



Emmbrook Infant School

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Relationships, Sex and Health Education Policy

Summary of Relationships & Health Education

At Emmbrook Infant School, Health Education forms part of the wider Personal, Social and Health Education (PSHE) and Relationships Education curriculum, and is taught in accordance with statutory guidance. Through our CARE values, we support children to learn how to stay safe, build healthy relationships, look after their physical and mental wellbeing and prepare for the future.

Relationships Education – What Your Child Will Learn

Relationships Education is **statutory** for all primary pupils and cannot be withdrawn from. It teaches children how to:

- Build positive friendships and family relationships.
- Treat others with kindness, respect and tolerance.
- Recognise personal boundaries and keep themselves safe, including online.
- Express their feelings and ask for help.
- Understand growing and changing at an age-appropriate level.

We teach this through PSHE lessons, circle times, assemblies, science, and everyday school life. Class teachers lead the learning, with adaptations and support for children with SEND.

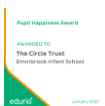
We regularly review the curriculum and use pupil voice to make sure lessons are meaningful and supportive.

Sex Education

Primary schools may choose whether to teach additional sex education. At Emmbrook Infant School, we have made the decision to include this additional content within our PSHE lessons.

Parents **can request withdrawal only from content that goes beyond the statutory science curriculum**. You will always be informed before this content is taught.

Nurture - Grow - Flourish



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Health Education – What Your Child Will Learn

Health Education is also **statutory** and cannot be withdrawn from.

Through the **SCARF** programme, children learn about:

- **Mental wellbeing** – understanding emotions, coping strategies and resilience
- **Internet safety** – recognising risks and staying safe online
- **Physical health and fitness** – enjoying activity and understanding the benefits of exercise
- **Healthy eating** – learning about balanced diets and informed food choices
- **Drugs, alcohol and tobacco** – age-appropriate learning about medicines and harmful substances
- **Health and prevention** – hygiene, dental care, sleep and illness prevention
- **Basic first aid** – knowing what to do in simple emergencies
- **Changing adolescent body** – learning about puberty in a reassuring, factual way

Lessons are accessible to all pupils, with adapted resources and support where needed.

How We Teach These Subjects

- Weekly PSHE lessons
- Science, PE and Computing links
- Assemblies and whole-school themes
- Circle times
- Stories
- Inclusive teaching adapted to individual needs

We aim to ensure all children feel confident, informed and supported as they learn about themselves and others.

If you have questions, concerns, or want to see lesson content, please contact your child's class teacher or the school office.