

School RSHE Appendix

Muskham Primary School

Appendix to the Aspire & Shine Education Trust RSHE Policy — Academic Year 2026 - 2027

This appendix should be read alongside the Aspire & Shine Education Trust Relationships, Sex and Health Education (RSHE) Policy. While the Trust policy sets out the principles, statutory requirements and framework that apply across all schools, this appendix provides the local, academy-specific operational information referred to within it.

1. Key Contacts

The following members of staff can be contacted regarding RSHE at this school:

Role	Name	Contact details
- Headteacher - RSHE Lead - Designated Safeguarding Lead (DSL) - Named contact for parent enquiries regarding RSHE	Mr Scott Pearson	office@muskham.notts.sch.uk Tel: 01636 702254
SENDCO	Mrs Rachael Ward	rachaelward@muskham.notts.sch.uk
Named contact for menstrual wellbeing support	Mrs Jennifer Palmer	jpalmer@muskham.notts.sch.uk

2. Curriculum Delivery

2.1 Delivery model and curriculum overview

RHSE is delivered through a structured programme using the Kapow Primary RSE and PSHE scheme from September 2026.

The curriculum is carefully sequenced from Reception to Year 6 and organised into key strands which develop pupils' understanding over time. The curriculum is mapped to ensure full coverage of statutory content as set out in the DfE guidance, including relationships, online safety, mental wellbeing, physical health and the changing adolescent body.

These strands include:

- personal wellbeing
- relationships
- health and safety
- citizenship and economic understanding

The curriculum ensures full coverage of:

- Relationships Education (statutory)
- Health Education (statutory)
- Sex Education (non-statutory)

Sex education is taught in an age-appropriate way in upper Key Stage 2 and complements the statutory science curriculum.

Detailed curriculum content and progression are set out in the school's RHSE curriculum overview, available on request and shared with parents as part of consultation.

Staff responsible for teaching RSHE:

Mr Charlesworth – Foundation Stage

Mrs Keane – Year 1

Mrs Hough – Year 2

Miss Page – Year 3

Mrs Ellison & Mrs Tuck – Year 4/5

Mrs Palmer – Year 5/6

Summary of curriculum content by year group:

Long-term plan: RSE & PSHE

Overview (All year groups)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Self regulation: My feelings	Building relationships: Special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing self: My wellbeing
Year 1	My healthy self: How can we look after our emotions?	Connecting with others: How can I help myself and others feel happy and safe?	The online world: How do we spend time online?	Citizenship: How can I help others and the environment?	Health protection: How can I protect myself and others in daily life?	Staying safe: How can I stay safe?
Year 2	My healthy self: How can we look after our bodies?	Connecting with others: How can I build safe, kind and caring relationships with others?	The online world: How can we stay safe online?	Citizenship: How do people belong to a community and earn money?	Growing up: How can we look after and respect our bodies as we grow?	Staying safe: How can I make safe choices in different places?
Year 3	My healthy self: How can I take care of my mind and body?	Connecting with others: What helps us feel safe and included?	The online world: How should we communicate online?	Citizenship: What rights and responsibilities do we have?	Health protection: How can we prevent illness and injury and respond if they happen?	Citizenship: What careers do people choose and why?
Year 4/5 Cycle A	My healthy self: How can I make healthy choices?	Connecting with others: How can we respect each other?	The online world: How can we decide what to trust online?	Citizenship: How can I spend money wisely?	Growing up: How will my body and emotions change as I grow up?	Staying safe: What signs help me recognise what is safe or unsafe?
Year 5/6 Cycle A	My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	Citizenship: How can we be in control of our money?
Year 6						Sex education: How do people become parents and carers?

Year 4/5 Cycle B	My healthy self: How can I support my mind and body as I grow?	Connecting with others: Why are healthy relationships important?	The online world: How am I influenced by what I see online?	Citizenship: How can we make a difference in our communities and beyond?	Growing up: How can I manage the changes to my body and emotions as I grow up?	Citizenship: How can we be in control of our money?
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Year 5/6 Cycle B	My healthy self: How do my choices today shape my future health?	Connecting with others: What does it mean to stand up for myself and others?	The online world: How do I feel about the things I see online?	Citizenship: How can we protect everyone's rights?	Staying safe: How can I stay safe as I grow up?	Citizenship: How can we be in control of our money?
Year 6						Sex education: How do people become parents and carers?

2.2 Curriculum and assessment links

RSHE curriculum overview (website link): [Muskham Primary School - RHSE](#).

PSHE/RSHE policy page (website link): [Muskham Primary School - Policies](#)

Assessment and progression information (website link): [Muskham Primary School - RHSE](#)

3. Working with Parents and Carers

3.1 Informing and engaging parents

Information can be found on our school's RSHE website page: [Muskham Primary School - RHSE](#)

3.2 Withdrawal from Year 6 sex education

Parents are informed in advance of sex education content and are offered opportunities to view materials and discuss the curriculum.

Parents cannot withdraw their child from Relationships Education or Health Education. Parents can request withdrawal from non-statutory sex education.

Requests must be made in writing to the headteacher. Alternative provision will be provided.

Parent Request to Withdraw from Sex Education

Muskham Primary School

Request to withdraw a child from non-statutory sex education

Pupils at this school receive Relationships and Health Education as part of the statutory curriculum.

Parents do not have the right to withdraw their child from these elements.

Parents do have the right to request that their child is withdrawn from the non-statutory components of sex education.

Before making a request, parents are encouraged to discuss the curriculum with the school so that any questions or concerns can be addressed.

Pupil details

Name of child: _____

Class: _____

Parent/carer request

I wish to request that my child is withdrawn from the non-statutory sex education elements of Relationships, Health and Sex Education.

I understand that:

this request applies only to non-statutory sex education
my child will continue to receive Relationships Education and Health Education
the school will provide appropriate alternative learning during these sessions

Parent/carer details

Name: _____

Signature: _____

Date: _____

For school use

Request received by: _____

Date: _____

Outcome of discussion with parent:

Headteacher signature: _____

Date: _____

4. Other School-Specific Information

RHSE plays an important role in safeguarding by helping pupils to recognise risk, understand boundaries and seek help.

Staff follow Keeping Children Safe in Education at all times.

Pupils are made aware that confidentiality cannot be guaranteed if there are safeguarding concerns.

Sensitive questions are handled with care, in line with pupils' age and understanding.

Care is taken to ensure content is delivered sensitively, particularly for pupils who may have experienced trauma, adverse childhood experiences or safeguarding concerns.

5. Review

Appendix last reviewed: September 2026

Next review due: September 2027.

Reviewed by: Muskham Local Governing Body