex education, so no taught content in Appendix 1 is designated as withdrawable sex education. If the school proposes to introduce such content in future, it will first consult parents, identify the content clearly in this policy and inform parents of their right to request withdrawal.

9. Equality, families and inclusion

The curriculum will be inclusive and will comply with the Equality Act 2010. The Catholic character of the school does not diminish the dignity, safety or legal protection of any pupil or family.

- Teaching will recognise that nurturing families take different forms, including single-parent, grandparent-led, kinship, adoptive and foster families.
- Pupils will learn that discrimination, prejudice, harassment, homophobic bullying and other disrespectful behaviour are unacceptable.
- References to protected characteristics will be factual, age appropriate and consistent with the law; contentious matters will not be presented as undisputed fact.
- Teaching will avoid stereotypes and will support pupils to express views respectfully.
- Reasonable adjustments, adapted vocabulary, visual support, pre-teaching, alternative communication and additional rehearsal will be provided where needed.

10. Pupils with SEND and other vulnerabilities

RHE is particularly important for pupils who may be more vulnerable to bullying, exploitation, harmful sexual behaviour or abuse. Teaching will be accessible, concrete and repeated where necessary, while

remaining ambitious. Staff will consider pupils' maturity, communication, sensory and emotional needs, family circumstances and previous experiences without lowering safeguarding expectations.

11. Safeguarding, confidentiality and disclosures

- Staff cannot promise confidentiality. Pupils will be told this in age-appropriate language.
- Any concern or disclosure will be handled under the Child Protection and Safeguarding Policy and reported promptly to the Designated Safeguarding Lead or deputy.
- Staff will not investigate disclosures independently or ask leading questions.
- Visitors will understand the school's confidentiality and safeguarding procedures.
- Pupils will be taught that abuse is never the victim's fault and that they should keep seeking help until they are heard.

12. Roles and responsibilities

Role	Responsibility
Governing Body	Approves the policy, maintains the Catholic ethos, ensures legal compliance, receives assurance about curriculum coverage and accessibility and oversees consultation.
Headteacher	Ensures implementation, suitable staffing, training, resources, parental engagement and a safe whole-school approach.
RHE Subject Leader	Leads curriculum planning; checks resources; supports staff; coordinates consultation; monitors coverage, quality and pupil experience; keeps the policy current.
Class teachers	Teach the agreed programme; establish a safe climate; adapt learning; answer questions appropriately; identify and report safeguarding concerns.
DSL	Advises on safeguarding content and responds to concerns or disclosures arising from RHE.
SENDCo	Supports accessible planning, reasonable adjustments and provision for pupils with additional needs.
Parents and carers	Engage with consultation, support learning at home, raise questions and notify school of relevant needs or sensitivities.
Pupils	Participate respectfully, observe ground rules, seek help and contribute appropriately to evaluation.

13. Assessment, monitoring and review

Assessment will be proportionate and used to establish what pupils know, understand and can apply. Teachers may use questioning, discussion, scenarios, reflection and selected work. Pupils will not be assessed on personal values, family circumstances or disclosures.

- The RHE Subject Leader will review plans, curriculum coverage, selected work, pupil voice and staff feedback at least annually.

- Evaluation will consider whether statutory content is covered, sequencing is effective, pupils feel safe and teaching is accessible to all groups.
- Sensitive personal information will not be placed in class books or curriculum portfolios. Any safeguarding information will be recorded only through safeguarding procedures.
- Findings will be reported appropriately to senior leaders and governors and will inform improvement planning.
- This policy will be reviewed by July 2027 and earlier following a significant legal, guidance, safeguarding or curriculum change.

Appendix 1 — Life to the Full Plus curriculum overview

This appendix records the curriculum selected by the school. Non-statutory Life to the Full sex-education lessons are not included. Session lengths are approximate. "+ CS" is retained from the school overview.

EYFS — Nursery and Reception

Term	Module and unit	Session title	Approx. length
Module 1 - Created and loved by God			
Autumn 1	EYFS, Module 1, Unit 1	Story Session: Handmade with love	5 x 10
Autumn 1	EYFS, Module 1, Unit 2	Session 1: I am me	20 min
Autumn 2	EYFS, Module 1, Unit 2	Session 2: Head, shoulders, knees..	20 min
Autumn 2	EYFS, Module 1, Unit 2	Session 3: Ready Teddy	20 min
Spring 1	EYFS, Module 1, Unit 3	Session 1: I like, you like, we all …	20 min
Spring 1	EYFS, Module 1, Unit 3	Session 2: All the feelings!	20 min
Spring 1	EYFS, Module 1, Unit 3	Session 3: Lets get real	20 min
Spring 1	EYFS, Module 1, Unit 4	Session 1: Growing up	20 min
Spring 1	EYFS, Module 1, Unit 4	Session 2: New people, new pl.. + CS	20 min
Module 2 – Created to love others			
Spring 2	EYFS, Module 2, Unit 1	Session 1: Role model	2 x 15
Spring 2	EYFS, Module 2, Unit 2	Session 1: Who's who?	20 min
Spring 2	EYFS, Module 2, Unit 2	Session 2: You've got a friend in me	20 min
Spring 2	EYFS, Module 2, Unit 2	Session 3: Forever friends	20 min
Spring 2	EYFS, Module 2, Unit 3	Session 1: What is the internet?	20 min
Spring 2	EYFS, Module 2, Unit 3	Session 2: Playing online	20 min

Term	Module and unit	Session title	Approx. length
Summer 1	EYFS, Module 2, Unit 4	Session 1: Safe inside and out	20 min
Summer 1	EYFS, Module 2, Unit 4	Session 2: My body, my rules	20 min
Summer 1	EYFS, Module 2, Unit 4	Session 3: Feeling poorly	20 min
Summer 1	EYFS, Module 2, Unit 4	Session 4: People who help us	20 min
Module 3 – Created to live in community			
Summer 2	EYFS, Module 3, Unit 1	Session 1: God is love	20 min
Summer 2	EYFS, Module 3, Unit 1	Session 2: Loving God, loving others	20 min
Summer 2	EYFS, Module 3, Unit 2	Session 1: Me, you, us	20 min
Summer 2	EYFS, Module 3, Unit 2	Session 2: When I grow up + CS	20 min
Summer 2	EYFS, Module 3, Unit 2	Session 3: Money doesn't grow.. + CS	20 min

Key Stage 1 — Years 1 and 2

Term	Module and unit	Session title	Approx. length
Module 1 - Created and loved by God			
Autumn 1	KS1, Module 1, Unit 1	Story Session: Let the children come	5 x 10
Autumn 1	KS1, Module 1, Unit 2	Session 1: I am unique	30 min
Autumn 2	KS1, Module 1, Unit 2	Session 3+4: Clean and healthy	75 min
Spring 1	KS1, Module 1, Unit 3	Session 1: Feelings, like and dislikes	40 min
Spring 1	KS1, Module 1, Unit 3	Session 2: Feeling inside out	30 min
Spring 1	KS1, Module 1, Unit 3	Session 3: Super Susie gets angry	40 min
Spring 1	KS1, Module 1, Unit 4	Session 1: The cycle of Life	30 min
Spring 1	KS1, Module 1, Unit 4	Session 2: Beginnings and endings	40 min
Spring 1	KS1, Module 1, Unit 4	Session 3: Change is all around + CS	40 min
Module 2 – Created to love others			
Spring 2	KS1, Module 2, Unit 1	Session 1: God loves you	40 min
Spring 2	KS1, Module 2, Unit 2	Session 1: Special people	40 min
Spring 2	KS1, Module 2, Unit 2	Session 2: Treat others well	35 min
Spring 2	KS1, Module 2, Unit 2	Session 3: ...and say sorry	30 min
Spring 2	KS1, Module 2, Unit 3	Session 1: Real life online	40 min
Spring 2	KS1, Module 2, Unit 3	Session 2: Rules to help us	35 min
Summer 1	KS1, Module 2, Unit 4	Session 1: Good and bad secrets	35 min
Summer 1	KS1, Module 2, Unit 4	Session 2: Physical contact	40 min
Summer 1	KS1, Module 2, Unit 4	Session 3: Harmful substances	30 min
Summer 1	KS1, Module 2, Unit 4	Session 4: Can you help me? (Part 1)	35 min

Term	Module and unit	Session title	Approx. length
Summer 1	KS1, Module 2, Unit 4	Session 5: Can you help me? (Part 2)	35 min
Module 3 – Created to live in community			
Summer 2	KS1, Module 3, Unit 1	Session 1: Three in one	25 min
Summer 2	KS1, Module 3, Unit 1	Session 2: Who is my neighbour?	30 min
Summer 2	KS1, Module 3, Unit 2	Session 1: The communities we live.	35 min
Summer 2	KS1, Module 3, Unit 2	Session 2: Who will I be? + CS	30 min
Summer 2	KS1, Module 3, Unit 2	Session 3: Needs and wants + CS	30 min

Lower Key Stage 2 — Years 3 and 4

Statutory health content: "What is puberty?" and "Changing bodies" are statutory Health Education and are taught in Year 4.

Term	Module and unit	Session title	Approx. length
Module 1 - Created and loved by God			
Autumn 1	LKS2, Module 1, Unit 1	Story Sessions: Get up!	5 x 15
Autumn 1	LKS2, Module 1, Unit 1	Session 2: The Sacraments	40 min
Autumn 2	LKS2, Module 1, Unit 2	Session 1: We don't have to be the..	40 min
Autumn 2	LKS2, Module 1, Unit 2	Session 2: Respecting our bodies	40 min
Autumn 2	LKS2, Module 1, Unit 2	Session 3: What is puberty? (Y4)	40 min
Autumn 2	LKS2, Module 1, Unit 2	Session 4: Changing bodies (Y4)	40 min
Spring 1	LKS2, Module 1, Unit 3	Session 1: What am I feeling?	40 min
Spring 1	LKS2, Module 1, Unit 3	Session 2: What am I looking at?	35 min
Spring 1	LKS2, Module 1, Unit 3	Session 3: I am thankful	40 min
Spring 1	LKS2, Module 1, Unit 4	Session 2: A time for everything	45 min
Spring 1	LKS2, Module 1, Unit 4	Session 3: Big changes... + CS	40 min
Module 2 – Created to love others			
Spring 2	LKS2, Module 2, Unit 1	Story Sessions: Jesus, My friend	4 x 15
Spring 2	LKS2, Module 2, Unit 2	Session 1: Family, Friends and oth...	45 min
Spring 2	LKS2, Module 2, Unit 2	Session 2: When things feel bad	45 min
Spring 2	LKS2, Module 2, Unit 2	Session 3: Balancing needs	45 min
Spring 2	LKS2, Module 2, Unit 3	Session 1: Sharing online	35 min

Term	Module and unit	Session title	Approx. length
Spring 2	LKS2, Module 2, Unit 3	Session 2: Chatting online + CS	35 min
Summer 1	LKS2, Module 2, Unit 4	Session 1: Safe in my body + CS	45 min
Summer 1	LKS2, Module 2, Unit 4	Session 2: Recognising Risk	45 min
Summer 1	LKS2, Module 2, Unit 4	Session 3: Drugs, alcohol and tob..	45 min
Summer 1	LKS2, Module 2, Unit 4	Session 4: First aid heroes	45 min
Summer 1	LKS2, Module 2, Unit 4	Session 5: Rights and respon... + CS	40 min
Module 3 – Created to live in community			
Summer 2	LKS2, Module 3, Unit 1	Session 1: A community of love	40 min
Summer 2	LKS2, Module 3, Unit 1	Session 2: What is the church?	35 min
Summer 2	LKS2, Module 3, Unit 2	Session 1: How do I love others?	45 min
Summer 2	LKS2, Module 3, Unit 2	Session 2: Working together + CS	40 min
Summer 2	LKS2, Module 3, Unit 2	Session 3: Money matters + CS	40 min

Upper Key Stage 2 — Years 5 and 6

Statutory health and safeguarding content: Puberty and menstruation are statutory Health Education. Core facts are taught to all pupils; additional single-sex discussion may be used where appropriate. "Types of abuse" supports the statutory requirement to recognise and report abuse.

Term	Module and unit	Session title	Approx. length
Module 1 - Created and loved by God			
Autumn 1	UKS2, Module 1, Unit 1	Story Sessions: Calming the storm	5 x 15
Autumn 1	UKS2, Module 1, Unit 2	Session 1: Gifts and talents	60 min
Autumn 2	UKS2, Module 1, Unit 2	Session 4: Spots and sleep	60 min
Autumn 2	UKS2, Module 1, Unit 3	Session 1: Body image	60 min
Autumn 2	UKS2, Module 1, Unit 3	Session 2: Peculiar Feelings	60 min
Spring 1	UKS2, Module 1, Unit 3	Session 3: Emotional changes	60 min
Spring 1	UKS2, Module 1, Unit 4	Session 3: Menstruation (core facts for all; additional girls' discussion where appropriate)	60 min
Spring 2	UKS2, Module 1, Unit 4	Session 4: Hope beyond death	60 min
Spring 2	UKS2, Module 1, Unit 4	Session 5: Coping with change + CS	60 min
Module 2 - Created to love others			
Spring 2	UKS2, Module 2, Unit 1	Session 1: God is calling you	60 min
Spring 2	UKS2, Module 2, Unit 2	Session 1: Under pressure	60 min
Spring 2	UKS2, Module 2, Unit 2	Session 2: Do you want a piece of ..	60 min
Spring 2	UKS2, Module 2, Unit 2	Session 3: Self-talk	60 min
Spring 2	UKS2, Module 2, Unit 2	Session 4: Confidence vs Control	60 min
Spring 2	UKS2, Module 2, Unit 2	Session 5: Build others up (Y6) + CS	60 min
Summer 1	UKS2, Module 2, Unit 3	Session 1: Sharing isn't always car..	60 min

Term	Module and unit	Session title	Approx. length
Summer 1	UKS2, Module 2, Unit 3	Session 2: Cyberbullying + CS	60 min
Summer 1	UKS2, Module 2, Unit 4	Session 1: Types of abuse + CS	60 min
Summer 1	UKS2, Module 2, Unit 4	Session 2: Impacted lifestyles + CS	60 min
Summer 1	UKS2, Module 2, Unit 4	Session 3: Making good choices	60 min
Summer 1	UKS2, Module 2, Unit 4	Session 4: Giving assistance	60 min
Module 3 – Created to live in community			
Summer 2	UKS2, Module 3, Unit 1	Session 1: The Holy Trinity	60 min
Summer 2	UKS2, Module 3, Unit 1	Session 2: Catholic social teaching	60 min
Summer 2	UKS2, Module 3, Unit 2	Session 1: Reaching out	60 min
Summer 2	UKS2, Module 3, Unit 2	Session 2: The world of work + CS	60 min
Summer 2	UKS2, Module 3, Unit 2	Session 3: Money and me + CS	60 min

Authoritative references

- **DfE statutory RHE guidance from September 2026:** https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education
- **Keeping Children Safe in Education:** https://www.gov.uk/government/publications/keeping-children-safe-in-education--2
- **National Curriculum science:** https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study