Policy 2.19

Kitebrook Preparatory School Relationships, Health and Citizenship (RHC) Policy

(Including boarding, day and EYFS pupils)

Updated:	01.09.26
Reviewed by:	REM (Maternity cover)
Next Review date:	01.09.27

Kitebrook Preparatory School Policy 2.19 RHC Policy

1. Aims of the Kitebrook school with regard to Relationships, Health and Citizenship:

1.1 Relationships, Health and Citizenship (RHC) is the umbrella term for PSHE/RSE/RSHE/Citizenship provision at Kitebrook. It is also the name of the subject and department. This terminology is used to make it clear to the pupils that they are learning about relationships and health, along with citizenship, following the introduction of the government's Relationships Education, Relationships and Sex Education, and Health Education framework.

1.2 A consideration for others, and an understanding of the world around us (including different religions and cultures) is central to all that we do at Kitebrook. As well as this, it has always been the case that children have been encouraged to express their opinions, and to know that their thoughts and feelings will be heard and respected.

- Our aim is that our children should become confident young people, and our belief is that this can only come from creating a happy environment and happy children.
- Pupils are given the opportunities, responsibilities and experiences to help them prepare for later life.
- Kitebrook promotes the spiritual, moral, cultural, social, mental and physical development of pupils at the school and in the wider community.

1.3 In a very general sense Kitebrook could be described as a Church of England school. Christian values are at the heart of what we believe in, and how we aim to live our lives, and children are taught the Bible stories, and follow a Christian calendar throughout the year (Christmas, Easter, etc.). Kitebrook does not discriminate against any cultures, religious beliefs or views. We actively promote a culture of respect and tolerance amongst both staff and pupils and we welcome and respect pupils and staff of all faiths and none

1.4 RHC is accessible to all pupils, including those with SEND, with adaptations made where necessary.

1.5 The RHC curriculum is delivered in accordance with the Equality Act 2010.

1.6 RHC, including RSE, is delivered in accordance with the school's Safeguarding & Child Protection Policy and KCSIE

2. Tutor/Class Time and RHC Scheme of Work

2.1 Both form time and RHC schemes of work offer teachers the opportunity to raise issues that relate specifically to their children, and the circumstances in which they find themselves. This can be as focused and obvious as circle time, or as subtle as reading a story that has in it a message that the teacher wants to convey. Sensitive topics such as bullying, personal relationships and personal development can best be discussed avoiding prejudice –based language. We actively promote Fundamental British Values.

2.2 The school offers age appropriate guidance on:

- Drug education
- Alcohol
- Smoking and Vaping
- Substance abuse
- Careers education

- Financial education
- Relationships and Health education. The school follows the compulsory curriculum (from Sept 2020) whereby pupils are taught relationship education throughout the school, and sex education to Secondary School aged pupils - Years 7&8. Please refer to the RHC Department Handbook for more information.
- The importance of physical activity and a diet for healthy lifestyle

All are covered in a variety of methods including Prayers, Science, RHC, P.E and outside visitors and form time.

Please refer to the RHC department handbook for detailed curriculum coverage.

3. Topic studies

3.1 Through History, Geography and RHC topic studies, the children can learn about the lives that are very different from their own, and more about the world, both past and present. They will learn about Economic education and respect for other people, with particular regard to protected characteristics. In Spirituality, children learn about Christianity, Islam, Hinduism, Sikhism, Buddhism, and Judaism.

4. E-Safety

5.1 Online Safety is taught during Computing lessons and as part of RHC lessons, this includes education about misinformation and disinformation, as well as staying safe online. The older children are also encouraged to prepare and present on e-safety to achieve their E-safety Badge.

5. Safeguarding

6.1 Pupils are taught an awareness of safeguarding issues and given guidance on people to talk to or to contact. They are reminded that Kitebrook is a 'SHARING' school and they may speak with the Head or staff member at any time without feeling it is wrong to do so. There are ways for children to report concerns anonymously (Biff in younger years, Online SHARE form in older years). There is an independent listener for our boarders.

6.2 Refer also to the school's Curriculum policy, PREVENT policy, Safeguarding policy, RSE policy, and Online safety policy.

6. Curriculum Map

Year 1

Michaelmas Term	Lent Term	Trinity Term
Health and Wellbeing ● Aiming High ● It's My Body	**Relationships** ● Be Yourself ● TEAM	**Living in the Wider World** ● Public Services - Fire Service ● KS1 Britain ● Money Matters

Year 2

ichaelmas Term	Lent Term	Trinity Term

Health and Wellbeing ● Safety First ● Think Positive	**Relationships** ● Growing Up ● VIPs	**Living in the Wider World** ● Public Services - Ambulance Service ● One World ● Digital Wellbeing

Year 3

Michaelmas Term	Lent Term	Trinity Term
Health and Wellbeing ● Aiming High ● It's My Body	**Relationships** ● Be Yourself ● TEAM	**Living in the Wider World** ● Public Services - Police ● Britain ● Money Matters

Year 4

Michaelmas Term	Lent Term	Trinity Term
Health and Wellbeing ● Safety First ● Think Positive	**Relationships** ● Growing Up ● VIPs	**Living in the Wider World** ● Public Services - RNLI and Coastguard ● One World ● Digital Wellbeing

Year 5

Michaelmas Term	Lent Term	Trinity Term
Health and Wellbeing ● It's My Body ● Aiming High	**Relationships** ● Be Yourself ● TEAM	**Living in the Wider World** ● Public Services - Armed Services ● Diverse Britain ● Money Matters

Year 6

Michaelmas Term	Lent Term	Trinity Term
Health and Wellbeing ● Safety First ● Think Positive	**Relationships** ● Growing Up ● VIPs	**Living in the Wider World** ● Public Services - NHS ● One World ● Digital Wellbeing

Year 7

Michaelmas Term	Lent Term	Trinity Term
Health and Wellbeing ● Physical changes in puberty ● The brain during puberty ● Personal Hygiene ● Healthy Nutrition ● Healthy Physical Activity ● Mental Wellbeing	**Citizenship - Law and Justice** ● Public Services and Institutions- The Justice System ● FBV - The Rule of Law ● Mock trial	**Relationships and Sex Education** ● Forming and maintaining positive relationships ● Consent

Year 8

Michaelmas Term	*Lent Term*	*Trinity Term*
Health and Wellbeing ● Dental Health ● Basic Health - getting help for minor ailments ● Vaccinations ● Basic First Aid, including CPR and AED ● Mental Wellbeing	**Citizenship - Parliament** ● FBV - Democracy ● Parliament ● Elections ● Why voting matters	**Relationships and Sex Education** ● Explicit images ● Consent ● Recognising unhealthy relationships ● Getting Help