



## Relationship, Sex, and Health Education (RSHE)

This policy is prescribed by The Good Shepherd Trust and all reference to 'the Trust' includes all Trust schools, the central team and subsidiary organisations.

Date adopted:	November 2025	Last reviewed:	July 2025
Review cycle:	Annually	Is this policy statutory?	Yes
Approval:	Local Committee	Author:	Associate Headteacher
Local approval*:	Local Committee	Local author*:	Dr A Zschaler
Next Review Date of Template Policy:	July 2026		

### Revision record

Minor revisions should be recorded here when the policy is amended in light of changes to legislation or to correct errors. Significant changes or at the point of review should be recorded below and approved at the level indicated above.

Revision No.	Date	Revised by	Approved date	Comments
1	01.04.25	A Grimmond	n/a	CCG Document Control sheet replaced with GST template. Numbering system added as per GST policy template stipulations
2	08.07.25	A Zschaler		Link in point 4 added

### 1. Introduction

#### Christ College serves our Community.

We provide a fully inclusive education that enables all to flourish and reach their God given potential. We do this by living our values and serving each other with humility and love, for the greater good of all. 'For the Son of man himself came not to be served but to serve, and to give his life as a ransom for many, Mark 10:45' Our shared Christian values of Love, Co-operation, Stewardship, Respect and Service are the core of what we are about and therefore they permeate all the work that happens, whether that is inside or out of our classroom. Students are encouraged to recognise the importance of education in their own fulfilment as individuals.

#### 2. We undertake to follow the principles in the Church of England:

- Charter for faith sensitive and inclusive relationships education,
- Relationships and sex education (RSE)
- Health education (RSHE).



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We would also like to reference the Equalities Act 2010 [www.legislation.gov.uk/ukpga/2010/15/contents](http://www.legislation.gov.uk/ukpga/2010/15/contents)

Christ's College's safeguarding practices and policies can be found on our College website <https://www.christscollege.surrey.sch.uk/>

### **3. Definition:**

The curriculum Intent at Christ's College reflects that of our Vision. It is fully inclusive and designed to serve our community and provide opportunities for all to flourish. We recognise the context of our community and curriculum intent is to equip all students with the cultural capital to enable them to access their next steps. The curriculum cumulates to students becoming well rounded young adults that hold Christian and fundamental British values with a wide understanding of different people and different points of view.

The curriculum intent specifically for RSHE links in with the whole college vision, providing the information to acquire knowledge to help them develop healthy nurturing relationships.

### **4. Subject content, how it will be taught and who is responsible.**

The content is taken from the statutory guidance, as set out by the Department for Education.

A summary of this is:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health as well as what the law says
- Physical health and mental wellbeing, including Internet safety and harms, physical health and fitness, healthy eating, drugs, alcohol and tobacco, health and prevention, basic first aid and changing adolescent body
- Menstruation

Some of the content will be delivered through national curriculum subjects, such as Science, RE, ICT and PE, with others through the PSHE curriculum.

Schemes of work for national curriculum subjects will be published on the College website. We will be using Church of England resources, or resources that are sympathetic to the aims of teaching in a church school, for other content. All materials will be accessible to all students, including those with special educational needs and disabilities. Upon request, parents are able to obtain a copy of resources by contacting the Head of Department or Head of Year. A copy of the full statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education can be found [here](#). Pages 25 – 29 provide further information on subject content.



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## 5. Details of how the subject will be monitored and evaluated

Lesson material will continue to be monitored and evaluated through our quality assurance programme of learning walks and review meetings. The DfE has made it clear that there is no right to withdraw from Relationships Education. Parents/carers do have the right to request that their child(ren) can be withdrawn from some or all sex education as part of statutory RSE. This request should be discussed with the Headteacher and as appropriate the child, to ensure their wishes are understood together with the nature and purpose of the curriculum.

The Headteacher will consider and grant the request from parents until the third term before the child turns 16.