

PSHE/RSE Policy

All staff at Kestrel House School are involved in the teaching of PSHE (personal, social, health and economic) and RSE (relationships and sex education) through a bespoke and inclusive curriculum, paying due regard to a learner’s chronological age and their developmental stage. It therefore seeks to be flexible by being responsive to individual need, developmental need and learning style, as well as learner interests.

We equip children and young people with the information, skills and values to prepare them for adulthood and the wider world, enabling them to understand and make informed choices and keep themselves safe.

Within RSE, we aim to educate and inform learners to help them to have safe, fulfilling and enjoyable relationships, and to take responsibility for their sexual health and wellbeing.

We ensure that all pupils have a breadth of experiences utilising, modifying and adapting programmes of learning, for example FPA, NSPCC and PSHE Association, while following DfE Statutory Guidelines and NAS Policy.

Long Term Planning Curriculum offer for PSHE and RSE

| Autumn 2025 | | Spring 2026 | | Summer 2026 | |
|-------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------|
| PSHE – Self-awareness Things we are good at | PSHE – Self-awareness People who are special to us | PSHE/RSE - Self-Care, Support and Safety: Trust Keeping safe | PSHE/RSE - Self-Care, Support and Safety: Trust Keeping safe | PSHE – Self-awareness: Playing and working together | PSHE – self-awareness Getting on with others |
| RSE – Changing and Growing: Baby to adult | RSE – Self-care, support and safety: Taking care of ourselves | | | RSE – Changing and growing: Different types of relationships | RSE - Self-Care, Support and Safety : Public and Private |

The aims of RSE at our school are to:

- Provide a framework in which sensitive discussions can take place.
- Prepare learners for puberty, and give them an understanding of sexual development and the importance of health and hygiene.
- Help learners develop feelings of self-respect, confidence and empathy.
- Create a positive culture around sexuality and relationships.
- Teach learners the correct vocabulary to describe themselves and their bodies.
- Help learners understand that healthy relationships are an important part of wellbeing.

Statutory requirements:

Our policy follows the statutory guidance given by the government (DfE) and meets the requirements of the Independent School Standards. Aspects of RSE are embedded within the day to day operation of our school; incorporated through the curriculum, both in content included in subject schemes of work and through other planned learning opportunities in the school. They are captured in our written aims and expressed in the ethos and behaviours of everyone.

As an Autism Specialist we must ensure that every registered learner who is provided with education at the school is provided with relationships education, in accordance with section 34 of the Children and Social Work Act 2017 and the Independent School Standards

Definition:

RSE is about the emotional, social and cultural development of students, and involves learning about relationships, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information and exploring issues and values. RSE is not about the promotion of sexual activity, sexual orientation, or a specific sexual identity.

Curriculum:

Our curriculum is set out in our long-term plan (above); all of our learners access learning in different ways, teachers and support staff adapt aspects of the curriculum to suit the individual needs of each learner. We have developed the curriculum in consultation with parents, students and staff, considering the age, needs and feelings of learners.

All learners receive Relationships Education as stipulated by the National Guidance. Sex Education is not compulsory for the primary phase; however, we do teach about relationships and health, including puberty.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships, including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe