



Relationships and Health Education (RHE) Policy

(Delivered through the Jigsaw PSHE Programme)

Date Reviewed	2 nd July 2026	
Signed Headteacher		
Signed Chair of Curriculum & Standards		
Date Revised	Summer Term 2027	

1. Policy Statement

This policy sets out how **Relationships and Health Education (RHE)** is planned, delivered, and reviewed at Rednal Hill Infant School. RHE is taught as part of the school's **PSHE curriculum**, which is delivered using the **Jigsaw Programme**.

We are committed to providing a high-quality, age-appropriate RHE curriculum that supports pupils' personal development, wellbeing, and preparation for adult life.

Relationships, Sex and Health Education (RSHE) does not exist in isolation. It forms a vital part of our school's wider curriculum offer, sitting naturally within Personal, Social, Health and Economic Education (PSHE) and contributing significantly to every School's personal development expectations. This policy should be read in conjunction with the school's PSHE policy, safeguarding policies and behaviour policy.

2. Statutory Context

From **September 2020**, Relationships Education and Health Education became **statutory** for all primary schools in England under the **Children and Social Work Act 2017**. From September 2026, this guidance has been updated to provide more detail and specific statements about what children should be taught, particularly in areas such as online safety, mental health and well being and personal safety.

This policy follows:

- *DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance (2026)*
- *DfE Keeping Children Safe in Education*
- Equality Act 2010
- UN Convention on the Rights of the Child

RSHE is a statutory requirement for all schools, covering:-

- Relationship Education
- Health Education
- Sex Education

As an Infant School we only focus on Relationship and Health Education. However, through our Science and PSHE curriculum, scientific vocabulary is used for naming parts of the body.

3. Aims of RHE at Rednal Hill Infant School

Our RHE curriculum aims to help pupils:

- Develop healthy, respectful relationships

- Understand emotions and mental wellbeing
- Keep themselves safe, both offline and online
- Learn about physical health, including healthy lifestyles
- Build resilience, confidence, and self-esteem
- Respect diversity and promote equality and inclusion

4. The Jigsaw Programme

Jigsaw PSHE is a whole-school, spiral curriculum that ensures progression from **Early Years to Year 6**. Both Rednal Hill Infant and Redal Hill Junior Schools currently use the scheme.

The Six Jigsaw Puzzles:

1. **Being Me in My World**
2. **Celebrating Difference**
3. **Dreams and Goals**
4. **Healthy Me**
5. **Relationships**
6. **Changing Me**

The statutory **RHE content** is primarily delivered through:

- **Relationships**
- **Healthy Me**
- **Changing Me**

Jigsaw lessons are taught in a **safe, inclusive, and supportive learning environment**, following the Jigsaw Charter and ground rules. Sessions are taught by class teachers who have knowledge of the children and their individual context.

5. Teaching and Learning

- RHE is taught **weekly** through Jigsaw lessons.
- Lessons include a balance of discussion, reflection, and activities.
- Teaching is **age-appropriate**, medically accurate, and sensitive.
- Pupils are encouraged to ask questions; teachers respond appropriately and follow safeguarding procedures where necessary.

6. Inclusion and Equality

RHE lessons:

- Reflect diverse family structures, cultures, backgrounds, and identities
- Promote respect for protected characteristics under the Equality Act 2010
- Are adapted where necessary to meet the needs of pupils with SEND

No pupil is excluded from learning about relationships, respect, or health.

7. Parental Engagement and Right to Withdraw

Parents are informed about RHE through:

- Curriculum maps
- Information meetings or letters
- Access to Jigsaw materials on request

Parents **cannot withdraw** their child from Relationships or Health Education as it is a statutory context at Primary.

Parents are able to access the curriculum maps for each puzzle piece via the school's website and can also request access to the teaching materials through the Jigsaw Platform.

8. Safeguarding and Confidentiality

Teachers:

- Do not promise absolute confidentiality
- Follow the school's safeguarding and child protection procedures
- Report concerns to the Designated Safeguarding Lead (DSL)

Jigsaw guidance on sensitive questions and disclosures is followed at all times.

9. Assessment and Monitoring

- Assessment is formative and based on pupil reflection and discussion
- Teachers use Jigsaw assessment tools to monitor progress
- The PSHE/RHE lead and senior leaders monitor delivery and impact

10. Roles and Responsibilities

- **Governing Body:** Approves and reviews the RHE policy

- **Headteacher:** Ensures statutory compliance
- **PSHE/RHE Lead:** Manages curriculum delivery and staff support
- **Teachers:** Deliver RHE in accordance with this policy

11. Policy Review

This policy will be reviewed **annually** or in response to:

- Changes in statutory guidance
- Curriculum updates to Jigsaw
- Feedback from pupils, parents, or staff

Date approved: S. Lynam

Review date: Summer 27

