



Arnside National C of E School
Aspire Believe Achieve

Relationships Education Policy

At Arnside National School our values underpin our teaching and school ethos.

- To provide a happy, healthy, secure and nurturing environment for all.
- To develop confidence and independence so that everyone can achieve their potential.
- To promote respect for all and care for other people.
- To create a close school family, where we can all learn from and with each other.
- To inspire a life-long love for learning.
- To support each other within our school family and wider community.

Relationships Education

This policy covers our approach to Relationships Education; a statutory component of the PSHE and Citizenship curriculum from September 2020. It aims to set out the purpose of Relationships Education and the intended outcomes for pupils, what is covered in our curriculum and how it is delivered.

We define Relationships Education as learning about the many strands of relationships and growing up. This includes family relationships, friendships and relationships with peers and adults, healthy and unhealthy relationships, the characteristics of positive relationships, relationships online and the emotional, social and physical aspects of growing up.

It was produced Nick Sharp & Karen Morris.

Purpose and Principles

At our school, we believe in providing every pupil with open, honest, accurate and age-appropriate lessons all about relationships. Through the school's ethos and values, we aim to develop children's knowledge, skills, opinions, strategies and confidence - enabling them to cope with life and live safely and happily in the modern world.

We highly value the partnership between school and home and will promote open and informative two-way communication. We aim to provide parents and carers with accurate information about what their child is learning in school and to provide the best learning environment and opportunities for our children.

Our Relationships Education curriculum is inclusive and meets the needs of all children, including those with special educational needs or disabilities (SEND). We also aim to promote gender equality and represent the LGBT+ community through our Relationships curriculum.

Through our comprehensive Relationships Education provision, we aim to provide all pupils with:

- the knowledge and understanding of a variety of relationships;
- the ability to identify any concerns they have about a relationship;
- coping strategies and an awareness of how and where to seek support;
- an understanding of their rights and responsibilities within a range of relationships;
- an awareness of the process of growing up and the changes they and others will experience;
- an understanding of the characteristics of positive relationships.

Statutory Regulations

From September 2020, all primary schools must deliver Relationships Education. Under the Education Act 2002/Academies Act 2010, all schools must provide a balanced and broadly-based curriculum which:

- promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society;
- prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

Documents that inform the school's Relationships Education Policy include:

Education Act (1996)

Learning and Skills Act (2000)

Education and Inspections Act (2006)

Equality Act (2010),

Supplementary Guidance SRE for the 21st century (2014)

Keeping children safe in education – Statutory safeguarding guidance (2024)

Children and Social Work Act (2017)

Roles and Responsibilities

The Relationships Education programme in our school will be led by Clare Addison.

The school governor representative responsible for the Relationships Education programme is...

Our Relationships Education Curriculum

Our inclusive Relationships curriculum supports the objectives set out by the PSHE Association which meet the statutory requirements for Key Stage 1 and 2. It forms a core part of our comprehensive Personal, Social and Health Education (PSHE) curriculum. [Thematic scheme of work for pshe.pdf](#)

Our Relationships Scheme of Work can be viewed on the school website.

Learning in Relationships Education lessons will link to learning across the curriculum, particularly Science, English and RE.

Our lessons will be differentiated where appropriate, ensuring all children are able to participate fully. Children will be given the opportunity throughout the units of work to reflect on and evaluate their learning - assessment opportunities are built in to every lesson.

As part of the Relationships Curriculum, we teach about the parts of the body and how these work, and we explain to them what will happen to their bodies during puberty. For example, we tell the boys that their voices will change during puberty and we explain to the girls about menstruation. We encourage the children to ask for help if they need it.

In science lessons in both key stages, teachers inform children about puberty and how a baby is born. For this aspect of the school's teaching, we follow the guidance material in the national scheme of work for science. In Key Stage 1 we teach children about how animals, including humans, move, feed, grow and reproduce, and we also teach them about the main parts of the body. Children learn to appreciate the differences between people and how to show respect for each other. In Key Stage 2 we teach about life processes and the main stages of the human life cycle in greater depth.

In Years 5 & 6 we place a particular emphasis on health education, as many children experience puberty at this age. Teachers answer all questions with sensitivity and care. By the end of Key Stage 2, we ensure that both boys and girls know how babies are born, how their bodies change during puberty, what menstruation is, and how it affects women. We always teach this with due regard for the emotional development of the children (as stated earlier in this policy).

Teachers plan for RSE using a variety of materials, including NSPCC, Twinkl, Hamilton Trust, PSHE association, and the updated version of the Channel 4 DVD to support our teaching. To have positive relationships with friends, family and peers, a child needs to feel safe and secure, which is an integral element of our school values. To help children to develop a positive self-esteem, we focus on the education and development of the whole child. We have a regular Wellbeing Week, where we help children to keep mentally well, including Yoga, mindfulness, keeping active and being in the outdoors.

Delivering the Curriculum

Our PSHE lessons are taught by staff who are trained in delivering the specific content of the lessons. Ground rules will be established in class and children reminded of these. Special consideration will be given when teaching particularly sensitive content and staff will be fully aware of the children in their class and how they might relate to the lesson content.

We aim to create and maintain a safe environment within which all children feel able to ask questions and discuss issues openly. For any child wishing to discuss something confidential, relating to the lesson content, an opportunity will be provided.

Each class also has a question box, which gives children the option to write down their questions and receive an answer on a one-to-one basis, rather than in front of the whole class. Distancing techniques will be employed in our Relationships Education, as with other areas of the PSHE curriculum, meaning that children are able to discuss fictional characters and scenarios, rather than discuss their own lives and experiences.

In order to meet the needs of all children and to make our lessons engaging, we aim to deliver our Relationships Education curriculum through a variety of teaching methods and interactive activities, including discussion, debate and role-play; art and design-based activities; storytelling and writing.

Assessment, Monitoring and Reporting

Self-assessment is an important part of learning in Relationships Education and PSHE. Children will reflect on their learning throughout the units. We highly value pupil voice and will consider the opinions and comments of our children about what they would like to learn.

Staff delivering the Relationships curriculum will critically reflect on their teaching and best practice will be shared through lesson observations, monitoring of planning and children's work and training opportunities. Comments on children's learning and progress in Relationships Education, as part of their learning in PSHE, will be reported to parents and carers as part of the pupil's end of year report.

Safeguarding

Teachers are aware that effective RSE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. In this instance, teachers will consult with the designated safeguarding lead and in his/her absence, their deputy.

Safeguarding lead: Nick Sharp / Safeguarding deputy: Karen Morris / Governor: Andrew Norman

Visitors and external agencies which support the delivery of Relationships Education will be required to adhere to the school's safeguarding policy and policies relating to the subjects they are teaching or contributing towards.

Engaging Stakeholders

This policy will be available to view on the school website by all stakeholders. Parents will be informed of this policy.

We are committed to working closely with parents and carers and we do this by:

- parent/carer surveys
- communication about when Relationships lessons will be taking place
- leaflets
- links to other websites on school website
- home learning opportunities to follow-up learning at home

Parents and carers have the legal right to withdraw their child from all or part of sex education taught as part of statutory Relationships Education, with the exception of the objectives included in National Curriculum science. Those considering this option are asked to speak with Mr Sharp in order to find out more about this.

Links to Other Policies

Our Relationships Education Policy links to the following other school policies and documents:

[Sex and Relationship Education \(SRE\) Policy and Guidance for Church Schools](#)

[Government Guidance: Relationships and sex education \(RSE\) and health education](#)

[Child Protection Policy](#)

[Keeping Children Safe in Education](#)

[RE Policy](#)

[Safeguarding Statement](#)

[SEND Policy](#)

Reviewing the Policy

This policy will be reviewed on an annual basis by Nick Sharp and the Governing Body.

This will ensure that information is accurate and up-to-date and that the views of all stakeholders are heard and considered regularly.