



Leigh Academy Paddock Wood

Relationship, Health and Sex Education Policy

Policy to be renewed September 2026

Introduction

This policy outlines the framework and approach to Relationship, Health and Sex Education (RHSE) at Leigh Academy Paddock Wood in alignment with the 2014 National Curriculum for England, The 2019 DfE Statutory Guidance for Relationships, Health and Sex Education and adhering to the high standards set by Ofsted. The purpose of this policy is to ensure that all students receive a comprehensive, age-appropriate education that empowers them to lead healthy, safe, and fulfilling lives.

Aims of RHSE

The primary aims of RHSE at Leigh Academy Paddock Wood are to:

- Provide students with the knowledge and understanding they need to make informed choices about their relationships, health, and well-being.
- Foster a safe and inclusive environment that promotes positive attitudes towards diversity and encourages respect for all individuals.
- Equip students with the skills necessary to navigate relationships and understand the importance of consent, empathy, and self-respect.

Legal Framework

This policy has been developed in accordance with the following legislation:

- Children and Families Act 2014
- Education Act 2002 and 2011
- Relationships, Sex and Health Education (England) Regulations 2019

Curriculum Content

The RHSE Scheme of Work at Leigh Academy Paddock Wood is structured around the following key themes:

1. Relationships Education

- Understanding what constitutes healthy and unhealthy relationships.
- Establishing boundaries and recognising the importance of consent.
- Developing effective communication skills to express feelings and opinions.

- Educating about the diversity of relationships and the importance of equality and respect.

2. Health Education

- Understanding physical and mental health, including the importance of a balanced diet, exercise, and sleep.
- Recognising the signs of emotional distress and how to seek help.
- Educating about safety in and out of school, including online safety and understanding risk.

3. Living in The Wider World

- Understanding the role of democracy in today's world.
- To know about issues facing the world today.
- To know the role of charity, volunteer and pressure groups in communities.

4. Sex Education

- Providing factual information about human anatomy, reproduction, and puberty.
- To know we all change at different times and where to get age-appropriate, safe support with questions.
- Encouraging an understanding of personal hygiene and safety.

We use the Medway RSE Scheme that was written in conjunction with the PSHE Association.

Delivery Method

- **Teaching Staff Training:** All staff members will receive training on RHSE to ensure consistent and confident delivery of the curriculum. This includes training on the sensitive topics involved.
- **PYP:** most areas of RHSE will be delivered as part of an inquiry-approach linked to the module's Central Idea. Where this does not fit, RHSE will be taught as a discrete subject to ensure all aspects of the scheme of work have been covered.
- **Ground Rules:** Ground rules will be established to ensure a safe environment for RHSE discussions.

An example of this is ROCK:

Respect

Open to others' ideas

Confidentiality-what is said in the lesson stays in the lesson*

Kind.

*the children need to be aware that teachers will speak to the school DSL if something that is said concerns them.

- **Parental Engagement:** Parents will be informed about the RHSE curriculum and provided opportunities for consultation and feedback. We encourage their involvement in discussions to reinforce the learning at home.
- **Student Voice:** Consultation with students will inform aspects of the curriculum, ensuring their perspectives and needs are considered.

Assessment

Assessment of student understanding will be ongoing and will take place through:

- Class discussions and activities.
- Formative assessments such as quizzes and reflective journals.
- Feedback on projects and presentations related to RHSE themes.

Monitoring and Review

This policy will be reviewed annually by the RHSE subject leader and the senior leadership team to ensure it remains relevant and effective. Feedback from staff, students, and parents will be integral to the review process.

Expectations Based on Ofsted's Framework

According to the latest Ofsted framework:

- **Quality of Education:** Schools must provide a well-planned curriculum that meets the needs of all learners. The RHSE curriculum should be structured, sequential and comprehensive, ensuring depth and progression.
- **Behaviour and Attitudes:** Students should demonstrate respect, resilience, and a positive approach towards their learning and relationships. The school should promote inclusivity and a positive ethos around relationships.
- **Personal Development:** RHSE must contribute to the personal development of pupils, empowering them to make informed choices and develop their confidence

and self-esteem. Ofsted will look for evidence of how the RHSE curriculum prepares students for life in modern Britain.

Conclusion

Leigh Academy Paddock Wood is committed to providing a high-quality Relationship, Health and Sex Education that supports our learners in becoming informed, respectful, and responsible individuals. This policy aims to meet the expectations of Ofsted and ensure that our students are equipped for the challenges of the future.

This policy document is intended to serve as a guiding framework and may be adapted according to the unique needs and context of Leigh Academy Paddock Wood.

The RSE and PSHE curriculum are both statutory. Parents have a right to withdraw their child from sexual education only.