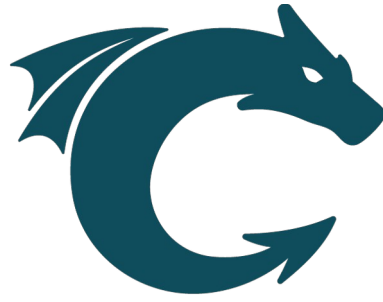




CLARE HOUSE SCHOOL PORTHCAWL

RELATIONSHIPS AND SEXUALITY EDUCATION (RSE) & PSHE POLICY

Intended effective date: September 2026 (on school opening)

Review date: July 2027

Approved by: Board of Directors

Owner: Head of School

Applies to: Whole School (Nursery to Year 6)

Proprietor: CHS Porthcawl Ltd

This document sets out the intended policy and procedural framework of Clare House School from the date of opening. It has been prepared as part of the registration application to Welsh Government under the Independent School Standards (Wales) Regulations 2024.

1. Regulatory Context

This policy sets out the framework for the delivery of Relationships and Sexuality Education (RSE) and Personal, Social, Health and Economic Education (PSHE) at Clare House School from Nursery to Year 6.

This policy is written in accordance with:

- The Welsh Government RSE Code (2022), published under section 71 of the Curriculum and Assessment (Wales) Act 2021 — voluntarily adopted by Clare House School as its organising framework for RSE
- The Independent School Standards (Wales) Regulations 2024
- The Equality Act 2010
- The Additional Learning Needs and Education Tribunal (Wales) Act 2018 and the ALN Code for Wales 2021
- The Statutory Framework for the Early Years Foundation Stage (England, 2025), voluntarily adopted by the school for its Early Years provision

The Welsh Government RSE Code (2022) is the applicable framework for RSE in Wales and is adopted by the school as the organising framework for this subject. The school has mapped its RSE provision in full against the Welsh RSE Code (2022); this mapping is set out in the CHS RSE & PSHE ISS Compliance Mapping document and the CHS Welsh RSE Framework Mapping document, submitted alongside this policy.

This policy should be read alongside:

- CHS RSE & PSHE Long-Term Plan
- CHS RSE & PSHE Progression Framework
- CHS Welsh RSE Framework Mapping
- CHS RSE & PSHE ISS Compliance Mapping
- CHS Curriculum Policy
- CHS Safeguarding and Child Protection Policy
- CHS Additional Learning Needs (ALN) Policy

2. Aims

RSE and PSHE at Clare House School aim to:

- Support pupils to develop the knowledge, skills and personal attributes they need to lead healthy, safe and fulfilling lives
- Provide a safe, structured framework for discussion of sensitive topics
- Develop pupils' understanding of healthy relationships, personal identity, feelings and emotions
- Promote online safety, personal safety and awareness of risk from Nursery onwards
- Build self-regulation, resilience and critical thinking across all year groups
- Prepare pupils for the physical and emotional changes associated with growing up, in a developmentally appropriate way
- Foster mutual respect, empathy and understanding of diversity
- Support pupils' spiritual, moral, social and cultural development in accordance with the ISS (Wales) Regulations 2024
- Ensure pupils are equipped to recognise and seek help in relation to any form of abuse, exploitation or harm

3. Curriculum Structure and Content

3.1 Regulatory Framework

The Welsh RSE Code (2022) establishes three broad learning strands:

- Relationships and Identity — healthy, safe and fulfilling relationships; self-identity; feelings and emotions
- Sexual Health and Well-being — factual knowledge about sexual and reproductive health; positive body image; personal health

- Empowerment, Safety and Respect — protection from violence, abuse and neglect; online safety; recognising and seeking help

These strands are delivered across two developmental phases relevant to Clare House School:

- Phase 1 — from age 3, covering Nursery to Year 2 at CHS
- Phase 2 — from age 7, covering Year 3 to Year 6 at CHS
- Phase 3 (from age 11) is a secondary phase and is not applicable to Clare House School.

3.2 Delivery Model

RSE and PSHE is delivered through two interlocking models:

Nursery (Phase 1 foundation)

In Nursery, RSE and PSHE provision is delivered through the Personal, Social and Emotional Development (PSED) strand of the EYFS Statutory Framework (England, 2025), integrated across the Nursery day. This addresses all Phase 1 Welsh RSE Code content for age 3 to 4: self-regulation, developing friendships, managing feelings, safety awareness and belonging. This provision is set out in the CHS EYFS Long-Term Plan and the EYFS Curriculum and Assessment Overview.

Reception to Year 6 (Kapow Primary RSE & PSHE)

From Reception, RSE and PSHE is taught for 45 minutes per week across all year groups using Kapow Primary RSE & PSHE as the structured delivery resource. One unit is delivered per half term, giving six units per year. The curriculum is structured around seven key areas: My Healthy Self; Connecting with Others; The Online World; Staying Safe; Growing Up; Health Protection; and Citizenship. Four strands run through every unit at every year group: Self-regulation; Managing Self; Building Relationships; and Critical Thinking.

The Kapow Primary RSE & PSHE scheme has been adapted at Clare House School to meet Welsh RSE Code requirements. Coverage, sequencing, progression and expected outcomes are planned and reviewed by the school. The full unit sequence is set out in the CHS RSE & PSHE Long-Term Plan.

3.3 All Content is Developmentally Appropriate

All RSE and PSHE content is delivered in a way that is age-appropriate and sensitive to the needs and maturity of the cohort. Where content is introduced at a particular year group — for example, puberty education in Year 4 — this reflects the guidance of the Welsh RSE Code (2022) and the professional judgement of the Head of School. Parents are informed in advance

of age-appropriate Year 6 content and are welcome to discuss any concerns with the Head of School.

3.4 Online Safety

Online safety is embedded within the RSE and PSHE curriculum as a dedicated unit in every year group from Year 1, and is reinforced across the Computing curriculum. Pupils are taught to use technology safely and critically, to recognise risk, and to seek help if they encounter anything that makes them feel unsafe or uncomfortable.

4. Roles and Responsibilities

4.1 Board of Directors

The Board of Directors of CHS Porthcawl Ltd is responsible for ensuring this policy is in place, reviewed annually, and that RSE is delivered in accordance with the Welsh RSE Code (2022) and the ISS (Wales) Regulations 2024. The Board approves this policy and receives a report on RSE delivery as part of the termly curriculum update from the Head of School.

4.2 Head of School

The Head of School (Sally Davis) is responsible for:

- Overall leadership of the RSE and PSHE curriculum
- Ensuring the curriculum is delivered in accordance with this policy, the Welsh RSE Code (2022) and the ISS (Wales) Regulations 2024
- Ensuring all staff delivering RSE are appropriately briefed and supported
- Reviewing the curriculum annually and updating provision in response to the needs of the cohort or changes to the regulatory framework
- Communicating with parents about RSE content and responding to questions or concerns
- Reporting to the Board of Directors on RSE delivery and any significant matters arising

4.3 All Staff

All teaching staff delivering RSE and PSHE are responsible for:

- Delivering content in a sensitive, inclusive and age-appropriate way
- Maintaining a safe classroom environment in which pupils feel able to ask questions
- Following this policy and the school's safeguarding and child protection procedures
- Referring any safeguarding concerns arising from RSE sessions to the Designated Safeguarding Person immediately

5. Parental Engagement

Clare House School is committed to working openly with parents about RSE content. The school will:

- Inform parents of the RSE and PSHE curriculum content through the school prospectus, parent information and parent meetings
- Make curriculum materials available to parents on request
- Engage proactively with parents on RSE delivery, including providing representative samples of resources used
- Consult parents when reviewing this policy

The Welsh RSE Code (2022) does not provide a general right for parents to withdraw their child from Relationships and Sexuality Education. Any parental concern about RSE content will be discussed with the Head of School.

6. Inclusion and Additional Learning Needs

RSE and PSHE at Clare House School is designed to be inclusive and accessible to all pupils, including those with Additional Learning Needs (ALN). The school will:

- Make reasonable adjustments to RSE delivery to ensure all pupils can access and benefit from the curriculum
- Work with the ALNCo to ensure that pupils with ALN receive RSE provision appropriate to their needs and stage of development
- Be mindful that some pupils may be more vulnerable to exploitation or harm and may particularly benefit from RSE provision
- Ensure that RSE content is delivered with sensitivity to pupils' home circumstances and family structures, without stigmatisation

RSE and PSHE is taught in a way that is inclusive of all protected characteristics as defined by the Equality Act 2010, reflects the diversity of pupils' backgrounds and family structures, and does not discriminate or stigmatise.

Further detail is provided in the CHS Additional Learning Needs (ALN) Policy.

7. Safeguarding

RSE and PSHE sessions can prompt pupils to disclose concerns about their own safety or the safety of others. All staff must be alert to this possibility and must follow the school's Safeguarding and Child Protection Policy if any concern arises during or following an RSE session. Staff must not promise confidentiality to pupils.

RSE provision actively supports the school's safeguarding objectives by equipping pupils to recognise unsafe situations, understand consent and bodily autonomy in an age-appropriate way, beginning with personal boundaries and safe relationships in Early Years, and know how to seek help from a trusted adult.

All safeguarding concerns arising from RSE sessions must be reported to the Designated Safeguarding Person (Sally Davis) without delay.

8. Monitoring and Review

The Head of School is responsible for monitoring RSE and PSHE delivery through:

- Termly review of planning and curriculum documentation
- Review of pupil progress and assessment information
- Staff discussion and feedback
- Review of any concerns or queries raised by parents or pupils

Assessment of pupils' development in RSE and PSHE is formative and age-appropriate, conducted through teacher observation, planned discussion and end-of-unit reflection, and read alongside the Whole School Assessment Framework.

This policy will be reviewed annually each July by the Head of School and approved by the Board of Directors, or sooner in the event of legislative or regulatory change, including any update to the Welsh Government RSE Code.

This policy supports compliance with Part 1 (Quality of Education Provided) and Part 2 (Spiritual, Moral, Social and Cultural Development of Pupils) of the Independent School Standards (Wales) Regulations 2024.