



RELATIONSHIPS, SEX AND HEALTH EDUCATION (RSHE)

What Children Learn at St Olave's Prep School (EYFS–Year 6)

Parent Information Guide

At St Olave's Prep School, Relationships, Sex and Health Education (RSHE) forms an important part of our wider Personal, Social, Health and Economic (PSHE) curriculum. Through this learning, we support children to grow into confident, respectful and responsible young people who understand how to keep themselves safe, care for their wellbeing and build positive relationships with others.

From September 2026, all primary schools are required to teach statutory Relationships Education and Health Education. At St Olave's, these areas are already taught in an age-appropriate and sensitive way through weekly PSHE lessons, supported by learning in science, computing, safeguarding education, assemblies and pastoral care. Parents remain key partners in this learning, and we are committed to openness, consultation and clear communication about what is taught and when.

Early Years Foundation Stage

In Nursery and Reception, learning focuses on forming positive relationships, recognising and managing feelings, sharing and taking turns, understanding simple rules for safety and behaviour, and developing healthy routines such as hygiene, sleep and self-care. Teaching takes place through play, stories, circle time and guided discussion within Personal, Social and Emotional Development.

Lower School (Key Stage 1)

In Years 1 and 2, children learn about different families, caring friendships, kindness and respect. They develop emotional vocabulary, understand healthy daily routines and begin to learn about personal safety, trusted adults and simple online safety. Pupils also explore belonging to a community, fairness, caring for the environment and making simple choices about money.

Upper School (Lower Key Stage 2)

In Years 3 and 4, learning deepens to include positive friendships, managing conflict, empathy and respect for difference. Children explore mental wellbeing, resilience and healthy lifestyle choices. They learn about online safety, risk in the local environment and the early physical changes of growing up. Pupils are also introduced to rights and responsibilities, democracy, community involvement and basic financial awareness.

Upper School (Upper Key Stage 2)

In Years 5 and 6, pupils prepare for the transition to secondary school and adolescence. Teaching includes emotional wellbeing, self-esteem, managing change, healthy and unhealthy relationships, online relationships, privacy, consent and personal boundaries in an age-appropriate context. Puberty and reproduction are taught within the science curriculum. Where any additional sex education beyond science is included, parents are informed in advance and have the legal right to withdraw their child from these non-statutory elements.

Across all year groups, RSHE is taught in a safe and respectful environment. Learning is carefully sequenced, developmentally appropriate and inclusive of all children. Pupils are always taught how to seek help, who to talk to if they are worried and how to keep themselves safe both online and offline.

Working in partnership with parents

We value the role of parents and carers as children's first educators. We consult with parents on RSHE, share curriculum information and provide opportunities to view teaching materials or discuss any questions. If parents wish to withdraw their child from any non-statutory sex education in upper Key Stage 2, we ask that they speak with the Headteacher so that appropriate arrangements can be made.

If you would like further information about RSHE at St Olave's Prep School, please contact the school office or the PSHE Subject Leader, who will be very happy to help.