



# Vita Et Pax Preparatory School

## RSE (Relationships & Sex Education) / PSHE Policy

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<b>Version:</b>	1.0	<b>Date Approved:</b>	February 2025
<b>Review Date:</b>	February 2026	<b>Responsible:</b>	Head Master / PSHE Lead
<b>Head Master:</b>	Darren May	<b>Chair of Proprietary Body:</b>	Pushkar Acharya
<b>DfE URN:</b>	102064	<b>Charity No:</b>	281566

### 1. Introduction

Vita Et Pax Preparatory School is committed to providing a comprehensive programme of Relationships Education and Personal, Social, Health and Economic (PSHE) education. This policy complies with the DfE statutory guidance "Relationships Education, Relationships and Sex Education (RSE) and Health Education" (2019, updated 2021) and the Independent School Standards Regulations 2014.

As a primary school (ages 2-11), we are required to teach Relationships Education and Health Education. Sex Education beyond the science curriculum is not compulsory at primary level, but the school chooses to include age-appropriate content as part of a holistic PSHE programme.

### 2. Aims

- To provide pupils with accurate, age-appropriate knowledge about relationships, health and the wider world
- To help pupils develop positive, respectful and healthy relationships
- To equip pupils to stay safe, including online
- To promote emotional wellbeing and resilience
- To prepare pupils for the physical and emotional changes of puberty
- To embed fundamental British Values throughout the programme

### 3. Curriculum Content

#### 3.1 Relationships Education (statutory)

All pupils from Reception to Year 6 receive Relationships Education covering:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships and internet safety

- Being safe — recognising and reporting concerns

### 3.2 Health Education (statutory)

- Mental wellbeing — emotional literacy, self-regulation, resilience
- Physical health and fitness
- Healthy eating and personal hygiene
- Changing adolescent body (puberty — taught in Years 5/6)
- Basic first aid awareness
- Drugs, alcohol and tobacco

### 3.3 Sex Education (non-statutory at primary)

Age-appropriate sex education is delivered in the context of relationships and growing up. In Years 5 and 6, this includes human reproduction as part of the science curriculum and supplementary PSHE lessons on puberty and conception, delivered sensitively and inclusively.

## 4. PSHE Programme

The PSHE programme is delivered through:

- Dedicated PSHE lessons (weekly)
- Circle time activities
- School assemblies
- Cross-curricular links (science, RE, computing)
- Themed weeks and events (e.g. Anti-Bullying Week, Mental Health Awareness Week)
- Visiting speakers and workshops

## 5. British Values

The fundamental British Values of democracy, the rule of law, individual liberty, mutual respect and tolerance of those with different faiths and beliefs are actively promoted through the RSE/PSHE curriculum and wider school life, in accordance with the Prevent duty and KCSIE 2025.

## 6. Mental Health and Wellbeing

The school recognises the importance of children's mental health. PSHE lessons include specific content on emotional wellbeing, coping strategies, mindfulness and building resilience. Staff are trained to recognise signs of mental health difficulties and to signpost support.

## 7. Parental Right to Withdraw

Parents have the right to withdraw their child from **sex education** lessons (beyond the science curriculum) up to and until three terms before the child turns 16. Parents do **not** have a right to withdraw their child from **Relationships Education** or **Health Education**, as these are statutory requirements.

Parents wishing to exercise this right should contact the Head Master in writing. The Head Master will discuss the request and explore any concerns. Appropriate alternative arrangements will be made for withdrawn pupils.

## **8. Equality and Inclusion**

RSE/PSHE is taught in a way that is inclusive and sensitive to the needs of all pupils, including those with SEND and those from diverse backgrounds. Content reflects the school's commitment to the Equality Act 2010 and celebrates diversity.

## **9. Monitoring and Review**

This policy is reviewed annually in consultation with staff and parents. Pupil feedback is used to evaluate the effectiveness of the programme. The policy is published on the school website.