

Relationships, Health and Sex Education (RHSE) Policy Statement

Last Reviewed September 2023

At Windlesham House School, we believe that relationships, health and sex education (RHSE) enables our children to become healthy, safe, independent and responsible members of society. This includes recognising and forming positive life sustaining relationships with others both in the real and virtual world.



We are dedicated to ensuring that Windlesham House School is a happy, stimulating and caring place and we expect high standards of behaviour and good manners throughout the school. Behaviour and attitude to learning is underpinned by our school values and ACE Habits for learning (Active Learner, Creative Thinker, Explorer), making these integral to the success of the whole school. RHSE is at the heart of our school ethos.

We are committed to supporting the mental health and wellbeing of all pupils and strategies that support this are pastoral provision, health & wellbeing disclosure on admission, peer listeners and buddies, alongside quality teaching and learning about awareness and management of mental health through the RHSE curriculum.

RHSE is taught as both explicit lessons in Personal Social Health and Economic Education (PSHE) and is also embedded in other areas of the curriculum, co-curricular and enrichment activities. We aim to:

- Help all children grow up healthy, happy and safe.
- Give all children the knowledge to make informed decisions about their wellbeing, health and relationships.
- Teach children what they need to learn to build positive and safe relationships with family, friends and online
- Support all children to manage the challenges and opportunities of modern Britain.
- Prepare all children for successful adult lives.

Our school prides itself on delivering effective, age-appropriate relationships, sex and health education that meets the needs of all our pupils within an inclusive and supportive learning environment; using non-biased resources. RHSE is taught by experienced and skilled teaching staff who are committed to preparing your child to live and learn safely in the modern world, negotiating the transition into increasing independence with the development of knowledge, values and skills to make positive, healthy and safe choices.

RHSE is delivered as a spiral curriculum that enables pupils to build on their prior learning by revisiting some themes to further develop knowledge, values and skills in an age and stage-appropriate manner. As such, some themes are repeated to enable a deeper exploration of the related issues.

We can reassure you that none of the teaching materials or strategies should shock pupils. All lessons will be taught in a strictly non-judgemental and non-biased manner, to allow your child the opportunity to consider the information and develop their own values, attitudes and opinions about the topic. We would encourage you to discuss your child's relationships, health and sex education with them at home.

Parents cannot withdraw their child from any part of the Relationships and Health Education aspects of the RHSE curriculum which is taught to all pupils. It is important for ALL children to be taught the content on such essential matters like friendships and keeping safe.

There are separate rules on withdrawing a child from Sex Education which is taught at years 7 and 8. Sex education is separate from the Relationships and Health curriculum and parents can withdraw children from some or all of the lessons on Sex Education. The headmaster must grant a parent's request to withdraw a child beforehand. Before making a request, parents should:

- Ask the school about what will be taught in Sex Education, and when.
- Remember that the science curriculum at Windlesham includes content on human development, which includes human reproduction.
- Remember there is no right for a parent to withdraw their child from the science curriculum.

If you would like to know more information about our programme of relationships, health and sex education, please feel free to come in and talk to any member of staff.