



ST MARTIN DE PORRES CATHOLIC PRIMARY SCHOOL

Relationships, Sex and Health Education (RSHE) Policy

2026-2028

Mission Statement and Vision

Working Together in the Light of the Lord

“How good and pleasant it is when God's people live together in unity.” Psalm 133

Our Vision

At St Martin de Porres Catholic Primary School, we believe that we walk by faith, not by sight. Our faith gives us hope even when things are difficult.

We cherish our school community as a place where love can flourish regardless of ability, gender, race, age or creed because every child is made in the image and likeness of God.

Our vision and values are at the centre of everything we do, creating an environment where each member of the community is equally deserving of compassion and respect.

We nurture and support our children and staff to grow in the virtues that underpin our mission, enabling everyone to flourish spiritually, academically, emotionally and socially as unique children of God.

Relationships, Sex and Health Education Within Our Catholic Mission

At St Martin de Porres Catholic Primary School, Relationships, Sex and Health Education (RSHE) is an integral part of our mission to educate the whole child.

Our vision calls us to work together in unity, recognising the dignity and worth of every person. Through our RSHE curriculum, we seek to help children understand that they are loved by God, valued within their families and communities and called to build positive and respectful relationships with others.

In partnership with parents and carers, whom we recognise as the first educators of their children, we aim to provide a curriculum that supports pupils in developing the knowledge, understanding, skills and virtues needed to flourish in modern society whilst remaining firmly rooted in the teachings of the Catholic Church.

Our Relationships, Sex and Health Education curriculum enables children to recognise their God-given dignity and value, develop healthy and respectful relationships, understand how to keep themselves safe both online and offline, develop resilience and emotional wellbeing, appreciate family life and community and grow in virtue.

The school delivers RSHE through Ten:Ten Life to the Full following Pathway 2.

Consultation Process

This policy has been developed through review of the Catholic Education Service Model Framework Policy (2026), statutory guidance, consultation with governors, staff, pupils, parents and the Diocese of Northampton.

Implementation and Review

This policy will be reviewed every two years or sooner if statutory or diocesan guidance changes.

Definition of Relationships and Health Education

Relationships, Sex and Health Education promotes children's moral, social, mental and physical development and helps them develop resilience, self-respect, honesty, integrity, kindness and trustworthiness.

Statutory Curriculum Requirements

The school teaches statutory Relationships Education, Health Education and National Curriculum Science and has regard to the revised RSHE guidance effective from September 2026.

Catholic Rationale

We are involved in Relationships, Sex and Health Education precisely because of our Christian beliefs about God and the human person. The belief in the unique dignity of every person made in the image and likeness of God underpins our approach. At the heart of Christian life is relationship and RSHE is rooted in Catholic teaching and presented within a positive framework of Christian values and virtues.

Aims and Objectives

To develop virtues and values including respect, compassion, empathy, integrity, faithfulness, mercy, forgiveness and responsibility.

To develop knowledge and understanding of family life, healthy friendships, wellbeing, personal safety, human dignity and physical and emotional development.

To develop personal and social skills including communication, relationship building, resilience, healthy boundaries, responsible decision-making and risk management.

Programme Overview: Ten:Ten Life to the Full

The programme is based on the Catholic Education Service Model Curriculum and organised around Created and Loved by God, Created to Love Others and Created to Live in Community.

Curriculum Delivery

The school follows Ten:Ten Pathway 2 from Reception to Year 6. Learning includes dedicated RSHE lessons, discussion, reflection, prayer, story sessions and cross-curricular learning.

Online Safety

Children learn about online relationships, responsible technology use, digital footprints, privacy and seeking help.

Mental Health and Wellbeing

Children learn emotional literacy, resilience, self-esteem, coping strategies, managing change and accessing support.

Inclusion, Equality and Human Dignity

Every child is valued because they are created in the image and likeness of God. Teaching is inclusive and promotes dignity and respect.

Adaptive Teaching and SEND

Teaching is adapted to meet the needs of all learners and ensure access to high-quality RSHE.

Safeguarding

Relationships, Sex and Health Education contributes significantly to safeguarding. Children learn about trusted adults, personal boundaries, healthy and unhealthy behaviours, recognising risk and reporting concerns.

Assessment

Assessment is formative and is carried out at the start of every new unit and again once the unit has been completed. Assessment will focus on understanding and personal development.

Parents and Carers

Parents are recognised as the first educators of their children and are supported through consultation, communication and opportunities to review curriculum materials.

All parents will be provided with access to the Ten:Ten Parent Portal to promote transparency, support home-school partnership and provide information about curriculum content.

Right to Withdraw

Parents do not have the right to withdraw children from Relationships Education, Health Education or National Curriculum Science. Requests relating to any non-statutory sex education elements should be made to the Headteacher.

External Visitors

External visitors may enrich learning but will not replace teacher-led provision.

Roles and Responsibilities

- Governors approve and monitor the policy.
- The Co – Head Teachers oversee implementation.
- The RSHE Lead coordinates provision.
- All staff support delivery and the Catholic ethos.

Catholic Life, Mission and Diocese of Northampton Expectations

The curriculum contributes directly to Catholic Life and Mission through human flourishing, human dignity, virtue formation, service and Gospel values. It supports the expectations of the Diocese of Northampton and Catholic Schools Inspection.

Monitoring and Evaluation

Monitoring includes:

- planning scrutiny
- pupil voice
- parent feedback
- staff feedback
- governor oversight

Appendix A - Curriculum Map

EYFS

Nursery

Term	Module and Unit	Session Title
Autumn II	EYFS, Module 1, Unit 1	Story Sessions: Handmade With Love
Spring I	EYFS, Module 2, Unit 1	Session 1: Role Model
Spring II	EYFS, Module 2, Unit 2	Session 1: Who's Who? + Classroom Short
		Session 2: You've Got A Friend in Me
		Session 3: Forever Friends
Summer I	EYFS, Module 2, Unit 3	Session 1: What is the Internet?
		Session 2: Playing Online
	EYFS, Module 2, Unit 4	Session 1: Safe Inside and Out
		Session 2: My Body, My Rules
		Session 3: Feeling Poorly
		Session 4: People Who Help Us
Summer I or II	EYFS, Module 3, Unit 1	Session 1: God is Love
		Session 2: Loving God, Loving Others
	EYFS, Module 3, Unit 2	Session 1: Me, You, Us

Reception

Term	Module and Unit	Session Title
Autumn II	EYFS, Module 1, Unit 1	Story Sessions: Handmade With Love
Spring I	EYFS, Module 1, Unit 2	Session 1: I Am Me
		Session 2: Heads, Shoulders, Knees and Toes
		Session 3: Ready Teddy? + Classroom Shorts
Spring II	EYFS, Module 1, Unit 3	Session 1: I Like, You Like, We All Like!
		Session 2: All The Feelings!
		Session 3: Let's Get Real
Summer I	EYFS, Module 1, Unit 4	Session 1: Growing Up
		Session 2: New People, New Places + Classroom Shorts
Summer I or II	EYFS, Module 3, Unit 1	Session 1: God is Love
		Session 2: Loving God, Loving Others
	EYFS, Module 3, Unit 2	Session 1: Me, You, Us
		Session 2: When I Grow Up... + Classroom Shorts
		Session 3: 'Money Doesn't Grow On Trees' + Classroom Shorts

KS1

Year 1

Term	Module and Unit	Session Title
Autumn II	KS1, Module 1, Unit 1	Story Sessions: Let the Children Come
	KS1, Module 2, Unit 1	Session 1: God Loves You
Spring I	KS1, Module 2, Unit 2	Session 1: Special People + Classroom Shorts
		Session 2: Treat Others Well...
		Session 3: ...and Say Sorry
Spring II	KS1, Module 2, Unit 4	Session 1: Good and Bad Secrets
		Session 2: Physical Contact
		Session 3: Harmful Substances
		Session 4: Can You Help Me? (Part 1)
		Session 5: Can You Help Me? (Part 2)
Summer I or II	KS1, Module 3, Unit 1	Session 1: Three In One
		Session 2: Who is My Neighbour?
	KS1, Module 3, Unit 2	Session 1: The Communities We Live In
		Session 2: Who Will I Be? + Classroom Shorts

Year 2

Term	Module and Unit	Session Title
Autumn II	KS1, Module 1, Unit 1	Story Sessions: Let the Children Come
Spring I	KS1, Module 1, Unit 2	Session 1: I Am Unique
		Session 2: Girls and Boys
		Session 3&4: Clean and Healthy (My Body) + Classroom Shorts
Spring II	KS1 Module 1, Unit 3	Session 1: Feelings, Likes and Dislikes
		Session 2: Feeling Inside Out
		Session 3: Super Susie Gets Angry
Summer I	KS1 Module 1 Unit 4	Session 1: The Cycle of Life
		Session 2: Beginnings and Endings
		Session 3: Change Is All Around + Classroom Shorts
	KS1, Module 2, Unit 3	Session 1: Real Life Online
		Session 2: Rules To Help Us
Summer I or II	KS1, Module 3, Unit 1	Session 1: Three In One
		Session 2: Who is My Neighbour?
	KS1, Module 3, Unit 2	Session 1: The Communities We Live In
		Session 3: Needs and Wants + Classroom Shorts

LKS2

Year 3

Term	Module and Unit	Session Title
Autumn II	LKS2 Module 1, Unit 1	Story Sessions: Get Up!
		Session 2: The Sacraments
	LKS2 Module 2, Unit 1	Story Sessions: Jesus, My Friend
Spring I	LKS2 Module 2, Unit 2	Session 1: Family, Friends and Others... + Classroom Shorts
		Session 2: When Things Feel Bad
		Session 3: Balancing Needs
	LKS2 Module 2, Unit 3	Session 1: Sharing Online
		Session 2: Chatting Online + Classroom Shorts
Spring II	LKS2 Module 2, Unit 4	Session 1: Safe In My Body
		Session 2: Recognising Risk + Classroom Shorts
		Session 3: Drugs, Alcohol and Tobacco
		Session 4: First Aid Heroes
		Session 5: Rights and Responsibilities + Classroom Shorts
Summer I or II	LKS2 Module 3, Unit 1	Session 1: A Community of Love
		Session 2: What is the Church?
	LKS2 Module 3, Unit 2	Session 1: How Do I Love Others?
		Session 2: Working Together + Classroom Shorts

Year 4

Term	Module and Unit	Session Title
Autumn II	LKS2 Module 1, Unit 1	Story Sessions: Get Up!
Spring I	LKS2 Module 1, Unit 2	Session 1: We Don't Have to be the Same
		Session 2: Respecting our Bodies + Classroom Shorts
		Session 3: What is Puberty?
		Session 4: Changing Bodies
		Session 5: Male/Female Discussion Groups (optional)
Spring II	LKS2 Module 1, Unit 3	Session 1: What Am I Feeling? + Classroom Shorts
		Session 2: What Am I Looking At?
		Session 3: I Am Thankful
Summer I	LKS2 Module 1, Unit 4	Session 1: Life Cycles
		Session 2: A Time For Everything
		Session 3: Big Changes, Little Changes + Classroom Shorts
Summer I or II	LKS2 Module 3, Unit 1	Session 1: A Community of Love
		Session 2: What is the Church?
	LKS2 Module 3, Unit 2	Session 1: How Do I Love Others?
		Session 3: Money Matters + Classroom Shorts

UKS2

Year 5

Term	Module and Unit	Session Title
Autumn II	UKS2 Module 1, Unit 1	Story Sessions: Calming the Storm
	UKS2 Module 2, Unit 1	Session 1: God Is Calling You
Spring I	UKS2 Module 2, Unit 2	Session 1: Under Pressure + Classroom Short
		Session 2: Do You Want A Piece of Cake?
		Session 3: Self-Talk
	UKS2 Module 2, Unit 3	Session 1: Sharing Isn't Always Caring
		Session 2: Cyberbullying + Classroom Shorts
Spring II	UKS2 Module 2, Unit 4	Session 1: Types of Abuse + Classroom Shorts
		Session 2: Impacted Lifestyles + Classroom Shorts
		Session 3: Making Good Choices
		Session 4: Giving Assistance
Summer I or II	UKS2 Module 3, Unit 1	Session 1: The Holy Trinity
		Session 2: Catholic Social Teaching
	UKS2 Module 3, Unit 2	Session 1: Reaching Out
		Session 2: The World of Work + Classroom Shorts

Year 6

Term	Module and Unit	Session Title
Autumn II	UKS2 Module 1, Unit 1	Story Sessions: Calming the Storm
	UKS2 Module 1, Unit 2	Session 1: Gifts and Talents
		Session 2: Girls' Bodies
		Session 3: Boys' Bodies
		Session 4: Spots and Sleep + Classroom Shorts
Spring I	UKS2 Module 1, Unit 3	Session 1: Body Image
		Session 2: Peculiar Feelings
		Session 3: Emotional Changes
		Session 4: Seeing Stuff Online
Spring II	UKS2 Module 1, Unit 4	Session 1: Making Babies (Part 1)
		Session 2: Making Babies (Part 2) May be omitted or may be set as a homework task with parents.
		Session 3: Menstruation
		Session 4: Hope Beyond Death
		Session 5: Coping with Change + Classroom Shorts
Summer I or II	UKS2 Module 2, Unit 2	Session 4: Confidence vs Control
		Session 5: Build Others Up + Classroom Shorts
	UKS2 Module 3, Unit 1	Session 1: The Holy Trinity
		Session 2: Catholic Social Teaching
	UKS2 Module 3, Unit 2	Session 1: Reaching Out
		Session 3: Money and Me + Classroom Shorts