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# Stradbroke CE Primary

## RSHE Statement

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## Intent

Relationship and Sex Education forms part of the mission of Church of England schools to educate the whole person. It is carried out as part of holistic education which seeks to form, as well as inform, young people in preparation for adult life.

RSHE is firmly embedded in the PSHE framework as it is concerned with nurturing human wholeness and is integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils.

We recognise that parents are the primary educators of their children, especially when it comes to sensitive topics such as RSHE. Therefore, we collaborate closely with parents to ensure RSHE is delivered in an appropriate way.

## Implementation

At Stradbroke we use Jigsaw, which is a broad programme, that goes beyond Relationships and Sex Education, enabling us to also meet the government statutory requirements of Relationships and Health Education.

With the exception of EYFS, Jigsaw is taught using a spiral approach, with the content being repeated over a two-year cycle. This suits our mixed age-group classes and has the benefit of children revisiting topics a year on, allowing them to engage with the content in a more mature way, as well as building on prior learning and doing extension work, where appropriate. This approach continues throughout the programme and pupils revisit and build on familiar topics at age-appropriate stages, so that their knowledge and understanding grow over time.

## Impact

Assessment is carried out by teacher observations together with assessment activities at the beginning and end of each unit.

Our RSHE curriculum equips pupils with the knowledge, skills, and values they need to develop healthy, respectful relationships and to thrive physically, emotionally, and socially. Through age-appropriate and carefully sequenced lessons, children learn how to keep themselves safe, make informed choices, and understand the changes they will experience as they grow.

Pupils develop confidence in expressing their feelings, recognising their own strengths, and building positive relationships with others. They gain a strong understanding of diversity, equality, and

respect, helping them to appreciate differences and contribute positively to their community. A focus on mental health and wellbeing ensures children learn strategies to manage emotions, seek help when needed, and develop resilience.

By the end of primary school, pupils are prepared with the knowledge and language to navigate new situations responsibly—both offline and online. They are empowered to make safe, healthy choices and to approach relationships with empathy, kindness, and integrity. Our RSHE curriculum ensures every child leaves primary school feeling valued, confident, and ready for the challenges of modern life.