

# Relationships Education ,Relationship & Sex Education (RSE) and Health Education Policy

Northstead Community Primary School

'Be the best that we can be'

Review Date	September 2019
Reviewed By	Senior Leadership Team
Next Review	September 2022
Summary of changes	Statutory guidance for relationships and health education from September 2020

## Legislation and schools' responsibilities

The Government has announced that Relationships & Health Education (in Primary Schools) and Relationship & Sex Education (in Secondary schools) will become statutory for all schools in September 2020, under the Relationship Education, RSE and Health Education Regulations 2019.

The final guidance document can be accessed from

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/805781/Relationships\\_Education\\_Relationships\\_and\\_Sex\\_Education\\_RSE\\_and\\_Health\\_Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf) . It is recommended that schools start to plan for these statutory requirements before September 2020.

Policy is informed by Sex and Relationship Education Guidance and can be accessed from

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/283599/sex\\_and\\_relationship\\_education\\_guidance.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/283599/sex_and_relationship_education_guidance.pdf)

## Consultation

This policy has been created following guidance from North Yorkshire County Council and the legislative documents listed above. The policy was created by the PSHE leader in consultation with the Senior Leadership Team and school Governors, including parent Governors.

Parents and Carers will be informed initially of the changes to the curriculum, and will be able to access this policy and related documents via the school website. Individual year groups will also remind parents when specific sessions will be taught, through their curriculum letters and meetings. The policy will be reviewed every three years.

## Related policies

This policy links to:

- Safeguarding & child protection policy
- PSHE Policy
- Inclusion Policy
- Teaching and Learning

## Relationship Education

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. Respect for others should be

taught in an age-appropriate way, in terms of understanding one's own and others' boundaries in play, in negotiations about space, toys, books, resources and so on. Teachers should talk explicitly about the features of healthy friendships, family relationships and other relationships which young children are likely to encounter. When teaching relationships content, teachers should address online safety and appropriate behaviour in a way that is relevant to pupils' lives. Teaching about families requires sensitive and well-judged teaching based on knowledge of pupils and their circumstances. Families of many forms provide a nurturing environment for children. (Families can include for example, single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures.) Care will be taken to ensure that there is no stigmatisation of children based on their home circumstances and needs, to reflect sensitively that some children may have a different structure of support around them. Relationships Education also creates an opportunity to enable pupils to be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing. Through Relationships Education (and RSE), pupils will be taught the knowledge they need to recognise and to report abuse, including emotional, physical and sexual abuse.

At Northstead Community Primary School, this includes learning about: our lives, differences, valuing difference and keeping safe, growing up, puberty, relationships and reproduction.

### Health Education

The focus in primary school should be on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental wellbeing is a normal part of daily life, in the same way as physical health. This starts with pupils being taught about the benefits and importance of daily exercise, good nutrition and sufficient sleep, and giving pupils the language and knowledge to understand the normal range of emotions that everyone experiences. This should enable pupils to articulate how they are feeling, develop the language to talk about their bodies, health and emotions and judge whether what they are feeling and how they are behaving is appropriate and proportionate for the situations that they experience. Teachers should go on to talk about the steps pupils can take 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. A firm foundation in the benefits and characteristics of good health and wellbeing will enable teachers to talk about isolation, loneliness, unhappiness, bullying and the negative impact of poor health and wellbeing.

### The Aims, objectives and outcomes

- To meet the requirements of the DfE guidance on Relationship and Health Education
- To help and support children through physical, emotional and moral development
- To develop in children the skills and understanding to have the confidence to approach their relationships in a positive way.
- To enable children to move with confidence from childhood through adolescence to adulthood.
- To live confident and healthy lives
- To understand the changes that occur to the human body during puberty
- To understand how a baby is conceived and born.
- To ensure children are aware of personal space and their right to privacy

### Content

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools and the content set out in the statutory guidance therefore focuses on Relationships Education. The guidance documents cover everything that primary schools should

teach about relationships and health, including puberty. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. It will be for primary schools to determine whether they need to cover any additional content on sex education to meet the needs of their pupils. At Northstead School it has already been practice to teach some aspects of sex education and will continue to do so, although it is not a requirement.

#### Parents & Carers right to withdraw

- The school's policy is available on the school website.
- When informing parents of the new guidance, they will be invited in to view the resources that are used
- Explicit Drugs education lessons will be taught in the penultimate week of each half term.
- Explicit Relationships and Health lessons will be taught in the penultimate week of each term and parents will be made aware of this in year group curriculum letters and class dojo. For years 5 & 6, their lessons will be taught when it is felt it is appropriate to do so. Parents will be written to, to inform them when these sessions will take place and invited to watch and look at the resources specific for these Y5 and 6 lessons. Parents will also have links to the Busy Bodies 'How babies are made' video.
- Parents and Carers **do not** have the right to withdraw their children from the National Curriculum Relationship and Health lessons, but any Sex education sessions they can. Any withdrawal must be discussed with the Head teacher or Deputy Head, and then put in writing.
- If a pupil is withdrawn, they must remain on school site and will be given alternative learning out of the classroom. As much as possible they will be protected from the possible reaction of peers to this withdrawal
- School will signpost parents of withdrawn pupils to resources to support them in talking to their children about RSE.

#### Delivery of the Relationship & Health curriculum

- Relationship and Health sessions forms part of the school's wider PSHE plan which can be viewed on the school website.
- Learning outcomes for each year group are made clear
- Relationship & Health education will be taught by class teachers with the support from the PSHE leader. If further support or CPD is required, this will be sought from the local authority.
- All resources used have been carefully selected and approved by school Governors
- All pupils, including those with additional learning needs, will have equal access to the Relationship and Health programme. Where pupils have specific educational needs, arrangements for support from outside agencies and support staff are made to ensure these pupils have an appropriate, differentiated curriculum.
- Boys and girls will be taught Relationship & Health / SRE together but additional separate sessions may be held if required.
- The children in the Foundation stage, will continue to follow the requirements for the Early Learning Goals, and there are no specified lessons for Drugs or Relationship & Health.

#### Procedures for assessment, monitoring, evaluating and reviewing

- The school's Relationship and Health Education provision is monitored through the 'Growing up in North Yorkshire Survey' as well as in house questionnaires
- The PSHE leader will work closely with colleagues in related curriculum areas to ensure Relationship and Health sessions compliment content covered in the national curriculum subjects of Science, Citizenship, Computing and PE

- Class teachers assess progress and understanding in this area through pupil discussions and responses in their written work. Brief records of pupils' understanding and progress may be kept by teachers to form part of the records of overall progress in PSHE.
- Staff training needs will be reviewed annually and addressed

#### Confidentiality and Safeguarding issues

- Ground rules for PSHE, Relationship & Health Education and SRE lessons will be developed by each class to support the teaching of sensitive issues
- All staff will be trained in effective PSHE methodology
- Staff have an agreed procedure to manage the asking of an inappropriate questions and when appropriate will contact parents to support discussion that would be better had at home.
- All staff are up-to-date with their child protection training