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| Newton Tony Primary School CE VC | |
| 'Love One Another As I Have Loved You' (John 15:12) | |
| Relationships Education, Health Education and Sex Education (RHSE) Policy | |
| Policy agreed | September 2023 |
| Policy review | September 2024 (or as required) |

Our School Vision

Our school is a safe, welcoming and nurturing school that offers a sense of belonging. We are situated in a small, rural village and we pride ourselves that we know each and every child. Our strength lies in putting the needs of the child at the heart of everything we do. We offer an exciting and stimulating curriculum, with high quality teaching that provides a rich, rewarding and enjoyable learning environment for all. Through a solid partnership working with parents, our church and His Majesty's Armed forces, we encourage children to become confident, caring and independent young learners. We believe that 'Everyone cares and Everyone counts'

In our school our vision is underpinned by the bible verse 'Love One Another As I Have Loved You' (John 15:12) ; it shapes all we do.

Key roles and responsibilities

At Newton Tony Primary School, we believe that the delivery of effective Personal, Social, Health Education (PSHE), under which falls the education covered by this policy (RHSE), is the joint responsibility of all members of our school community i.e. all staff, governors and parents, as well as the pupils themselves. It is the responsibility of the head teacher to ensure that staff and parents are informed about this RHSE policy through an email and our school website, and that the policy is implemented effectively.

The governing body has the responsibility of setting down these general guidelines on relationships, health and sex education. The governors will support the head teacher in following these guidelines. Governors will inform and consult with parents about the RHSE policy. Governors will also liaise with the local authority and health organisations so that the school's policy is in line with the best advice available. PSHE/RSE is a collective responsibility at our school, please contact Miss Priestley, the Head Teacher if you have any questions head@newtontony.wilts.sch.uk The Governor responsible for Safeguarding including PSHE, drug Education and RHSE, is Anthony Brinkworth abrinkworth@newtontony.wilts.sch.uk All class teachers and the Head Teacher are responsible for the teaching of RHSE.

Aims of RHSE

Previously referred to as Relationships and Sex Education (RSE), it will now be titled RHSE, following the addition of compulsory Health Education. The objective of RHSE is to help and support young people in their physical, emotional and moral development. RHSE will prepare pupils for the opportunities, responsibilities and experiences of adult life. Pupils are encouraged to talk openly and their questions are answered honestly in a way that respects diversity of cultures and family forms.

Children are growing up in an increasingly complex world, living seamlessly on and offline. This brings positive and exciting opportunities, but also challenges and risks. In this environment, children need to know how to be safe and healthy and manage all aspects of their lives in a positive way. RHSE aims to provide just that, by equipping children with knowledge to make informed decisions about their wellbeing, health and relationships, to allow them to grow up healthy, happy and safe. Much of the learning within RHSE will also take place outside of school, as parents and carers are often the prime educators of children on many of these matters. The learning pupils undertake at school in this area is likely to complement and reinforce what is taught at home.

RHSE will contribute to PSHE by ensuring that all children:

- Develop confidence in talking, listening and thinking about feelings and relationships
- Develop their self-esteem and sense of responsibility
- Are able to name parts of the body and describe how their bodies work
- Can protect themselves and ask for help and support
- Are prepared for puberty
- Develop an understanding of conception and childbirth
- Prepare pupils for the opportunities, responsibilities and experiences of adult life.

Background/statutory information

In 2018, the government passed an amendment to the Children and Social Work Bill, making Relationships Education and Health Education statutory in primary schools from September 2020. This replaces the previous guidance from 2000. The Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance published in 2019 emphasises the need for effective RHSE which is rooted firmly within the PSHE frameworks and is supported by the National Health Schools Standard (NHSS). Our PSHE scheme meets the expectations of this guidance.

Organisation of RHSE

There is a collective approach to leading PSHE and RHSE, the Head Teacher is responsible for the day to day management of RHSE in the school. All class teachers are responsible for teaching RHSE to their own class, although support will be given if a teacher feels unable or unwilling to undertake this. The resource material we use is comprehensive and supportive. If a teacher determines that they may need additional training through the Continuing Professional Development process, then this will be provided through either in-house training led by the PSHE Lead, or by attendance at external training. RHSE will be delivered using a variety of teaching strategies. Different learning styles will be considered.

Resources

RHSE is delivered as part of PSHE lessons. At Newton Tony, we teach PSHE using the JIGSAW Scheme of Work, which includes all aspects of RHSE. www.jigsawpshe.com This resource has been chosen because we believe that it:

- conforms to the legal requirements of Relationships Education and Health Education
- is appealing and age-appropriate
- is appropriate in terms of language, images, attitude, maturity and understanding
- is considerate to and teaches about, racism, sexism, gender and homophobic stereotyping
- encourages active and participatory learning methods
- ensures that we are always using the most up to date teaching materials
- our teachers are well supported

The Scheme of Work is available to view upon request. There are six focused units:

Being Me in My World
Celebrating Difference
Dreams and Goals
Healthy Me
Relationships
Changing Me

A list of the specific vocabulary introduced in each year group is included at the end of this policy.

Relationships Education

Relationships Education explores all types of relationships, mostly families and friendships. It teaches children what a positive, healthy, caring and safe relationship looks and feels like and how to make and maintain these. It also explores how to speak up and get help when a relationship does not feel safe. It teaches about kindness and acceptance of others who are different to ourselves, including families of many forms (e.g. single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst others). Relationships Education puts in place the building blocks needed for positive and safe relationships, including with family, friends and online. This is particularly important, as by the end of primary school many children will be using the internet regularly.

Primary Expectations for Relationships Education:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

The 'Relationships' unit covers most of the statutory Relationships Education, however some of the outcomes are also taught elsewhere throughout the year e.g. the 'Celebrating Difference' unit helps children explore feelings and emotions, and people who are special to them. If further explanation as to how we approach LGBT relationships is required, please contact the head teacher or PSHE Lead.

Health Education

Health Education aims to give children the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise. Children explore the characteristics of good physical and mental wellbeing and are taught that mental wellbeing is a normal part of daily life, in the same way as physical health. Giving pupils the language and knowledge to understand the normal range of emotions that everyone experiences helps them to articulate how they are feeling and to develop the language to talk about their bodies. Children are also taught about the benefits and importance of daily exercise, good nutrition and sufficient sleep.

Primary Expectations for Health Education:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent body (puberty)

Puberty is explored in Health Education in the context of understanding change and having knowledge to help cope with the changes. It is also taught in Science lessons as part of life cycles. Teaching about puberty is now a statutory requirement as part of Health Education. Correct terminology for body parts is introduced early to normalise biological vocabulary and to support safeguarding. These words are taught in context, ensuring children know these are private parts of their bodies. Puberty is introduced gently in Year 3 because some girls might start their periods early, meaning it is necessary to prepare them for this to avoid fears and worries. The 'Changing Me' unit of the scheme, covers most of the statutory Health Education, however some of the outcomes are also taught elsewhere throughout the year e.g. emotional and mental health is nurtured every lesson.

Sex Education

Sex Education at Newton Tony consists of learning about human reproduction. We believe that it is appropriate for children to learn about this, following their learning about puberty, to understand why bodies change in the way they do. Age-appropriate knowledge empowers and protects children. At secondary school, Sex Education is statutory and we believe that primary school should prepare children with accurate knowledge about puberty and human reproduction before they transfer to secondary school. After puberty is introduced, learning about conception begins in Lower Key Stage 2 (Y3 and Y4), in the context of understanding why our bodies change during puberty. Understanding of human reproduction and conception in the context of relationships is built upon in Year 5, and then the story of pregnancy and birth is age-appropriately covered in Year 6.

While Sex Education is not statutory in primary schools, the Department for Education guidance (2019, p.23) recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils'. Our PSHE scheme involves lessons on human reproduction, which supports the learning which children gain from Science lessons about the human life cycle. Sex Education provided in the PSHE curriculum is complementary to and distinct from the Science curriculum. Meaningful links are made whenever possible to improve learning opportunities. Human reproduction is taught in Science as part of a general reproduction unit when learning about animals and plants, so in the context of comparing different types of reproduction. Within PSHE, it is taught in the context of understanding why our bodies change in the way they do during puberty.

Child Withdrawal Procedure

Parents do not have the right to withdraw their children from Relationships and Health Education, as they are statutory. You do have the right to withdraw your child from some or all of the Sex Education i.e. human reproduction. Conception in animals is taught through national curriculum Science lessons, which is statutory and therefore children cannot be removed from these lessons. Parents may withdraw their child from the conception lessons which we teach in PSHE lessons, which are explicitly in the Changing Me unit.

Aged 9-10 years

I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.

Aged 10-11 years

I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.

Parents wishing to withdraw their child should do the following:

1. Ask to see a copy of the schools RHSE policy and Scheme of Work (JIGSAW)
2. Ask for an appointment with the class teacher and head teacher to discuss the withdrawal of the child from Sex Education.
3. Following this meeting, put in a written request stating which part of the programme they wish the child to be excluded from.

Confidentiality and Child Protection Procedures

Teachers may become aware of sensitive information regarding some pupils during this teaching. All staff are aware of the rules of confidentiality and reporting. Please refer to the school's Child Protection policy for further information. Questions from children which fall outside of the content of the lesson will be handled with care. They will not be ignored given the ease of access to the internet, meaning that children whose questions go unanswered may turn to inappropriate sources of information. Parents will be contacted if appropriate.

Assessment

Teachers assess the children's work in PSHE by making informal judgements as they observe them during lessons and by doing formal assessments of their work at the end of a unit of study measured against the specific learning objectives set out in the Scheme of Work. Self and Peer assessments are also used in the Scheme of Work. Grading of pupil effort in PSHE is shared with parents in annual reports, as well as any comments regarding remarkable work in lessons, where appropriate. We have clear expectations of what the pupils will know, understand and be able to do at the end of each key stage.

Dissemination, Monitoring and Evaluation

A copy of this policy is available on the school website. Monitoring will take place by the PSHE Lead in accordance with the school annual cycle. The Teaching and Learning Governors sub-committee will review the policy annually or as required.

Programme Review

The RHSE programme will be monitored and reviewed annually. The PSHE Lead will discuss with teachers and pupil focus groups eg school council or learning ambassadors and undertake scrutiny of work as part of ongoing subject evaluation.

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