

Name of school	Copeland Road Primary School
Staff member(s) responsible	Sabrina Hughes
Date of latest parental consultation	May 2026

Our School Context, meeting the needs of the pupils, parents and the community

Copeland Road Primary School is situated in West Auckland, which is a former mining village in County Durham. It has a strong sense of community and local heritage. The school serves an area that experiences a range of social and economic challenges which can impact children's wellbeing and life opportunities. Local policing data identifies anti-social behaviour as a key community concern, with Durham Constabulary highlighting issues including youth-related anti-social behaviour and criminal damage.

These local factors have informed the school's curriculum priorities, particularly within PSHE, RSHE and Personal Development. The curriculum places a strong emphasis on healthy relationships, personal safety, safeguarding, mental wellbeing, resilience, citizenship and aspirations, ensuring that pupils develop the knowledge, skills and confidence needed to make informed choices and contribute positively to their community.

School intent

At our school, PSHE and RSHE are at the heart of our commitment to developing confident, respectful and responsible individuals who are fully prepared for life in modern Britain. Rooted in our core values and ethos, our PSHE curriculum aims to nurture pupils' emotional wellbeing, resilience and personal development, enabling them to thrive both academically and socially.

Through a carefully sequenced and inclusive curriculum, we equip pupils with the knowledge, understanding and skills they need to make informed decisions about their health, relationships, safety and future aspirations. We promote respect, equality and diversity, ensuring every child feels valued and empowered to contribute positively to their community.

Our intent is to create a safe and supportive environment where pupils can explore real-life issues, develop strong moral values and build the confidence to navigate challenges. We will support our pupils to:

- Be healthy, independent and responsible members of society. They will know how to keep themselves safe online as well as in the world around them.
- Form healthy relationships with others including family and friends. They need to be able to recognise what constitutes a good relationship and how to maintain this.
- Have good self-esteem and confidence about their own ability. They will be able to recognise their strengths and be able to show respect to others. They can manage their own feelings and recognise how these can change as they grow older.

Define your RSHE Programme

Our RSHE curriculum is carefully structured to be age-appropriate, progressive and inclusive, covering three key strands:

- **Relationships Education** – focusing on building positive, respectful relationships, including friendships, family relationships, online relationships, and understanding diversity and equality.
- **Sex Education** – delivered sensitively and age-appropriately, providing children with factual knowledge about human development, reproduction and growing up.
- **Health Education** – supporting pupils’ understanding of physical health, mental wellbeing, healthy lifestyles, safety, and recognising and managing emotions.

Our approach

We deliver RSHE in a safe, supportive and inclusive environment where all pupils feel respected and able to express themselves. Teaching is carefully planned to meet statutory guidance while reflecting the needs of our community. We use a variety of approaches, including discussion, reflection and interactive learning, to ensure all pupils are engaged and able to develop their understanding.

Link to our core values and vision

RSHE is central to our school’s vision and values. At Copeland Road Primary School, we strive to nurture pupils who are:

- Respectful of themselves and others
- Kind, caring and responsible members of the community
- Confident in expressing their thoughts and feelings
- Resilient and able to make informed, safe choices

Our RSHE curriculum supports these values by promoting respect, empathy, inclusion and responsibility. It helps children to understand the importance of mutual respect, equality and tolerance, preparing them to be active and positive members of society.

Safeguarding and inclusion

We recognise that high-quality RSHE plays a crucial role in safeguarding. By providing children with accurate knowledge and the confidence to speak up, we empower them to stay safe and seek help when needed. Our curriculum is inclusive and reflects the diversity of our school and wider community, ensuring all pupils feel represented and valued.

Organisation, content and delivery of RSHE

Relationship education content per year group:

Nursery	Reception
Building positive relationships, starting to understand that families are different, feelings and emotions, keeping safe.	Listening and communicating; making new friends; all about me and my family; playing cooperatively and respecting others, feelings and emotions, keeping safe including basic safety rules.

Year 1	Year 2
Ourselves and others; similarities and differences; individuality; people who care for us; families	Friendship; feeling lonely; managing arguments. Behaviour; bullying; words and actions; respect for others.
Year 3	Year 4
Friendship; making positive friendships, managing loneliness, dealing with arguments. Family life; caring for each other. Community; belonging to groups; respect for others.	Respect for self and others: courteous behaviour; human rights. Shared responsibilities, caring for others.
Year 5	Year 6
Individuality; challenging stereotypes. Friendships; relationships; becoming independent.	Different relationships, changing and growing, moving to secondary school.
Health education content per year group:	
Nursery	Reception
Healthy living, personal hygiene and physical health.	Healthy eating, how to keep myself healthy and safe; identifying risks. Physical health and exercise including hygiene.
Year 1	Year 2
Being healthy; hygiene; medicines; people who help us with health. Keeping safe; people who help us.	Keeping safe; Recognising risk; rules. Being healthy; eating, drinking, playing and sleeping. Feelings; mood; times of change; loss and bereavement; growing up.
Year 3	Year 4
Keeping safe; at home and school; hygiene; medicines and household products. Being healthy; eating well, dental care; keeping active, taking rest.	Self-esteem; self-worth; personal qualities; goal setting. Feelings and emotions; expression of feelings. Basic first aid, accidents, dealing with emergencies. Keeping safe out and about; recognising and managing risk.
Year 5	Year 6
Growing and changing Mental health; feelings and emotions	Looking after ourselves; keeping healthy as we grow up
Sex Education content per year group:	
Nursery	Reception
Body awareness (names of body parts including basic concepts of privacy and consent).	Body awareness (names of body parts including basic concepts of privacy and consent).
Year 1	Year 2
Our Bodies (external genitalia and parts covered by underwear are private). Consent (respecting others' opinions)	Consent (asking for permission)
Year 3	Year 4
Our Bodies (not touching without permission) Consent (saying no)	Consent (asking for permission and personal boundaries)
Year 5	Year 6

Our Bodies (puberty) Consent (appropriate and inappropriate touch)	Our Bodies (puberty) Consent (how can we tell someone is giving consent)
Right to withdraw: Parents do have the right to request their child is withdrawn from Sex Education aspects of the RHSE curriculum. If you wish to withdraw your child, please contact our Headteacher, Mrs Summerfield, who will be happy to discuss this further with you and a withdrawal form will need to be completed. At Copeland Road Primary School, all aspects of RHSE is taught through our bespoke PHSE Programme. More information on the content of lessons can be found on our school website. Please see below a useful document produced by the government, which provides answers to frequently asked questions: https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs Relationships and sex education (RSE) and health education - GOV.UK (www.gov.uk)	