



Relationships and Health Education Policy

Adopted: January 2021
Reviewed: 2025

Context

Statutory Relationships and Health Education

From September 2020, Relationships and Health Education is compulsory in all primary schools in England.

“Schools are free to determine how to deliver the content set out in the DfE guidance 2019 in the context of a broad and balanced curriculum. Effective teaching will ensure that core knowledge is broken down into units of manageable size and clearly communicated to pupils, in a carefully sequenced way, within a planned programme of lessons”. DfE Guidance p.8

“All schools must have a written policy for Relationships Health Education”. DfE Guidance p.11

Introduction

This policy should be read in conjunction with:

- Lowerplace Primary Schools Safeguarding Policy, SEND Policy and Behaviour Policy
- Keeping Children Safe in Education (statutory guidance)
- Equality Act 2010

Here, at Lowerplace Primary School we are respectful of all our families’ faiths and beliefs; this policy has been written with an emphasis on parent consultation. School leaders have met with local faith leaders, Local Authority Advisors and Parents to design this aspect of the curriculum.

The outcome of the Parental Consultation is as follows:

At Lowerplace Primary School, we will provide a comprehensive RHE curriculum using ‘Jigsaw’ resources and schemes of work. It was decided during the consultation that the ‘Changing Me’ section of the ‘Jigsaw’ scheme, which covers sex education and puberty would not be used. **This has now been removed.**

- We believe that pupils have an entitlement to learn about relationships, as part of their wider PSHE provision. We ensure that our programme is relevant to all pupils, and is taught in a way that is age and stage appropriate.
- Our large and united staff team are committed to ensuring that every child has a happy and successful time in school. Our motto **‘Inspire and Achieve Together’** is at the heart of everything we do. Our three school rules **‘Ready – Respectful – Safe’** are modelled by our staff team and are reciprocated by our children. We live the values necessary for children to contribute positively to the world they will inherit and lead one day. Our children feel valued and accepted as individuals. Our aim is that they will be able to function in the wider community in which they have respect for themselves, others, and their environment. We are happy, hardworking and we enjoy what we do.
- The previous Ofsted inspection (May 2019) quality assured the work we do in school and provided evidence of the culture we have created to keep our children safe.
 - “A highly committed team is tenacious in monitoring all aspects of safeguarding for pupils, both in school and beyond. There are strong links with a wide spectrum of agencies and community representatives to ensure that the safety of children remains the highest priority.”
 - “The pastoral team swiftly identifies the support needed for pupils and their families”.

- “The school’s work to promote pupils’ personal development and welfare is **outstanding**. This friendly and welcoming school values and celebrates the contribution of everyone.”
- “Pupils’ conduct around the school and in lessons is often exemplary. Pupils are polite, courteous and welcoming to staff, each other and visitors.”
- “Staff cultivate positive relationships with pupils and have made sure that routines are well established. Pupils look to their teachers for inspiration and guidance and are keen to do their best.”

These statements continue to reflect Lowerplace and the culture that we endeavour to create.

Policy Aims

For Primary aged children, the RHE curriculum content falls under two headings (DFE 2019).

Relationships Education

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health Education

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid

Here, at Lowerplace Primary School we include the statutory Relationships and Health Education within our whole-school PSHE programme. The mapping document (see appendix 1) shows exactly how Jigsaw and therefore our school, meets the statutory Relationships and Health Education.

Relationships Education

The focus in Lowerplace Primary School is the teaching of the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.

This starts with children being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, children are taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy.

Children will be taught about:

- Establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other, contact. Respect for

others will 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.

- the features of healthy friendships, family relationships* and other relationships e.g. happiness and security. This will also help them to recognise any less positive relationships when they encounter them.

* As agreed by the Parent Working Group during this policy's consultation cycle, Relationships Education at Lowerplace Primary school:

- does not include the use of 'Stonewall' Resources or anything similar
- does not involve the teaching of differing types of adult relationships e.g. same sex
- does involve children having their own circumstances acknowledged and celebrated without labelling
- does empower each individual child to feel proud of their identity and family circumstances. Families can include for example, single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents and carers amongst other structures. Care will be taken to ensure that there is no stigmatisation of children based on their home circumstances and teachers will be sensitive to children who have a different structure of support around them; for example, looked after children or young carers.

The principles of positive relationships also apply online especially as many children are using the internet independently. When teaching relationships content, teachers will address online safety and appropriate behaviour in a way that is relevant to pupils' lives. Teachers will include content on how information and data is shared and used in all contexts, including online; for example, sharing pictures, understanding that many websites are businesses and how sites may use information provided by users in ways they might not expect.

Health Education

Children will be taught:

- the characteristics and benefits of an active lifestyle.
- the importance of building regular exercise into daily and weekly routines and how to achieve this.
- the risks associated with an inactive lifestyle (including obesity).
- how and when to seek support including which adults to speak to in school if they are worried about their health.
- what constitutes a healthy diet (including understanding calories and other nutritional content).
- the facts about legal and illegal harmful substances and associated risks.
- how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.
- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
- about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- the facts and science relating to allergies, immunisation and vaccination.
- basic first aid.
- how to make a clear and efficient call to emergency services if necessary.

Puberty & Reproduction Education

The Relationships Education, RE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools and Lowerplace Primary School therefore will focus on Relationships Education as detailed above and **will not be teaching Sex Education**.

**As agreed by the Parent Working Group during this policy's consultation cycle, personal privacy will be taught through the use of the NSPCC PANTS resources. The names of body parts will not be taught until Year 4 within mainstream education. However, should the need to teach the names of body parts arise in response to a behavioral or safeguarding incident prior to Year 4, this will be done on an individual basis with the consultation of parents/carers.*

** As agreed by the Parent Working Group during this policy's consultation cycle, through the PSHE curriculum, Puberty will be taught to children in Year 5 in one lesson when it is deemed appropriate by the class teachers. This will involve prior notification to Year 5 Parents and the option for these parents to view the teaching materials beforehand. Year 5 parents then have the option to withdraw their child from the Puberty lesson.*

** As agreed by the Parent Working Group during this policy's consultation cycle, through the Science curriculum, Reproduction will be taught to children in Year 6 in the Summer term.*

The national curriculum for science includes subject content in 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. During the Parent Consultation Cycle, the Parent Working Group deemed the materials the school will use for this aspect of the curriculum to be appropriate for our school community.

Lowerplace Primary School Relationships Curriculum	
Year 1	NSPCC PANTS resources, without the naming of body parts
Year 2	Animals, including humans, have offspring. This lesson will not cover reproduction.
Year 3	
Year 4	Recognise the physical differences between boys and girls and use the correct body part names.
Year 5	Puberty session.
Year 6	Different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals.

Managing Difficult Questions

Primary-age pupils will often ask their teachers or other adults questions which go beyond what is set out for Relationships Education. Given the ease of access to the internet, children whose questions go unanswered may turn to inappropriate sources of information.

In these situations, the following strategies will be used by teachers as appropriate:

- contacting parents
- including parents in the discussion with their child
- appropriate discussion on a one-to-one basis or in small groups
- referral to Lowerplace's Inclusion Team for intervention and parent consultation
- referral to Lowerplace's Designated Safeguarding Leads if a Safeguarding concern arises

Vulnerable Children and Children with Special Educational Needs

It is a priority for Lowerplace Primary School to make every aspect of the curriculum accessible to all children, including vulnerable children and children with special educational needs and disabilities (SEND). The Schools Inclusion Team support teachers to plan and differentiate lessons to ensure all children's needs are catered for and this involves individual parent/carer consultation. Parents are encouraged to contact the school if they have any concerns in relation to vulnerability or SEND.

Parental Right to Withdraw

As per the Department of Education Guidance, there is no right of withdrawal from any part of the national curriculum. At key stages 1 and 2, the national curriculum for science includes teaching about the main external parts of the body (taught in Year 4 at Lowerplace Primary School) and changes to the human body as it grows from birth to old age (taught in Year 5 and 6 at Lowerplace Primary School).

However, as detailed in this policy, parents/carers have the right to request that their child is excused from the Puberty session in Year 5. Prior to these sessions being taught, parents will be invited in to look at the materials. At these meetings, parents can then withdraw their children if they wish.

Review of Policy

It will be reviewed every 3 years or earlier if new legislation requires it.