



## Swallow Grange Alternative Provision

### Relationships, Sex and Health Education (RSHE) Policy

**Policy Owner:** Head of Provision

**Approved By:** Footsteps to Futures Education Ltd

**Date Approved:** June 2026

**Review Frequency:** Annually

**Next Review:** June 2027

#### 1. Statement of Intent

At Swallow Grange Alternative Provision, we are committed to providing high-quality Relationships, Sex and Health Education (RSHE) that equips pupils with the knowledge, understanding and skills they need to stay healthy, safe and prepared for life.

As a specialist Alternative Provision supporting children aged 4–11 with Special Educational Needs and Disabilities (SEND) and Social, Emotional and Mental Health (SEMH) needs, we recognise that many pupils require carefully adapted teaching to support their communication, emotional regulation and understanding of relationships, personal safety and wellbeing.

Our RSHE curriculum is delivered in a way that is:

- Age appropriate.
- Inclusive.
- Trauma-informed.
- Accessible for pupils with SEND.
- Sensitive to individual needs and experiences.
- Underpinned by safeguarding principles.

We believe that effective RSHE supports pupils to develop healthy relationships, understand personal boundaries, build resilience and recognise how to seek help when needed.

## **2. Legal Framework**

This policy has been developed in accordance with:

- Children and Social Work Act 2017
- Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
- DfE Statutory Guidance: Relationships Education, Relationships and Sex Education (RSE) and Health Education
- Keeping Children Safe in Education (KCSIE)
- Equality Act 2010
- Children Act 1989 and 2004
- SEND Code of Practice

## **3. Aims**

The aims of RSHE at Swallow Grange are to enable pupils to:

- Develop positive and respectful relationships.
- Understand different family structures.
- Build self-esteem and confidence.
- Recognise and manage emotions.
- Keep themselves safe online and offline.
- Understand personal boundaries and consent.
- Develop healthy lifestyles.
- Understand physical and emotional changes as they grow.
- Know how and when to seek help.
- Respect diversity and individual differences.

## **4. Curriculum Content**

### **Relationships Education**

Pupils will learn about:

#### **Families**

- Different family structures.
- Caring relationships.

- The importance of love, care and stability.
- Respect for all families.

## **Friendships**

- Qualities of good friendships.
- Kindness.
- Respect.
- Resolving disagreements.
- Managing peer pressure.

## **Respectful Relationships**

- Respect for self and others.
- Equality.
- Inclusion.
- Bullying and discrimination.
- Personal boundaries.

## **Online Relationships**

Pupils will learn how to:

- Stay safe online.
- Protect personal information.
- Recognise unsafe online behaviour.
- Report concerns.
- Understand cyberbullying.

## **Keeping Safe**

Children will learn:

- Safe and unsafe touch.
- Body privacy.
- The NSPCC PANTS Rule.
- Consent in an age-appropriate context.
- Trusted adults.
- How to ask for help.

## **5. Health Education**

Health Education includes:

### **Physical Health**

- Healthy eating.
- Exercise.
- Personal hygiene.
- Dental health.
- Sleep.
- Healthy routines.

### **Mental Wellbeing**

Pupils will learn:

- To recognise emotions.
- Strategies for emotional regulation.
- Building resilience.
- Coping with change.
- Managing worries.
- Seeking support.

### **Safety**

Including:

- Medicines.
- Household hazards.
- Basic first aid awareness.
- Road safety.
- Water safety.
- Fire safety.

## **6. Sex Education**

At primary age, Relationships Education and Health Education are statutory.

Swallow Grange teaches the statutory science curriculum relating to:

- Human growth.
- Reproduction.
- Life cycles.
- Puberty.

Where age-appropriate, pupils in Upper Key Stage 2 may receive additional learning about:

- Physical changes during puberty.
- Emotional changes.
- Menstruation.
- Personal hygiene.
- Reproduction in a factual, sensitive and age-appropriate manner.

Teaching will always take account of pupils' developmental stage, SEND needs and emotional readiness.

## **7. Adaptations for SEND and SEMH**

As a specialist Alternative Provision, Swallow Grange recognises that pupils may require significant adaptations.

Teaching will include:

- Visual supports.
- Social stories.
- Symbol-supported resources.
- Small group teaching.
- Individual learning.
- Repetition and reinforcement.
- Simplified language.
- Multi-sensory learning.
- Trauma-informed practice.

Lessons may be adapted or delivered individually where appropriate.

## **8. Teaching and Learning**

RSHE is delivered through:

- PSHE lessons.
- Science.
- Computing.
- PE.
- Circle time.
- Assemblies.
- Forest School.
- Everyday interactions.
- Individual interventions where appropriate.

Learning takes place in a safe, respectful environment where pupils are encouraged to ask questions appropriately.

## **9. Safeguarding**

RSHE plays an important role in safeguarding.

Through the curriculum pupils learn:

- How to recognise abuse.
- Healthy and unhealthy relationships.
- Personal boundaries.
- Online safety.
- Grooming awareness (age appropriate).
- Child sexual exploitation awareness (age appropriate).
- How to report worries.
- Who their trusted adults are.

Any safeguarding disclosures made during RSHE lessons will be managed in accordance with the Safeguarding and Child Protection Policy and recorded on CPOMS.

## **10. Parents and Carers**

We recognise parents and carers as children's first educators.

We will:

- Share curriculum information.

- Work in partnership with families.
- Offer opportunities to discuss curriculum content.
- Respond sensitively to questions or concerns.

Parents do **not** have the right to withdraw their child from:

- Relationships Education.
- Health Education.
- Science curriculum content.

Parents may request withdrawal from any non-statutory elements of Sex Education.

Requests should be made in writing to the Head of Provision.

Alternative supervised learning will be provided where appropriate.

## **11. Confidentiality**

Ground rules will be established to create a safe learning environment.

Staff cannot promise confidentiality where safeguarding concerns arise.

Any disclosures indicating a pupil may be at risk of harm will be reported immediately to the Designated Safeguarding Lead.

## **12. Staff Training**

Staff delivering RSHE will receive appropriate training in:

- RSHE curriculum.
- Safeguarding.
- Trauma-informed practice.
- SEND adaptations.
- Emotional regulation.
- Online safety.

### **13. Monitoring and Evaluation**

The effectiveness of the curriculum will be monitored through:

- Lesson observations.
- Planning scrutiny.
- Pupil voice.
- Parent feedback.
- Staff feedback.
- Safeguarding monitoring.
- Behaviour and wellbeing information.
- Curriculum reviews.

### **14. Equality**

Swallow Grange is committed to ensuring RSHE is inclusive and reflects the Equality Act 2010.

Teaching will:

- Promote respect.
- Challenge discrimination.
- Celebrate diversity.
- Encourage kindness and empathy.
- Respect protected characteristics.
- Support every pupil to feel valued and included.

### **15. Linked Policies**

This policy should be read alongside:

- Safeguarding and Child Protection Policy
- Behaviour Policy
- SEND Policy
- Equality Policy
- Online Safety Policy
- Anti-Bullying Policy
- Health and Safety Policy
- PSHE Policy

## **Approval**

**Approved by:** Jayne Chudley

**Position:** Managing Director

**Date:** June 2026

**Next Review:** June 2027