

Meltham CE Primary School



Relationships, Sex, and Health Education Policy (RSHE).

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Approved by:	Chair of Governors: Mr P White		
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1.0 Aims

The aims of this policy are:

- To ensure a consistent high-quality approach to Relationships, Sex, and Health Education (RSHE) teaching and learning across the school
- To define how the RSHE curriculum is taught in school
- To define how the school meets its statutory duties regarding Relationship, Sex, and Health Education.

2.0 Roles and Responsibilities

2.1 Governors

Governors have overall responsibility for the quality of RSHE provision in the school. Regular reports are made to governors on the progress of RSHE provision.

2.2 Senior Leadership Team

- To include information in the school prospectus about Relationships, Sex and Health Education (RSHE)
- To ensure all staff, governors and parents are aware of the RSHE policy
- To monitor and evaluate implementation and impact of the policy
- To review the teaching of RSHE in light of new developments and initiatives and to deploy staff to ensure the quality of the provision is secure.

2.3 Subject Leader

- To take the lead in policy development
- To plan a scheme of work that covers the statutory requirements under the DfE RSHE curriculum for schools 2019.
- To monitor the implementation and impact of the RSHE scheme of work across all year groups.
- To audit and support colleagues in their CPD.
- To attend relevant courses and network meetings and to disseminate information gathered.

2.4 Classteachers

- To deliver the required programme of study of RSHE for their year group.
- To ensure that RSHE is accessible to all pupils through differentiated activities and appropriate support.
- To assess pupil learning and to set appropriate targets to ensure progress in RSHE.
- To adhere to the agreed teaching approaches defined in the policy
- To inform parents when teaching specific areas of RSHE.

3.0 Policy

3.1 The Purpose of Relationships, Sex, and Health Education

Relationships, Sex and Health Education enables our pupils to be safe and happy and prepares them for the opportunities, responsibilities and experiences of life outside and beyond school. It also enables the school to promote the spiritual, moral, cultural, mental and physical development of pupils.

We believe that RSHE forms an essential component of the broad and balanced curriculum defined in our School Aims to allow our children to:

- have opportunities to be creative, active and **healthy**
- work and **play co-operatively**, showing **respect** and **good behaviour**
- discover their strengths and aspire to achieve their best
- take increasing **responsibility for themselves**, the community and the environment
- be inspired to develop a love of learning and a sense of wonder
- **develop independence to become confident and resilient learners**
- **embrace Christian values**
- **be treated as individuals and value the differences between people**
- **develop spiritual and emotional awareness**
- **be well prepared for the next stage of education and their future lives**

3.2 Statutory Requirements

Relationships and Health Education is compulsory for all pupils in primary education. Sex Education is not compulsory for primary age pupils, but the school believes that it is an important part of the RSHE curriculum. Parents have the right to withdraw their child from part or all of their child's Sex Education lessons.

3.3 Curriculum

Through the programme of RSHE the school aims to provide high quality and age- and developmental-appropriate teaching and learning of these subjects. RSHE is taught through timetabled lessons and through a cross-curricular approach as well as through the school's ethos and Christian values. The subjects are taught sensitively and inclusively with respect for the backgrounds and beliefs of all pupils and as far as possible by the usual class teacher. The medium term overview for each year group is in section 4.1.

The curriculum for RSHE complements and is supported by the school's policies on

- Positive Behaviour
- Inclusion
- Equality
- Anti-bullying
- Teaching and Learning
- Drugs Education
- Safeguarding (including handling of any reports pupils may make as a result of the subject content).
- Online Safety

3.4 Relationships Education

Relationships Education includes:

- A definition of a healthy respectful relationship focussing on family and friendships in all contexts including online
- How to maintain positive relationships and the importance of Christian values such as respect, kindness, consideration, empathy, honesty and truthfulness in cultivating strong and healthy relationships.
- The importance of Christian values, individual conscience and moral considerations in developing an appreciation of the consequences of choices
- Respecting boundaries whether these are regarding toys, play or personal space
- The value of family life, marriage and other stable and loving relationships for the nurture of children, and the different types of families experienced by children including: adoptive, one parent and same sex families in order to reflect the diversity of our community.
- How to recognise and report unhealthy relationships, including those online, and the identification of emotional, physical and sexual abuse, and how to avoid exploitation and abuse.
- The range of positive and negative human emotions that everyone experiences, recognising and verbalising these feelings to manage emotions and relationships confidently and sensitively
- Managing conflict while developing self-respect and empathy for others
- Exploring moral dilemmas and developing critical thinking as part of decision making

3.5 Health Education

Health Education includes:

- The importance of mental and emotional health to overall health and how friendships can support this.
- The characteristics of good physical health and mental wellbeing.
- The benefits of daily exercise, good nutrition and sufficient sleep to maintain good mental and physical health.
- How to protect and support their own and others' health and wellbeing, including simple self-care techniques, personal hygiene, prevention of health and wellbeing problems and basic first aid.

3.6 Sex Education

At Key Stages 1 and 2, the national curriculum for science includes teaching about the main external parts of the body and changes to the human body as it grows from birth to old age, including puberty.

In addition to the compulsory science curriculum the school follows the Christopher Winter Project scheme of work for sex education. An overview is in section 4.2. This is supported by the Channel 4 'Living and Growing' DVD and resources for sex education are stored centrally in school.

Parents are informed at the beginning of the term when the unit of sex education is due to take place and are provided with access to the overview of the scheme of work for the unit.

Sex Education includes:

- Learning and understanding physical development at appropriate stages.
- Puberty, reproduction, and sexual health.
- Human sexuality within the context of a positive relationship.

Ground rules are set for the teaching of sex education:

- An atmosphere of respect is engendered
- A question box is provided but teachers will not always answer the questions posed, some may be referred to parents
- Colloquial names for body parts are accepted in lessons initially but correct names are taught
- Generally, sex and relationships education is taught in mixed sex sessions. However, an initial single-sex session may be used when teaching about puberty. A follow-up mixed sex session may then held.
- Sessions are taught as far as possible by the usual classteacher.

4.0 Appendices

4.1 Year group medium term plans for RSHE.

4.2 Christopher Winter Project Scheme of work