



Heworth

Church of England Primary School

Relationships, Sex and Health Education Policy 2023/2024

At Heworth we refer to this as 'Life Skills'

Staff member responsible: Simon White

Approved by Governors: September 2023

To be reviewed by: September 2024

At Heworth Primary School we believe that every one of our children is a **unique gift from God** and that we should support them as they learn to **live, flourish** and **behave** in a modern and diverse society.

Our mission:

*'To help **each child flourish** academically, spiritually and culturally'*

This is rooted in our belief that Jesus came so that everyone can **flourish** and have **'life in all its fullness'**. At Heworth we want all children to have a full life and know how precious, wonderful and unique they are.

*'I have come in order that you might have **life—life in all its fullness.**'*
(John 10v10b)

*'I praise you because **I am wonderfully made.**'*
(Psalm 139v14a)

Aims

The aims of Relationships, Sex and Health Education (RSHE) at our school are to:

- Develop the personal skills needed by pupils for them to establish and maintain relationships, to recognise what a healthy relationship looks like, to form healthy relationships, ensuring respect and dignity for themselves and others both in person and online
- Explore how to live well together, including behaving well towards others, disagreeing well, forgiving and repairing broken relationships
- Develop the skills to express their own views and make their own informed decisions, providing a framework in which sensitive discussions can take place
- Help pupils develop feelings of self-worth, self-respect, confidence and empathy, to cherish themselves and others as unique and wonderfully made
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Prepare pupils for puberty, by giving them an understanding of the importance of health and hygiene
- Enable children to make responsible and informed decisions about their health and well-being.

Statutory requirements

As an academy trust primary school, we must provide relationships education to all pupils as per section 34 of the Children and Social Work Act 2017.

We are required to follow the National Curriculum including requirements to teach science which would include the elements of sex education contained in the science curriculum.

In teaching RSHE, we must have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

At Heworth CE Primary School we teach RSHE as set out in this policy.

What is RSHE?

RSHE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal skills. RSHE involves a combination of sharing information, and exploring issues and values. It helps to give children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible adults.

At Heworth CE Primary School, children's wellbeing, happiness and safety are our first priority, and we believe that RSHE is an important part of every child's education.

RSHE Curriculum at Heworth CE Primary School

Our RSHE curriculum is based on the Jigsaw Programme, which is linked to statutory guidance and the PSHE Association.

Sessions are taught across all year groups as part of RSHE and Science lessons which take place on a regular basis. Each year group teaches one core unit per half term, ensuring coverage and progression.

The Jigsaw Programme aims to provide pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community.

Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. In doing so, they learn to recognise their own worth, how to work well with others and how to become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up.

They learn to understand and **respect** our common humanity; diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

Jigsaw PSHE will support the development of the skills, attitudes, values and behaviour, which enable pupils to:

- Have a sense of purpose
- Value self and others
- Form relationships

- Make and act on informed decisions
- Communicate effectively
- Work with others
- Respond to challenge
- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become healthy and fulfilled individuals

Jigsaw Content

Jigsaw covers all areas of PSHE for the primary phase, as the table below shows:

Term	Puzzle name	Content
Autumn 1:	Being Me in My World	Includes understanding my place in the class, school and global community as well as devising Learning Charters
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and diversity work
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, working together to design and organise fund-raising events
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills
Summer 2:	Changing Me	Includes Sex and Relationship Education in the context of looking at change

Heworth CE Primary School is an inclusive school where we place a strong focus on the wellbeing and progress of every child and where all members of our community are of equal worth. Schools have a legal duty to promote equality (Equality Act, 2010) and to combat bullying (Education Act, 2006) (which includes homophobic, sexist, sexual and transphobic bullying) and Section 4.2 of the national curriculum (2014) states “Teachers should take account of their duties under equal opportunities legislation that covers race, disability, sex, religion or belief, sexual orientation, pregnancy and maternity, and gender reassignment.”

RSHE has clear links with other school policies aimed at promoting pupils’ spiritual, moral, social and cultural development, including the:

- Anti-Bullying Policy
- Behaviour Policy
- Confidentiality Policy
- Equality and Objectives Policy
- Health and Safety Policy
- Computing Policy and E Safety Policy
- RE Policy
- Safeguarding/Child Protection Policy

- PSHE Policy
- Special Educational Needs Policy

Equal Opportunities

All aspects of RSHE include equality of opportunity for all children and adults. For pupils with English as an additional language, appropriate support and access arrangements are planned for. Our RSHE programme includes a sensitive, honest and balanced consideration towards children and families of all backgrounds, religions and sexualities. We make sure that our provision is inclusive of all pupils and consistent with the Equalities Act 2010.

Special Educational Needs

All children are given appropriate support and/or differentiated activities to allow them to access the curriculum and to reach their full potential.

Role and Responsibilities

The Local Governing Committee (LGC)

The governing body will approve the RSHE policy and hold the head teacher to account for its implementation.

The Headteacher

The head teacher is responsible for ensuring that RSHE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory/non-science components of RSHE.

Staff

Staff are responsible for:

- delivering RSHE in a sensitive way
- delivering the agreed policy and subject objectives for their class
- modelling positive attitudes to RSHE
- monitoring progress
- responding to the needs of individual pupils

Pupils

Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with **respect** and **compassion**.

Parental concerns and withdrawal of students

Here at Heworth CE Primary School, we are keen to keep an active partnership with parents/carers. We will seek their views and keep them informed of when RSHE will be delivered and what it will entail. We will make sure that every opportunity is given to understand the purpose and content of RSHE, ensuring good communication and opportunities for parents to understand and ask questions about the school's approach. In turn, we hope this will increase confidence in the curriculum. Parents

do not have the right to withdraw their children from relationships education. Parents do however, have the right to withdraw their children from the non-statutory/non-science components of sex education within RSHE. Requests for withdrawal should be put in writing and addressed to the head teacher. The head teacher will want to discuss the benefits of receiving this important education and any detrimental effects that withdrawal might have on the child. Alternative work will be given to pupils who are withdrawn from sex education.

Confidentiality & Answering difficult questions

Topics of a sensitive nature may arise in RSHE. Teachers cannot offer or guarantee pupils unconditional confidentiality, but will in all cases adhere to the 1998 Data Protection Act. Teachers are not legally bound to inform parents or the head teacher of any disclosures unless the head teacher has specifically requested them to do so. Teachers will establish clear parameters of what is appropriate and inappropriate in a whole class setting, through teaching techniques such as having a set of ground rules and using distancing techniques to reduce the chances of this happening. In addition, if teachers do not know the answer to a particular question, or feel that the question is inappropriate for the age of that child which raises concerns, the teacher will acknowledge it and promise to attend to it on an individual basis. Furthermore, child protection procedures will be adhered to.

Keeping safe online

RSHE has an important link to the e-safety/acceptable use policy and the Computing policy, which teaches about online safety. It is vital for RSHE to teach that the internet and social media are important resources for learning and information, and a great opportunity to build social networks, as well as teaching about the risks and how to stay safe online.

Training

Staff are trained on the delivery of RSHE and it is included in our continuing professional development calendar. The head teacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSHE.