

# **RELATIONSHIPS, SEX and HEALTH EDUCATION POLICY**

No: 27

Reviewed: June 2020



## **ST ANDREW'S C of E PRIMARY SCHOOL**

### **RELATIONSHIPS, SEX and HEALTH EDUCATION (RSHE) POLICY**

#### **RATIONALE**

St Andrew's School is a place where everyone is valued and cared about. Each child's learning is enhanced through teaching them effectively. This takes place in an environment that provides intellectual, emotional and physical safety, is sensitive to their needs, challenging and allows success to be celebrated.

#### **AIMS**

Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. We want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.

Teaching about mental wellbeing is central to these subjects, especially as a priority for parents is their children's happiness. We know that children and young people are increasingly experiencing challenges, and that young people are at particular risk of feeling lonely. The new subject content will give them the knowledge and capability to take care of themselves and receive support if problems arise. (Relationships and Sex Education (RSE) and Health Education 2020).

#### **GUIDELINES**

RSHE plays a very important part in fulfilling the statutory duties all schools have to meet. RSHE helps children understand the difference between safe and abusive relationships and equips them with the skills to get help if they need it.

- Relationships Education and Health Education are statutory parts of PSHE Education (DfE, 2020).
- It is compulsory for all schools to teach the parts of sex education that fall under National Curriculum Science which must be taught to all pupils. (Education Act 1996, National Curriculum 2014).
- Sex education is not statutory for Primary schools and therefore parents have the right to withdraw their child from this although, "the Department continues to recommend...that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils"
- The 2018 SIAMS schedule for inspection also states in the section on 'Dignity and Respect' that from 2019, schools should offer "appropriate and coherent relationships and sex education that reflects the school's Christian vision and supports pupils to form healthy relationships" (SIAMS 2018).

#### **CURRICULUM PLANNING**

Jigsaw, the mindful approach to PSHE, covers all the statutory requirements within a whole-school PSHE Programme, The 'Changing Me' Puzzle contains the 'explicit' work on these aspects. However, Jigsaw is a holistic programme that supports children's personal development, sense of identity and self-respect throughout, with the Relationships Puzzle offering more specific aspects of statutory Relationships Education. The whole Jigsaw Programme more than fulfils all the statutory RSHE requirements.

## TEACHING & LEARNING

What do we teach and who teaches it?

### Whole-school approach

Jigsaw covers all areas of PSHE for the primary phase and below indicates three of the units that cover the statutory Relationships and Health Education. These are taught across the school; the learning deepens and broadens every year.

Term	Puzzle (Unit)	Content
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

### Relationships Education

Relationships Education in will cover 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', and 'Being safe'.

Whilst the Relationships Puzzle (unit) in Jigsaw covers most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in Jigsaw e.g. the Celebrating Difference Puzzle helps children appreciate that there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

### Health Education

Health Education will cover 'Mental wellbeing', 'Internet safety and harms', Physical health and fitness', 'Healthy eating', 'Drugs, alcohol and tobacco', 'Health and prevention', 'Basic First Aid', and 'Changing adolescent body'.

Whilst the Healthy Me Puzzle (unit) in Jigsaw covers most of the statutory Health Education, some of the outcomes are taught elsewhere in Jigsaw e.g. emotional and mental health is nurtured every lesson through the Calm me time, social skills are grown every lesson through the Connect us activity and respect is enhanced through the use of the Jigsaw Charter. Teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Changing adolescent body' strand, and in Jigsaw this is taught as part of the Changing Me Puzzle (unit).

### Sex Education

The DfE 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. However, 'Sex Education is not compulsory in primary schools'. (p. 23)

Schools are to determine the content of sex education at primary school. Sex education 'should ensure that both boys and girls are prepared for the changes that adolescence brings and –

drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born'.

At St. Andrew's Primary School, we believe children should understand the facts about human reproduction before they leave primary school so we define Sex Education as understanding human reproduction.

We intend to teach this as part of PSHE using the Changing Me puzzle (unit).

### **Parents' right to request their child be excused from Sex Education**

"Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education" DfE Guidance p.17

At St. Andrew's Primary School, puberty is taught as a statutory requirement of Health Education and is covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit). We conclude that sex education refers to Human Reproduction and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this: The Jigsaw Changing Me Puzzle (units)

-Year 4, Lesson 2 (Having a baby)

-Year 5, Lesson 4 (Conception)

-Year 6, Lesson 4 (Conception, birth)

### **Confidentiality**

Teachers conduct sex education lessons in a sensitive manner and in confidence. However, if a child makes reference to being involved in, or likely to be involved in sexual activity, then the teacher will take the matter seriously and deal with it as a matter of child protection. In these circumstances the teacher will speak to the senior staff member with responsibility for Child Protection as a matter of urgency. (See also Safeguarding Policy)

### **MONITORING AND REVIEW**

The PSHE co-ordinator and the Curriculum Committee of the governing body monitors our relationships, sex and health education policy. They report the findings and recommendations to the full governing body, as necessary, if the policy needs modification. They also give serious consideration to any comments from parents about the sex education programme.

### **Equal Opportunities Statement**

The DfE Guidance 2019 (p. 15) states, "Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics...

At the point at which schools consider it appropriate to teach their pupils about LGBT (Lesbian, Gay, Bisexual, Transgender), they should ensure this content is fully integrated into their programmes of study for this area of the curriculum rather than delivered as a stand-alone unit or lesson. Schools are free to determine how they do this, and we expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum".

At St. Andrew's Primary School we promote respect for all and value every individual child. We also respect the right of our children, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of Relationships, Sex and Health Education.

Equal time and provision will be allocated for all groups but there may be occasions where pupils with Special Educational Needs are given extra support from SEN staff.

**Policy Review**

- This policy will be reviewed following any major changes in legislation and/or annually by the Curriculum Subject Leader and every three years by the Curriculum & Staffing Committee

Subject Leader signature: H Robins Date: 12/06/2020

Chair of Curriculum & Staffing signature: APPROVED VIA TEAMS Date: 25/01/2021

Review date: JUNE 2023