



Vita et Pax  
PREPARATORY SCHOOL

Vita et Pax Preparatory School  
*Established 1936*

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## RSE / PSHE Policy

Policy Originator	Head Teacher
Approved by	Governing Body
Date Approved	1 March 2026
Status	Statutory
Review Period	Annually (next: March 2027)

### 1. Introduction

The school provides an age-appropriate programme of Relationships, Sex and Health Education (RSHE) and PSHE. Delivery reflects statutory requirements for primary schools and current DfE RSHE guidance (updated for 2025), together with ISSRs 2014.

### 2. Aims

- Build accurate knowledge about relationships, health and wellbeing.
- Develop respectful relationships and personal responsibility.
- Keep pupils safe, including online.
- Support resilience, mental wellbeing and puberty education.

### 3. Curriculum Content

#### Relationships Education

- Families and caring relationships
- Respect and safety
- Online relationships and reporting concerns

#### Health Education

- Mental wellbeing
- Physical health and hygiene
- Puberty
- Basic first aid
- Substance awareness

## Sex Education in Primary

Sex education beyond science is delivered sensitively, in context and at an age-appropriate level, particularly in Years 5 and 6.

## 4. Delivery and Safeguarding Context

The programme is delivered through PSHE lessons, assemblies, circle time, cross-curricular links and themed events. British Values and safeguarding are embedded, including online safety expectations under KCSIE 2025 and the Online Safety Act 2023.

## 5. Withdrawal, Equality and Review

Parents may request withdrawal from non-statutory sex education elements. Relationships and Health Education remain statutory. Teaching is inclusive, reflects Equality Act 2010 duties, and is reviewed annually with staff, parent and pupil feedback.

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