All Saints Church of England

Infant and Nursery School

Selston Church of England

Infant and Nursery School

Relationships and Health Education Policy

Opening hearts and minds through the grace and love of God

Created: September 2026
Next Review Date: September 2027

ALL SAINTS CHURCH OF ENGLAND INFANT AND NURSERY SCHOOL

SELSTON CHURCH OF ENGLAND INFANT AND NURSERY SCHOOL

VISION STATEMENT

Opening hearts and minds through the grace and love of God

At All Saints Church of England Infant and Nursery School and Selston Church of England Infant and Nursery School children always come first and we try to nourish, challenge, prepare and inspire them within a Christian ethos.

We believe in valuing all who contribute towards the successful running of our schools including children, parents, carers, governors, teaching and non-teaching staff.

This Vision Statement lies at the heart of our schools' aims. It is the philosophical basis for all of the schools' policies and through these, for everything that happens in and round our schools. Our aspiration is for everyone at All Saints and Selston to:

- feel happy, secure, safe and valued at school
- develop a growing awareness of their own inner self and spirituality, and of the power of the Christian faith to transform lives
- develop healthy relationships based on care, trust, compassion and forgiveness
- show acceptance for and understanding of others who may have different beliefs or needs
- strive for the highest standards of achievement, developing the confidence and skills to be independent, motivated and self-disciplined learners
- have a positive approach to life, contributing to the well-being of the community and building hope for the future

We hope that children will leave our schools with open hearts and minds, ready to respond to the opportunities that lie before them and to experience the joy of life in all its fullness.

Policy:	Relationships and Health Education Policy
Approved by:	Local Governing Body
Date:	September 2026
Review cycle:	Annual

VERSION CONTROL			
VERSION	**DATE**	**AUTHOR**	**CHANGES**
2026	07.09.26	JR	New policy

Relationships and Health Education (RHE) Policy

Introduction

At All Saints and Selston Church of England Infant and Nursery Schools, we believe that every child is uniquely created and deeply loved by God. Rooted in our Christian vision and values, Relationships and Health Education (RHE) is an important part of nurturing the whole child and enabling them to flourish academically, socially, emotionally and spiritually. Through our RHE curriculum, we seek to help children develop the knowledge, understanding and skills they need to build positive relationships, recognise and manage their feelings, make healthy choices, stay safe and grow into confident, compassionate and responsible members of society.

As Church of England schools, we recognise the importance of living well together in a diverse world. We teach children that all people are of equal worth and should be treated with dignity, kindness and respect. Our curriculum encourages children to demonstrate values such as love, forgiveness, honesty, courage, perseverance and compassion, reflecting the example of Jesus and the Christian belief that we are called to love God and love our neighbour.

As Nursery and Infant schools, we provide statutory Relationships Education and Health Education in accordance with Department for Education guidance. We recognise that parents and carers are the primary educators of their children and that children learn best when schools and families work in partnership. We therefore aim to provide learning experiences that complement and support the values, beliefs and care children receive at home, whilst preparing them to participate positively in modern British society.

Our RHE curriculum is delivered primarily through the HeartSmart programme, which promotes positive mental health, emotional wellbeing, healthy relationships and personal resilience. The curriculum is tailored to the age, maturity and developmental needs of our pupils and is underpinned by our commitment to safeguarding, inclusion and Christian distinctiveness. HeartSmart's five principles—*Don't Forget to Let Love In, Too Much Selfie Isn't Healthy, Don't Hold On To What's Wrong, Fake Is A Mistake* **and** *No Way Through Isn't True*—closely reflect our Christian values and provide a consistent framework through which children develop self-awareness, empathy, honesty, forgiveness, perseverance and respect for others. Through these themes, children are encouraged to recognise their own value, celebrate the worth of others and understand their responsibility to contribute positively to their school, community and wider world.

Aims

The aim of our Relationships and Health Education is to support children in developing positive relationships with themselves and others, whilst promoting their physical health, emotional wellbeing and personal safety. Through our curriculum, children learn about the importance of family, friendship, kindness and mutual respect. They are encouraged to recognise and value their own uniqueness, understand and manage their emotions, and develop confidence in seeking help when they need it.

We want every child to feel valued, safe and respected. We therefore teach children about the importance of healthy relationships, personal boundaries, keeping themselves safe both online and offline, and how to identify trusted adults who can help them. Our curriculum encourages children to celebrate differences, challenge unkind behaviour and develop an understanding of the diverse communities in which we live.

Statutory Requirements

This policy is informed by the statutory guidance issued by the Department for Education on Relationships Education, Relationships and Sex Education (RSE) and Health Education, alongside guidance contained within Keeping Children Safe in Education, the Equality Act 2010 and the SEND Code of Practice.

As Infant and Nursery schools, we teach the statutory elements of Relationships Education and Health Education. This includes learning about families and the people who care for us, friendships, respectful relationships, online safety, personal safety, emotional wellbeing, physical health, healthy lifestyles and basic health and hygiene.

Although the statutory guidance refers to Relationships and Sex Education (RSE), sex education is not statutory in Nursery, Reception, Year 1 or Year 2 and is therefore not taught as part of our curriculum. Any learning relating to growth and change is delivered through age-appropriate Health Education and the National Curriculum for Science. The focus is on helping children understand that people grow and change throughout their lives, developing self-care skills and learning the correct names for body parts where appropriate for safeguarding and personal safety purposes.

Curriculum Content

Relationships and Health Education is embedded throughout school life and taught through planned lessons, cross-curricular opportunities, assemblies, stories, discussion and daily interactions.

Children learn about the importance of loving and caring relationships within families and understand that families may look different from their own. They explore the

characteristics of good friendships, learning about kindness, cooperation, empathy, forgiveness and respect. They are supported to understand how their actions affect others and how conflicts can be resolved positively.

The curriculum places a strong emphasis on emotional literacy and wellbeing. Children are taught to recognise and name a wide range of feelings, understand that all emotions are valid, and develop strategies for managing their emotions in healthy ways.
Opportunities are provided for children to build self-esteem, resilience and confidence through the HeartSmart themes and activities.

Keeping safe is a central aspect of our provision. Children learn about personal boundaries, privacy, safe and unsafe situations, the difference between secrets and surprises, and how to seek support from trusted adults. They are taught that their body belongs to them and that they should speak to an adult if something causes them concern. Learning also includes safety in everyday situations, such as around roads, water and within the home and community.

As technology becomes an increasingly important part of children's lives, age-appropriate online safety education is incorporated into the curriculum. Children learn about being kind and respectful online, keeping personal information private and talking to a trusted adult if something online worries or upsets them.
Health Education includes mental wellbeing, healthy eating, physical activity, rest, personal hygiene, dental health and healthy routines. Children are encouraged to understand how everyday choices can contribute to their wellbeing and help them lead healthy, active lives.

Teaching and Learning

Relationships and Health Education is taught in a safe, supportive and inclusive environment where children feel respected and able to contribute. Teachers use a range of approaches including stories, role play, discussion, practical activities, games and reflection tasks to engage pupils and support learning.

Lessons are planned to be age-appropriate and sensitive to the developmental stage of the children. Teachers encourage curiosity and discussion whilst ensuring that learning remains appropriate to the age of the pupils. Where questions arise outside the planned curriculum, staff respond in a way that is accurate, age-appropriate and consistent with the school's safeguarding responsibilities.

Safeguarding

Relationships and Health Education contributes significantly to the safeguarding of children. By teaching children about healthy relationships, personal safety, boundaries and trusted adults, we help them to develop the confidence and vocabulary needed to seek help if they feel unsafe or worried.

All staff follow the school's safeguarding and child protection procedures. Any concerns or disclosures arising from RHE lessons will be dealt with in accordance with those procedures. Staff will never promise confidentiality to a child and will act in the best interests of the child's safety and wellbeing at all times.

Equality and Inclusion

We are committed to ensuring that our RHE curriculum is inclusive and accessible to all pupils. Teaching reflects the diverse nature of modern society and promotes respect for all people, regardless of their background, circumstances or characteristics.

We recognise the importance of representing different families, cultures and experiences in a positive and respectful way. Learning is adapted where necessary to meet the needs of children with special educational needs and disabilities, ensuring that every pupil can access and benefit from the curriculum.

Partnership with Parents and Carers

We recognise that parents and carers are the primary educators of their children and that their role is essential in supporting children's understanding of relationships, health and wellbeing. We are committed to working in partnership with families and keeping parents informed about the curriculum their children receive. Information about our Relationships and Health Education provision is available through the school website, curriculum information and discussions with staff. Parents are encouraged to contact the school if they would like further information about the curriculum.

As this school does not teach non-statutory sex education, there is no right to withdraw children from the Relationships and Health Education curriculum. Parents cannot withdraw children from statutory Relationships Education, Health Education or National Curriculum Science.

Monitoring and Review

The Headteacher (also responsible for PSHE and RHE) will monitor the implementation and effectiveness of this policy through curriculum reviews, lesson observations, staff feedback and pupil voice. The policy will be reviewed annually, or sooner if required by changes to statutory guidance or school circumstances.

Appendix 1

The HeartSmart Curriculum Aligned to Our Christian Values

Christian Value	Biblical Reference	HeartSmart	Link to British Values *(including some that don't appear on the Government's official list - in italics)*
Love	**1 John 4:16** 'God is love. Whoever lives in love lives in God, and God in them.'	**Don't forget to let love in**	**Democracy -** a system built on respect for the value, views and needs of every individual. **Mutual respect and tolerance of different faiths and beliefs -** understanding that we don't all share the same beliefs and values. Respecting those values, ideas and beliefs of others whilst not imposing our own onto them.
Service	**John 13:14-15** 'I your Lord and Teacher, have washed your feet. So you also should wash one another's feet. I have given you an example. You should do as I have done for you.'	**Too much selfie isn't healthy**	**Individual liberty -** protection of your rights and responsibilities and those of the people around you. ***Social inclusion*** *– support for the most vulnerable by the rest of the community (a strong tradition in British society, influenced by faith).*
Forgiveness	**Mathew 6:12** 'Forgive us our sins as we forgive those who sin against us.'	**Don't hold on to what's wrong**	***Justice tempered with mercy*** *– scope for rehabilitation and second chances in the justice system (also influenced by the Christian tradition).*
Truth	**John 8.32** 'The truth will set you free.'	**Fake is a mistake**	**The rule of law –** knowing right from wrong. Knowing the need for rules to make a happy, safe and secure environment to live and work.
Endurance	**1 Corinthians 13.7** 'Love never gives up.'	**No way through isn't true**	