

SEND RSE Overview for Parents



Supporting Your Child in PSHE & RSE

At OLOR we are committed to ensuring all children, including those with SEND, can access high-quality Relationships and Sex Education (RSE) in a safe and supportive environment. We adapt lessons to meet the needs of each child while following diocesan guidance and the school's RSE and PSHE policies.

Area of Need	Challenges Your Child Might Face	How We Support Them	Examples of Resources/Activities
Cognition & Learning	Understanding abstract concepts (relationships, consent, emotions); retaining key vocabulary	Use clear, simple language; break lessons into small steps; pre-teach vocabulary; use visuals and concrete examples	Emotion cards, social stories, visual timelines, simplified worksheets, keyword mats
Communication & Interaction	Difficulty expressing feelings; understanding social cues; anxiety in group discussions	Structured discussion formats; sentence starters; visual prompts; small-group or 1:1 support	Role-play with scripts, comic strip conversations, video modelling, choice boards

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Physical & Sensory	Sensory overload; fine motor challenges; discomfort in busy learning spaces	Sensory breaks; alternative recording methods; calm spaces; adapted seating	Laptops/tablets, fidget tools, movement breaks, drawing or symbol-based responses
SEMH (Social, Emotional & Mental Health)	Anxiety, low self-esteem, difficulty regulating emotions	Trauma-informed approach; emotional check-ins; reassurance; access to trusted adult support	Mindfulness activities, worry boxes, feelings charts, reflective journals, safe-space passes

Non-Negotiables – What You Can Expect

- Lessons follow diocesan guidance and the school RSE & PSHE policies.
- Content aligns with statutory guidance and faith-based values.
- Parents/carers are informed in advance of any sensitive topics.
- Annual consultation with parents/carers regarding PSHE & RSE provision.
- SEND adaptations ensure access and understanding without altering statutory content.
- Safeguarding procedures are consistently followed, with clear signposting for support.