



School RSHE Appendix

Sir John Sherbrooke Junior 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	Mrs R. Mee	Email: reception19@sirjohnsherbrooke.notts.sch.uk Tel: (0115) 965 2291
RSHE Lead / Coordinator	Mrs J. Grant	
Designated Safeguarding Lead (DSL)	Mrs R. Mee (Headteacher)	
SENDCO	Mrs L. Marlor	
Named contact for parent enquiries regarding RSHE	Mrs J. Grant	
Named contact for menstrual wellbeing support	Mrs J. Grant	

2. Curriculum Delivery

2.1 Delivery model and curriculum overview

Scheme or resources used:

The breadth of the RSHE curriculum means a wide range of age-appropriate resources is used, including books, video clips, lesson plans, scenarios and visual materials. The core scheme of work is Kapow Primary RSHE & PSHE. Teachers may supplement Kapow with additional resources where these:

- Match the learning outcomes for the year group
- Are factually accurate and age-appropriate
- Reflect the diversity of our school community and wider society
- Are checked for any partisan, harmful or misleading content
- Are compliant with the DfE's July 2025 statutory guidance

Drugs, alcohol, tobacco and vaping education in Years 5/6 is supported by resources from the DART (Drugs and Alcohol Resistance Training) programme. These may be delivered in-house by class teachers using DART resources, or — where available and appropriate — delivered with the involvement of visiting Nottinghamshire Police officers.

Delivery method and frequency of lessons:

PSHE is typically taught in discrete lessons through the KAPOW scheme. Typically, PSHE will be taught each week, following a specific unit theme.

Staff responsible for teaching RSHE:

RSHE is delivered through the Kapow Primary scheme of work, adapted where necessary to reflect the needs of pupils and the school's agreed long-term plan. Relationships Education and Health Education are taught across Years 3–6 through regular planned lessons, with content sequenced progressively so that pupils' knowledge and understanding build over time.

Class teachers are responsible for:

- Planning and delivering RSHE in line with the Aspire policy, the Kapow scheme and the agreed long-term plan
- Modelling positive, respectful behaviour
- Establishing safe, inclusive ground rules with their class
- Responding sensitively and appropriately to pupil questions
- Identifying and reporting safeguarding concerns to the Designated Safeguarding Lead
- Assessing pupil progress and feeding back to the RSHE Coordinator
- Adapting teaching to meet the needs of individual pupils, including those with SEND, EAL and previous trauma.

Higher Level Teaching Assistants

Higher Level Teaching Assistants may deliver Relationships Education and Health Education lessons, including during the class teacher's PPA time. In these cases, the class teacher retains responsibility for planning, sequencing and overall delivery, and HLTAs work from the agreed planning. HLTAs will receive the same RSHE training as teaching staff.

Teaching Assistants

Teaching Assistants may support individuals or small groups with RSHE learning where additional scaffolding, repetition or adaptation is required. This work will be planned in conjunction with the class teacher, will follow the agreed curriculum objectives and will not introduce new or separate content independently.

Year 6 Sex Education

Year 6 Sex Education is delivered only by Year 6 class teachers and is always delivered by at least two members of staff to ensure pupils can ask questions in a supportive environment.

Professional expectations

Personal beliefs and attitudes of staff will not influence the teaching of RSHE. A balanced, factual and non-judgemental approach will be taken at all times.

Summary of curriculum content by year group:

Sir John Sherbrooke Junior School organises pupils into mixed-age classes: Year 3/4 and Year 5/6. To ensure full curriculum coverage without repetition, RSHE is taught on a two-year rolling programme (Cycle A and Cycle B). Over any two-year period, each pupil will receive the full age-appropriate content for their key stage.

The rolling programme is planned so that:

- Upper (Year 5/6) and Lower Key Stage 2 (Year 3/4) pupils cover the statutory content for their age group across Cycles A and B
- Content is carefully sequenced so that pupils have the prior knowledge they need before more complex topics are introduced
- **Sex Education is taught to Year 6 pupils only**, in a discrete unit delivered separately from the rolling programme. Year 5 pupils do not take part in Year 6 Sex Education lessons

Cycle A

	A1	A2	Sp1	Sp2	Su1	Su2
Year 3/4	Connecting with others: What helps us feel safe and included?	How should we treat each other online?	What careers do people choose and why?	Staying safe: What signs help me recognise what is safe or unsafe?	Connecting with others: How can we respect each other?	How can we decide what to trust online?
Year 5/6	Connecting with others: Why are healthy relationships important?	How am I influenced by what I see online?	How can we be in control of our money?	Connecting with others: What does it mean to stand up for myself and others?	How do I feel about being online?	Year 5: How can I stay safe as I grow up? Year 6: Sex education: How do people become parents and carers?

Cycle B

	A1	A2	Sp1	Sp2	Su1	Su2
Year 3/4	How can I take care of my mind and body?	What rights and responsibilities do we have?	How can we prevent illness and injury and respond if they happen?	How can I make healthy choices?	How can I spend my money wisely?	Growing up: How will my body and emotions change as I grow up?
Year 5/6	How can I support my mind and body as I grow?	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?	How do my choices today shape my future wellbeing?	How can we protect everyone's rights?	Year 5: How can I stay safe as I grow up? Year 6: Sex education: How do people become parents and carers?

2.2 Curriculum and assessment links

RSHE curriculum overview (website link): [Sir John Sherbrooke Junior School - Curriculum Information](#)

PSHE/RSHE policy page (website link): [Sir John Sherbrooke Junior School - School Policies](#)

Assessment and progression information (website link): [Sir John Sherbrooke Junior School - Curriculum Information](#)

3. Working with Parents and Carers

3.1 Informing and engaging parents

How and when parents are notified of RSHE content ahead of teaching:

Parents are informed about RSHE via the Long Term Plan and the Half Termly Newsletters which are available on the school website.

Opportunities for parents to view curriculum materials and raise a question or concern about RSHE:

In line with the July 2025 statutory guidance, parents and carers are able to view a representative sample of the materials used to teach RSHE. Parents who wish to see materials and raise any questions linked to concerns about RSHE should contact the RSHE Coordinator via the school office.

Materials will be shared either through a parent meeting, a dedicated session, or by arrangement at the school. Where materials are subject to copyright, parents will be asked to view them on site or agree not to copy or share them further.

Parents also have access to the Parent Zone section of the KAPOW website via this QR code:



The school will not enter into contractual agreements with any external provider that restrict our ability to share teaching materials with parents.

Arrangements for parent information sessions or workshops:

Prior to Y6 RSE lessons, a parent information session is held to inform parents of the content covered and give them an opportunity to raise any concerns or questions they have about the content. This enables open dialogue between parents linked to the non-statutory RSE learning.

Concerns

Any concerns about the RSHE curriculum or its delivery should be raised in the first instance with the class teacher or the RSHE Coordinator. Where the concern cannot be resolved informally, it should be made in writing to the Headteacher.

3.2 Withdrawal from Year 6 sex education

Who parents should contact to request withdrawal:

In line with the Trust policy, a parent or carer who wishes to withdraw their child from Year 6 Sex Education should:

1. Put the request in writing — by letter or email — to the Headteacher stating the reason for withdrawal and their relationship to the child.
2. Submit the request before the Year 6 Sex Education unit is taught (parents will be informed in advance of when this will take place)

Process for discussing the request (e.g. meeting with Headteacher):

Before granting any request to withdraw, the Headteacher (or RSHE Coordinator on the Headteacher's behalf) will:

- Speak with the parent or carer, by phone call or meeting to discuss the request within the letter or email.
- Clarify the nature, purpose and content of the Year 6 Sex Education unit
- Discuss the benefits of Sex Education and any potential impact of withdrawal, including:
 - The social and emotional impact on the child of being absent from lessons their peers are attending
 - The likelihood that the child will hear their peers' version of what was discussed, which may not be accurate
 - The protective value of accurate, age-appropriate information

A written record of this conversation will be kept by the school. Where a parent or carer maintains their request after this discussion, the Headteacher **must automatically grant the request**, in line with statutory guidance.

Arrangements for the child during withdrawn lessons:

Pupils withdrawn from Sex Education will work alongside the Year 5 cohort during the relevant lessons, undertaking appropriate alternative learning. The arrangement will be communicated to the parent or carer before the Year 6 Sex Education unit begins.

5. Review

Appendix last reviewed: Aug 2026

Next review due: July 2027

Reviewed by: J.Grant