



# Relationships Education, Relationships and Sex Education (RSE) and Health Education

## Policy 2024 – 2025

### Review of policy

This policy is reviewed every 1 year and also in the light of any related issue that may occur such as any new findings arising from educational research, local or national guidance.

Signed *J Redhead*

head teacher

Signed *F Chatfield*

Chair of Governors

Written 1.9.24

Review date 1.9.25

This policy covers our school's approach to Relationships Education. It also covers Health Education and RSE and refers to PSHE as incorporating all of these. Mrs Hazzard (PSHE lead) has produced it through consultation with the leadership team.

Roose uses SCARF Coram life education scheme to support the effective teaching of Relationships Education and Health Education. Coram Life Education takes a three strand approach addressing children's knowledge, skills and attitudes, and programmes are aligned with the National Curriculum (Citizenship, PSHE Education), covering all Key Stages. Coram Life Education helps schools meet their statutory requirements for Relationships and Health Education, children's Spiritual, Moral, Social and Cultural development, and Ofsted inspection criteria for personal development, behaviour and welfare. A whole school approach to behaviour, safety and learning – improving mental and physical well-being. Children's emotional health and well being has a huge impact on their ability to learn. A whole school approach is vital to improving children's emotional health and well being, helping to keep them safe, improve behaviour and raise achievement.

Eight key principles underpin an effective whole-school approach have been identified in Public Health England's Promoting children and young people's emotional health and wellbeing: A whole school approach (PHE, 2015).

- \*Ethos and environment
- \*Curriculum teaching and learning
- \*Pupil voice
- \*Staff development, health and wellbeing
- \*Identifying need and monitoring impact
- \*Working with parent/carers
- \*Targeted support
- \*Leadership and management

All schools must deliver relationships education (in primary schools) and relationships and sex education (in secondary schools). **Sex education is not compulsory in primary schools and the content set out in this guidance therefore focuses on Relationships Education as well as links to Health Education.**

### **Rationale and Ethos**

At Roose we believe that Relationships Education/PSHE provides a vehicle for developing our children's attitudes, values and sensitivities towards others. We believe that through implementing an appropriately structured programme across the whole school we will enable children to both develop a positive sense of self as well as a respect and understanding for others. To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. We aim to support our children to develop resilience, to know how and when to ask for help, and to know where to access support.

### **Roles and responsibilities**

The Relationships Education and PSHE programme will be led by the PHSE coordinator and the SLT. The SLT is responsible for ensuring that PSHE is taught consistently across the school.

## **Staff**

Staff are responsible for:

- Delivering PSHE and RSE in a sensitive way
- Modelling positive attitudes
- Monitoring progress
- Responding to the needs of individual pupils
- Staff do not have the right to opt out of teaching PSHE or RSE. Staff who have concerns about teaching elements are encouraged to discuss this with the head teacher/SLT/Mrs Hazzard
- Staff will timetable in the planned PSHE lesson each week

## **Pupils**

Pupils are expected to engage fully in PSHE and, when discussing issues related to RSE, treat others with respect and sensitivity.

## **Legislation (statutory regulations and guidance)**

Revised Department for Education statutory guidance states that from September 2020, all schools must deliver **relationships education (in primary schools)** and relationships and sex education (in secondary schools). The parental right to withdraw pupils from RSE remains in secondary education, for aspects of sex education which are **not** part of the Science curriculum. It is important that the transition phase before moving to secondary school supports pupils' ongoing emotional and physical development effectively. Therefore, we aim to provide a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It ensures that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born. As well as consulting parents more generally about the school's overall policy, Roose will consult parents before the final year of primary school about the detailed content of what will be taught. Parents are invited in to see for themselves the learning/video clips etc that the children will be exposed to.

## **Documents that inform the school's Relationships Education and RSE 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 (2016)
- Children and Social Work Act (2017)

## **Curriculum Design**

Our Relationships Education and Health Education programme is an integral part of our whole school PSHE education provision.

This provides opportunities for pupils to:

- better understand the nature of human relationships
- learn about relationships, the importance of communication and assertiveness skills including the importance of values such as respect (for self and others), equality, responsibility, care and compassion
- reflect upon the importance of stable and loving relationships for family life, including the bringing up of children, this also includes marriage and civil partnerships

- consider and understand the changes that occur to their bodies, minds and emotions as a consequence of growth from childhood to adulthood
- reflect upon how to make good, informed and safe choices concerning relationships and healthy lifestyles
- stay safe online
- know basic first aid

### **Equalities and Safeguarding within the Curriculum**

The Relationships Education programme at Roose demonstrates and promotes the following:

- Learn the value of respect, care and love
- Valuing family life within stable, loving and committed relationships
- Acceptance of same sex unions as also offering stable, loving and committed relationships to nurture children
- Respect for self and others
- Respect for rights and responsibilities within relationships
- Appreciate that different, successful family structures exist
- Understanding diversity regarding religion, gender, culture and sexual orientation
- Importance of striving to reduce intolerance and discrimination based on sexual orientation, disability, ethnicity, religion and gender.
- Acceptance of difference and diversity
- Promote gender equality and equality in relationships
- Challenge gender stereotypes and inequality

This policy reflects and is in line with the schools' equal opportunities policy and the schools ensures that the Relationships Education teaching programme is an inclusive one and is appropriate and relevant to all pupils, including those with SEN and disabilities. Teachers ensure that the content, approach and use of inclusive language reflect the diversity of the school community, and help all pupils feel valued and included, regardless of their gender, ability, disability, experiences and family background. Relationships Education strives to meet the needs of all pupils regardless of their developing sexuality and deals honestly and sensitively with sexual orientation, answers appropriate questions and offers support.

Relationships Education is not delivered in isolation, but firmly embedded in all curriculum areas including Personal, Social, Health and Economic (PSHE) education. Many aspects of PSHE are taught throughout the year, whilst some specific age-related aspects are delivered, at a pre-planned points, during the year in order that parents are informed and can be involved in supporting their child. RSE is delivered by class teachers in mixed gender groups other than when it is deemed more appropriate for topics to be covered in single sex groups. PSHE is delivered through a varied range of activities, which promote dialogue and understanding. These include: circle time, active teaching and learning, role play/scenarios and discussions.

### **External agencies and visitors**

External agencies can be invited to support the delivery of all aspects of PSHE. These may include: the school nurse, the NSPCC and the police. External agencies and visitors are familiar with and understand the school's RSE policy and safeguarding policy and work within these documents. All visitors are supervised/supported by a member of staff at all times. The input of visitors is monitored and evaluated by staff. This evaluation informs future planning.

### **Safe and effective practice**

Staff are aware that views around PSHE related issues are varied. However, while personal views are respected, all PSHE issues are taught without bias. Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect others who may have a different opinion. Both formal and informal RSE arising from pupils' questions are answered according to the age and maturity of the pupil(s) concerned and the limits of the year group topics. The school believes that individual teachers must use their skill and discretion in this area and refer to the Designated Safeguarding Lead if they are concerned or believe any pupil to be at risk.

### **Engaging Parents**

The school is committed to working with parents and believes that it is important to have the support of parents and the wider community. Effective methods to communicate the schools' approach to PSHE/RSE are through the year groups' curriculum meetings (Year 5 and 6), parents' evening, the school website, half termly newsletters and an open-door policy. Parents are invited to view this policy. ***Parents do not have the right to withdraw their children from all, or part of the RSE curriculum as teachers will not be teaching RSE that is outside of the science curriculum. If for any reason teachers feel it is necessary to discuss areas outside of the science curriculum with children, parents will be informed and would have the right to withdraw.***

### **Monitoring, Reporting and Evaluation**

Monitoring, reporting and assessment Monitoring of PSHE is carried out by the PSHE Co-ordinator through learning walks, Seesaw, evidence in books, staff questionnaires, pupil discussions and questionnaires. PSHE education is reported to parents in end of year reports. The PSHE Coordinator will meet annually with the Link Governor to report and update on PSHE education. Whilst we understand that PSHE cannot be assessed in the same way as traditional subjects we still believe it is important to monitor pupil progress. Assessment tools are used from the SCARF coram life education tools online.

### **Teaching Responsibility and Staff Training**

PSHE has a designated Co-ordinator and Link Governor that will regularly monitor the subject and attend CPD from the Local Authority. The PSHE Coordinator will ensure there is appropriate and regular INSET for all teaching staff and TAs. When using external speakers to deliver aspects of our PSHE programme we will ensure that the School Visitor's Policy is adhered to. For any sensitive subjects within RSE that are planned to be delivered, parents will be informed prior to the lesson.

### **Links to other policies and advice**

- Behaviour Policy
- Health and Safety Policy
- Safeguarding/Child Protection Policy
- School Visits
- Confidentiality Policy
- Equality Policy
- Anti-bullying Policy
- Relationship and Sex Education Guidance – DfE