

HAYDON ABBEY SCHOOL AND PRE-SCHOOL
PSHE and Relationships and Sex Education Policy
Autumn 2026

Approved by: Governing Body

Date:

Last reviewed: Autumn 2026

Next review due by: Autumn 2027

Statutory Information – Aims

- Deliver a progressive, age-appropriate and inclusive RSHE curriculum.
- Create a safe environment for discussing sensitive topics.
- Develop pupils' confidence, empathy and self-respect.
- Equip pupils to build healthy, respectful relationships, online and offline.
- Prepare pupils for puberty and promote healthy lifestyles.
- Teach accurate vocabulary for bodies, relationships and emotions.
- Help pupils recognise boundaries, stay safe and seek support.
- Promote respect, responsible decision-making and strong partnerships with parents and carers.

Definitions & Right to Withdraw

Relationships Education - Statutory

Relationships Education teaches children about healthy, respectful and safe relationships, including relationships with family, friends, carers, trusted adults and people online. It also covers respect, kindness, personal boundaries, permission-seeking, privacy, recognising safe and unsafe situations, and knowing how to ask for help.

It may include sensitive, age-appropriate safeguarding topics, such as personal boundaries, unsafe touch, consent, online safety and harmful behaviours, to help pupils recognise risk and stay safe.

Health Education - Statutory

Health Education teaches pupils about physical health, mental wellbeing, growing and changing, puberty, healthy lifestyles, emotional wellbeing and how to seek support when needed.

Sex Education - Non-statutory in Primary

Primary schools are not required to teach sex education beyond the statutory science curriculum. Haydon Abbey chooses to teach additional sex education in Year 6, this is delivered in an age appropriate way and may include learning about human reproduction, how babies are conceived, ways to prevent a baby being made, and preparation for the physical and emotional changes linked to growing up. The children will also learn about FGM. They learn that FGM is illegal and harmful, and that they should tell a trusted adult if they are worried that they or someone they know may be at risk

At Haydon Abbey, this non-statutory content is taught in Year 6. Parents and carers will be consulted about this content in advance and provided with clear information about what will be taught.

Personal, Social, Health and Economic (PSHE) education

PSHE is a planned, developmental programme of learning designed to equip pupils with the essential knowledge, skills, and attributes they need to keep themselves healthy, safe, and prepared for life and work in modern society.

It supports pupils' personal development by helping them manage their physical and mental well-being, build positive relationships, and make informed financial and career choices.

Relationships, Sex and Health Education – RSHE

RSHE brings together Relationships Education, Health Education and, where the school chooses to teach it, Sex Education. It helps pupils develop the knowledge, skills and values they need to build healthy relationships, look after their physical and mental health, respect difference, develop a positive sense of identity and make safe, informed decisions. RSHE encourages discussion and understanding and is delivered in an age-appropriate, inclusive and respectful way.

Right to Withdraw

At Haydon Abbey, parents and carers have the right to request that their child is withdrawn from non-statutory sex education lessons. This right does not apply to statutory Relationships Education, Health Education or content covered through the National Curriculum for Science.

Where a parent or carer wishes to make this request, the Headteacher will first meet with them to discuss their concerns, understand the reasons for the request and explain the purpose and value of the teaching. Where appropriate, the pupil may also be involved in this discussion.

Following this discussion, Haydon Abbey will grant the request and ensure that the pupil receives appropriate, purposeful alternative education during any lessons from which they are withdrawn.

Delivery of RSHE

RSHE is delivered through weekly myHappymind lessons taught by class teachers. Class teachers are well placed to provide a consistent, trusted and supportive environment in which pupils feel safe to learn, reflect and ask questions.

Weekly lesson delivery incorporates the statutory requirements for Relationships Education and Health Education and is supported through the following programmes:

myHappymind – Core Programme

The core myHappymind programme supports pupils' mental health and wellbeing by helping them develop preventative habits, resilience, self-esteem, emotional awareness and positive relationships.

myHappymind - Plus

myHappyMind Plus provides complete PSHE coverage, including health, wellbeing, relationships, sex education and life skills.

British Values

British Values are promoted through assemblies, classroom activities and interactive sessions, helping pupils understand respect, responsibility, democracy, individual liberty and the rule of law.

At Haydon Abbey, RSHE is delivered through myHappyMind and myHappyMind Plus, which provide a progressive and age-appropriate curriculum. Learning is carefully sequenced to build on pupils' prior knowledge and develop their understanding and skills as they move through the school.

The curriculum is delivered through the myHappyMind learning platform, which combines interactive lessons with journals and worksheets to support reflection and recording. Lessons are inclusive and adapted where appropriate to meet the needs of all pupils, including those with SEND.

Staff at Haydon Abbey receive regular safeguarding training and understand the procedures for responding to any concerns or disclosures that may arise during lessons. Any safeguarding concerns are managed in line with the school's Safeguarding and Child Protection Policy and are reported promptly to the Designated Safeguarding Lead, Miss Ferdinand (Headteacher), so pupils receive the support they need.

For each year group, objectives from the PSHE Association are mapped to myHappyMind and myHappyMind Plus lessons. This enables teachers to monitor whether pupils are working towards, meeting or exceeding objectives. Assessment information is used in line with Haydon Abbey's assessment policy to monitor progress across lessons and modules.

Links

PSHE National Curriculum

<https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/physical-health-and-mental-wellbeing-primary-and-secondary>

PSHE Association

<https://pshe-association.org.uk/>

Statutory Guidance for September 2026

<https://pshe-association.org.uk/guidance/ks1-4/statutory-rshe>

Here is an overview of each myHappymind module, Plus theme and British Values topic.

Strand	Module/ Content Pillars	Description/ Core Content
myHappymind	Meet Your Brain	Helping children to understand how their brains work and teaching strategies for regulation such as Happy Breathing.
	Celebrate	Building children's self-esteem through recognising and celebrating their Character Strengths.
	Appreciate	Developing an Attitude of Gratitude! Teaching children the importance of thinking about what we are grateful for and sharing this with others.
	Relate	Introducing relationship-building skills such as Active Listening to ensure children have the foundations to form friendships, be heard and understand others.
	Engage	Introducing the power of Goal Setting to children so that they aspire, dream and learn to persevere.
myHappymind Plus	myHappybody	Section 1: Relationships (Sex) and Health Education (RSHE): Covering topics such as physical wellbeing and keeping safe. This is Statutory.
	myHappyrelationships	Section 1: Relationships (Sex) and Health Education (RSHE): Covering topics such as families and close positive relationships, bullying and respecting ourselves and others. This is Statutory.
	myHappyworld	Section 2: Economic Wellbeing and Careers Education: Covering topics such as media literacy, economic wellbeing and career education. This is Statutory.
British Values	Democracy	Promoting a democratic process.
	Rule of Law	Teaching the importance of laws and rules, their purpose in protecting society, and the consequences of breaking them.
	Individual Liberty	Ensuring children understand their rights and freedoms, while also learning to exercise them responsibly within a safe environment.
	Mutual Respect	Teaching children to respect the protected characteristics of others and to treat everyone with respect.
	Tolerance of different faiths and beliefs	Encouraging an understanding and appreciation of different cultures, faiths and beliefs, and promoting respect for all people regardless of their background.

Parent Information and Consultation

At Haydon Abbey, we are committed to working in partnership with families by providing clear, accessible information about our RSHE curriculum and ensuring parents and carers have opportunities to engage with and understand the learning taking place.

Our RSHE policy and curriculum overviews are available to parents and carers to promote transparency and support meaningful engagement with their child's learning. We offer opportunities for parents and carers to review the curriculum and resources used within school, through an annual parental consultation and information session.

Parents and carers are welcome to contact Haydon Abbey at any time if they wish to discuss the curriculum or view lesson materials. They can do this by contacting Mrs Harbottle via the School Office.

Haydon Abbey chooses to deliver sex education in Year 6 and parents and carers will be consulted in advance and provided with information about the content being taught. In line with statutory guidance, parents and carers have the right to request that their child is withdrawn from non-statutory sex education lessons.

Through the myHappyMind Parent App, families can access resources linked to the core myHappyMind programme, helping them understand lesson content and reinforce key strategies, such as Happy Breathing, at home.

Managing Difficult Questions

At Haydon Abbey, we recognise that pupils may ask questions about topics that go beyond the sex education covered by the school, or that relate to content from which they have been withdrawn.

Staff will respond sensitively and in an age-appropriate way. This may include encouraging the pupil to speak with a parent, carer or another trusted adult, or signposting them to appropriate support.

We understand that unanswered questions may lead children to seek answers from inappropriate or online sources. For this reason, questions are handled thoughtfully and safely, rather than avoided.

Safeguarding

At Haydon Abbey, safeguarding principles are embedded throughout the RSHE curriculum and wider school practice. This includes learning about online safety, healthy relationships, consent, personal boundaries, recognising safe and unsafe situations, and emotional wellbeing.

Lessons are delivered in a safe, age-appropriate and supportive manner, ensuring pupils feel respected and able to seek help if needed. Staff at Haydon Abbey are alert to any safeguarding concerns that may arise during lessons and know how to respond in line with the school's

safeguarding procedures, including sharing information with the Designated Safeguarding Lead where appropriate.

Clear signposting is provided so pupils know who they can talk to if they are worried or need support. Staff can also refer to the myHappyMind guidance on using journals to help ensure any potential safeguarding disclosures are recognised and responded to appropriately.

Monitoring Curriculum Delivery

At Haydon Abbey, the PSHE Lead is responsible for monitoring the quality and impact of RSHE across the school. This includes using pupil voice, book looks, completing module assessments and doing learning walks to check that lessons are being delivered consistently and effectively. Feedback is used to celebrate good practice, identify areas for development and inform future curriculum planning.

We are committed to working in partnership with parents and carers. A yearly parental consultation is offered so families can learn about the RSHE curriculum, ask questions and review the resources and lesson content used in school. Parents and carers can also request to view curriculum materials by contacting Mrs Harbottle via the school office email.

To support high-quality delivery, all teachers are expected to complete myHappyMind online training before teaching the programme. At the beginning of each academic year, staff at Haydon Abbey are updated on any new content, resources or curriculum changes. Ongoing CPD, including the myHappyMind Staff CPD programme, is used to strengthen staff confidence, knowledge and practice. Additional training and support will be provided where needed to ensure RSHE lessons are delivered consistently, confidently and effectively.