



**THE ST. BART'S  
ACADEMY**  
— TRUST —

**Whole School  
Relationship and Sex  
Education Policy**

**June 2023**

# The St. Bart's Academy Trust

## Whole School Relationship and Sex Education Policy

<b>Produced Date:</b>	<b>June 2023</b>	
<b>Approved by Trust Board:</b>		Lisa Sarikaya Chief Executive Officer
<b>Review Date:</b>	<b>June 2026</b>	

<b>Date</b>	<b>Section Amended</b>	<b>Signature</b>
June 2023	Review and re-adoption Section 1 Foreward Section 2 Statutory Requirements for Primary Schools Section 3 What is Relationship and Sex Education?	Mrs S Cope

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## 1.0 Foreward

### How our Whole Trust Policy was developed.

This RSE policy is intended to guide the academies within our Trust on what to include in their revised and updated statutory RSE policy.

The Trust set up a working group established in November 2019 with the specific aim to review and revise the current RSE policies in place and bring them into line with the new statutory guidelines issued by the Government in 2019 to make RSE mandatory and compulsory within the UK.

This working group included Headteachers, PSHE leaders, members of the diocese and RSE Consultants, governors and most importantly parents from our Trust academies. Academy governors have a statutory requirement for RSE in their academy.

This RSE policy is developed with reference to

[Statutory guidance: Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#)

and guidance from the following:

- PSHE Association
- School leaders
- Sex Education Forum
- The Church of England Education Office.

It is a requirement that individual academies within the Trust, all hold parent consultations. These should be culturally sensitive and tailored to meet the needs of the communities in which they serve.

All academy staff were given the opportunity to review the draft policy and give feedback.

The initial draft policy was shared with the Trust Board and then the LGC's.

The policy has been reviewed during 2023 in consultation with Trustees, SBMAT Central Team representatives, governors, staff, pupils and parents. The consultation and policy review process involved the following steps:

1. Review – Representatives from the SBMAT Central Team and all SBMAT academies (PSHE subject leaders) were given the opportunity to look at the policy and make recommendations.
2. Trust Board consultation – all Trustees were given the opportunity to review the policy and make recommendations.
3. Staff consultation – all Academy based staff were given the opportunity to review the policy and make recommendations.
4. Parent / stakeholder consultation – the policy was sent to all local governors, parents and any interested parties requesting any recommendations or comments. An opportunity to review curriculum materials during a meeting was offered to all parents.
5. Pupil consultation – we investigated pupil's thoughts in respect of RSE and what they wanted to learn.
6. Ratification – once amendments were made, the policy was shared with the Trust Board and each Local Governing Committee and adopted.

## 2.0 Statutory Requirements for Primary Schools

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, **make Relationships Education compulsory for all pupils receiving primary education** and Relationships and Sex Education (RSE) compulsory for all pupils receiving secondary education.<sup>4</sup> They also **make Health Education compulsory in all schools** except independent schools

St Bart's Multi-Academy Trust academies do teach RSE, as they are required by their funding agreements to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

*2a The Academy Trust must have regard to any guidance, further to section 403 of the Education Act 1996, on sex and relationship education to ensure that children at the Academy are protected from inappropriate teaching materials and that they learn the nature of marriage and its importance for family life and for bringing up children.*

*The Academy Trust must also have regard to the requirements in section 405 of the Education Act 1996, as if the Academy were a maintained school.*

This is a section of the statutory guidance: Relationships Education, Relationships and Sex Education (RSE) and Health Education.

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-educationrse-and-health-education/relationships-education-primary>

*The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.*

*This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, pupils should be taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy.*

*Establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other, contact – these are the forerunners of teaching about consent, which takes place at secondary.*

*Respect for others should be taught in an age-appropriate way, in terms of understanding one's own and others' boundaries in play, in negotiations about space, toys, books, resources and so on.*

*From the beginning, teachers should talk explicitly about the features of healthy friendships, family relationships and other relationships which young children are likely to encounter. Drawing attention to these in a range of contexts should enable pupils to form a strong early understanding of the features of relationships that are likely to lead to happiness and security. This will also help them to recognise any less positive relationships when they encounter them.*

*The principles of positive relationships also apply online especially as, by the end of primary school, many children will already be using the internet. When teaching relationships content, teachers should address online safety and appropriate behaviour in a way that is relevant to pupils' lives. Teachers should include content on how information and data is shared and used in all contexts, including online; for*

example, sharing pictures, understanding that many websites are businesses and how sites may use information provided by users in ways they might not expect.

Teaching about families requires sensitive and well-judged teaching based on knowledge of pupils and their circumstances. Families of many forms provide a nurturing environment for children. (Families can include for example, single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents and carers amongst other structures.) Care needs to be taken to ensure that there is no stigmatisation of children based on their home circumstances and needs, to reflect sensitively that some children may have a different structure of support around them; for example, looked after children or young carers.

A growing ability to form strong and positive relationships with others depends on the deliberate cultivation of character traits and positive personal attributes, (sometimes referred to as 'virtues') in the individual. In a school wide context which encourages the development and practice of resilience and other attributes, this includes character traits such as helping pupils to believe they can achieve, persevere with tasks, work towards long-term rewards and continue despite setbacks. Alongside understanding the importance of self-respect and self-worth, pupils should develop personal attributes including honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice. This can be achieved in a variety of ways including by providing planned opportunities for young people to undertake social action, active citizenship and voluntary service to others locally or more widely.

Relationships Education also creates an opportunity to enable pupils to be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing.

Through Relationships Education (and RSE), schools should teach pupils the knowledge they need to recognise and to report abuse, including emotional, physical and sexual abuse. In primary schools, this can be delivered by focusing on boundaries and privacy, ensuring young people understand that they have rights over their own bodies. This should also include understanding boundaries in friendships with peers and also in families and with others, in all contexts, including online.

Pupils should know how to report concerns and seek advice when they suspect or know that something is wrong. At all stages it will be important to balance teaching children about making sensible decisions to stay safe (including online) whilst being clear it is never the fault of a child who is abused and why victim blaming is always wrong. These subjects complement Health Education and as part of a comprehensive programme and whole school approach, this knowledge can support safeguarding of children.

### **By the end of Primary**

#### **Families and people who care for me**

Pupils should know:

- that families are important for children growing up because they can give love, security and stability
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up

- *that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong*
- *how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.*
- *Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious.*

### **Caring friendships**

*Pupils should know:*

- *how important friendships are in making us feel happy and secure, and how people choose and make friends*
- *the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties*
- *that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded*
- *that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right*
- *how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed*

### **Respectful relationships**

*Pupils should know:*

- *the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs*
- *practical steps they can take in a range of different contexts to improve or support respectful relationships*
- *the conventions of courtesy and manners*
- *the importance of self-respect and how this links to their own happiness*
- *that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority*
- *about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help*
- *what a stereotype is, and how stereotypes can be unfair, negative or destructive*
- *the importance of permission-seeking and giving in relationships with friends, peers and adults*

### **Online relationships**

*Pupils should know:*

- *that people sometimes behave differently online, including by pretending to be someone they are not*
- *that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous*
- *the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them*
- *how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met*
- *how information and data is shared and used online*

## Being safe

Pupils should know:

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
- about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact
- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
- how to recognise and report feelings of being unsafe or feeling bad about any adult
- how to ask for advice or help for themselves or others, and to keep trying until they are heard,
- how to report concerns or abuse, and the vocabulary and confidence needed to do so
- where to get advice, for example family, school or other sources

## Managing difficult questions

Primary-age pupils will often ask their teachers or other adults questions pertaining to sex or sexuality which go beyond what is set out for Relationships Education. The school's policy should cover how the school handles such questions. Given ease of access to the internet, children whose questions go unanswered may turn to inappropriate sources of information.

Meeting these objectives will require a graduated, age-appropriate programme of Relationships Education. Children of the same age may be developmentally at different stages, leading to differing types of questions or behaviours. Teaching methods should take account of these differences (including when they are due to specific special educational needs or disabilities) and the potential for discussion on a one-to-one basis or in small groups. Schools should consider what is appropriate and inappropriate in a whole class setting, as teachers may require support and training in answering questions that are better not dealt with in front of a whole class.

## Sex education (Primary)

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools and the content set out in this guidance therefore focuses on Relationships Education.

The content set out in this guidance covers everything that primary schools should teach about relationships and health, including puberty. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. It will be for primary schools to determine whether they need to cover any additional content on sex education to meet the needs of their pupils. Many primary schools already choose to teach some aspects of sex education and will continue to do so, although it is not a requirement.

It is important that the transition phase before moving to secondary school supports pupils' ongoing emotional and physical development effectively. The department continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.

As well as consulting parents more generally about the school's overall policy, primary schools should consult parents before the final year of primary school about the detailed content of what will be taught.

*This process should include offering parents support in talking to their children about sex education and how to link this with what is being taught in school. Meeting these objectives will require a graduated, age-appropriate programme of sex education. Teaching needs to take account of the developmental differences of children.*

*Where a maintained primary school chooses to teach aspects of sex education (which go beyond the national curriculum for science), the school must set this out in their policy and all schools should consult with parents on what is to be covered.*

*Primary schools that choose to teach sex education must allow parents a right to withdraw their children. Unlike sex education in RSE at secondary, in primary schools, headteachers must comply with a parent's wish to withdraw their child from sex education beyond the national curriculum for science.*

*Schools will want to draw on the good practice for conversations with [parents around the right to withdraw](#)*

*Schools must also ensure that their teaching and materials are appropriate having regard to the age and religious backgrounds of their pupils. Schools will also want to recognise the significance of other factors, such as any special educational needs or disabilities of their pupils.*

### **3.0 What is Relationship and Sex Education?**

Relationships and Sex Education provides an excellent forum to provide pupils with life skills that will enable them to make informed decisions and protect themselves against harmful and exploitative situations, RSE is therefore a tool to safeguard harm against children. The aim to build resilience in a rapidly changing world.

RSE is about emotional, social and cultural development of pupils and involves learning about relationships, healthy lifestyles, diversity and personal identity, involving a combination of sharing information and exploring issues and values.

RSE contributes to the foundation of PSHE and Citizenship and offers a valuable vehicle for promoting equality between individuals and groups. It involves an exploration of human and social diversity and fostering of self-worth whilst recognising, accepting and respecting differences.

It is not about the promotion of sexual orientation or sexual activity.

#### **Moral and Values Framework**

The RSE Policy will be sensitive towards the established morals and values framework of all major world religions and philosophies. In its implementation it will draw from practical experiences of those who represent the various religions and philosophical groups within the local community. The RSE Policy will be complimentary with the Religious Education policy of the academy.

Within the Trust academies, pupils will:

- Learn the value of respect, care and love
- Valuing family life within stable, loving and committed relationships
- Acceptance of same sex unions as also offering stable, loving and committed relationships to nurture children
- Respect for self and others
- Respect for rights and responsibilities within relationships
- Appreciate that different, successful family structures exist
- Understanding diversity regarding religion, gender, culture and sexual orientation

- Importance of striving to reduce intolerance and discrimination based on sexual orientation, disability, ethnicity, religion and gender.
- Acceptance of difference and diversity
- Promote gender equality and equality in relationships
- Challenge gender stereotypes and inequality
- Develop spiritual, moral, social and cultural awareness in line with the 2010 Equality Act and the academy's safeguarding and child protection protocols.

#### 4.0 Aim and Objectives

The aim of this policy is to enable the effective planning, delivery and assessment of age-appropriate RSE in all the Trust academies.

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

The objectives for primary school pupils are to:

- develop confidence in talking, listening and thinking about feelings and relationships □ be able to name parts of their body and describe how their bodies work.
- be prepared for puberty

and for Teaching Staff: in all academies to be confident:

- in planning, delivering and assessing RSE
- in answering parent's questions and dealing with sensitive questions and issues.

#### 5.0 Equal opportunities statement

The Trust is committed to the provision of RSE to all of its pupils and the differing needs of boys and girls. Our programme aims to respond to the diversity of children's cultures, faiths and family backgrounds. All staff are expected to give every pupil the chance to experience, participate and achieve the understanding of RSE. Equal time and provision will be allocated for all groups but there may be occasions where children with special educational needs (SEN) are given extra support.

St Bart's believes that RSE should meet the needs of all pupils regardless of their developing sexuality and be able to deal honestly and sensitively with sexual orientation, answer appropriate questions and offer support.

The teaching and planning of teaching strategies will be consistently reviewed through e.g. lesson observations to ensure that no pupil is disadvantaged. Teachers will ensure that materials and teaching are culturally sensitive and age appropriate.

#### 6.0 Curriculum/ Delivery and Content

At Nantwich Primary Academy, we recognise the importance of Personal, Social, Health and Economic (PSHE) education in nurturing well-rounded, responsible citizens who are prepared for their futures. Our PSHE curriculum is designed to help students develop essential skills and knowledge, with a focus on mental wellbeing, emotional health, and understanding our diverse society.

Our PSHE curriculum is implemented through various elements, such as 'Circle Time,' 'Votes for Schools' sessions and cross-curricular connections with subjects like PE, computing and RE. We also

integrate British Values and 'No Outsiders' throughout our curriculum to promote tolerance and respect for all.

Our 7Rs – Respect, Responsibility, Resilience, Reciprocity, Resourcefulness, Risk Taking, and Reflectiveness – are central to our school's ethos and contribute to our students' personal development

A PSHE progression pathway provides a structured learning journey for students at Nantwich Primary Academy, ensuring the development of essential skills and knowledge in line with the school's scheme of work. It focuses on three core areas: personal well-being, social skills and understanding the wider world.

The pathway helps educators deliver a balanced and comprehensive curriculum that builds upon previous learning, promotes mental and emotional well-being, fosters empathy and understanding, and prepares students for future academic and personal success. By offering a clear, step-by-step framework, the progression pathway supports consistent, high-quality PSHE education across all grade levels, empowering students to become responsible and active citizens in their communities.

The legal requirements of Relationship and Sex Education provision are covered in the National Curriculum Science. These areas are statutory. RSE is not delivered in isolation but firmly embedded in all curriculum areas including PE, ICT, RE, Science, citizenship taught by all teaching and learning staff within the academy who regularly receive updates and training relevant to the academy's curriculum.

We measure the impact of our PSHE curriculum by observing the growth of students' self-esteem, confidence, and independence. Students learn to distinguish right from wrong, respect British Values, and understand how to contribute positively to their community. Cultural Capital is a vital aspect of our PSHE curriculum, as we believe in empowering all children to succeed in life.

Our rich, engaging, and broad curriculum prepares students to become well-rounded, healthy, confident, and responsible members of society.

## 7.0 Resources

Materials used reflects the consultation with parents/carers and the school health adviser. Age and cultural backgrounds of the pupils are regarded in relation to images used. The range of material used is available to parents and carers and informative books are available to children in the academy.

- NSPCC website and lessons.
- BBC growing up DVD and lesson plans / NHS Growing Up ppt (School Nurse)
- PSHE Association lesson plans, resources and associated reference links
- No Outsiders
- Votes for Schools

## 8.0 Roles and Responsibilities

The LGC will adopt the RSE policy and hold the Principal to account for its implementation.

The Principal is responsible for ensuring that RSE is taught consistently across the academy and for managing requests to withdraw pupils from non-statutory components of RSE (refer to Child Withdrawal policy).

Staff are responsible for:

- Delivering RSE in a sensitive way
- Modelling positive attitudes to RSE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish to withdraw them from non-statutory components of RSE.

## 9.0 Visitors Policy

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the Principal.

The Government encourages the use of external agencies as enrichment to provide a specialist service or experience.

Principals may invite visitors from outside the academy such as sexual health professionals, school nurses to provide support and training to staff teaching RSE.

If academies do use external support bodies then it is essential that:

- All visitors are familiar with and understand the academy RSE policy and work within it.
- All visitors are familiar with and understand the academy's confidentiality policy and work within it.
- All input to RSE lessons is part of a planned programme and negotiated and agreed with staff in advance.
- All visitors are supervised and supported by a member of staff at all times.
- The input of visitors is monitored and evaluated by staff and pupils. This evaluation informs future planning.

The academy will continue to liaise with local secondary schools to ensure that the programme for RSE is continuous at KS3.

## 10.0 Assessment and Evaluation of Learning and teaching.

Pupils' development in RSE is monitored by class teachers as part of internal assessment systems. The delivery of RSE is monitored by the Curriculum Lead and SLT on a termly basis through lesson observations, drop ins, pupil voice, book scans, staff professional dialogue, SBMAT curriculum monitorin and learning walks.

Pupil attainment is tracked via Arbor's tracking system measured against curriculum aims and specific learning intentions for each year group. The impact of our curriculum is also measured by the growth of pupils' self esteem, confidence and independence.

## 11.0 Confidentiality and Child Protection

Safeguarding children is everyone's responsibility. Everyone who comes into contact with children and families has a role to play.

Our Trust is a community and all those directly connected with it - staff members, volunteers, governors, parents, families and pupils; have an essential role to play in making it safe and secure.

The Local Governing Committee of all our Trust academies have arrangements in place to safeguard and promote the welfare of pupils and will work together with other agencies to identify, assess and support those children who are suffering or likely to suffer harm.

Teachers are aware that effective RSE, which brings an understanding of what is, and what is not appropriate in a relationship, can lead to a disclosure of a child protection issues.

Safeguarding procedures, as specified by Keeping Children Safe in Education are followed. All referrals, whatever their origin are taken seriously and considered with an open mind, which does not pre-judge the situation. The procedures adopted for handling cases of neglect, physical, emotional, sexual abuse and failure to thrive involving children and young persons, are based on the principle that the interests and welfare of the child or young person are of paramount importance.

Confidentiality must not prevent action if the child is 'at risk'. Teachers will listen to anything a child tells them in confidence. However, if a teacher feels that a child is at risk then the appropriate people will be contacted in accordance with the Child Protection Procedures, a copy of which is available for parents in the academy.

## **12.0 Child withdrawal procedure**

Parents will be informed about the Relationship and Sex Education programme through:

- NPA News or specific curriculum newsletters
- Academy Website and Policy
- Parent letters and invites to workshops to view materials

RSE is to be taught to all year groups. If a parent or carer feels it necessary to withdraw their child, they should arrange to come to the academy and discuss their concerns with the Principal or PSHE Leader.

Within the RSE new framework parents cannot withdraw their child from relationship education. Parents have the right to withdraw their children from the non-statutory sex education and should contact the School Principal to discuss any withdrawal request.

## **13.0 Answering and dealing with difficult questions surrounding sensitive issues**

Staff are aware that views around RSE related issues are varied. However, while personal views are respected, all RSE issues are taught without bias. Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect others who may have a different opinion. Both formal and informal RSE arising from pupils' questions are answered according to the age and maturity of the pupil(s) concerned and the limits of the year group topics. The academy believes that individual teachers must use their skill and discretion in this area and refer to the Designated Safeguarding Lead if they are concerned or believe any pupil to be at risk.

The following are protocols for discussion based on lessons with pupils (Ground Rules)

- No one teacher or pupil will have to answer any personal question
- No one will be forced to take part in discussions
- Only correct and agreed names will be used for body parts Meanings of words will be explained in a sensible and factual way
- The use of a question box may help to lessen embarrassment of asking questions
- Teachers may use their discretion in responding to questions or seek advice from the PSHE leader.

## **14.0 SEN**

Nantwich Primary Academy cater for all SEND children and their needs across all areas of the curriculum. Please see SEND policy and our Local Offer for more details.

**Provision for pupils who are looked after.**

At Nantwich Primary Academy, we ensure staff have the skills, knowledge and understanding necessary to keep Cared for Children safe; we are aware that children often become cared for as a result of abuse and/or neglect. Nantwich Primary Academy has a designated teacher and governor representing our Cared for Children; this person works closely with the Virtual school.

Our PSHE curriculum is sensitive to the differing needs and lives of all our pupils and additional wellbeing sessions are delivered for children who require them..

**Information about sensitive issues e.g. female genital mutilation (FGM), online safety, sexting and radicalisation/extremism are considered as part of our RSE curriculum and delivered in varying ways to meet the need sof the current cohorts.**

### **15.0 Dissemination**

This policy will be published on Nantwich Primary Academy's website, with paper copies available from the individual academy offices if required.



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