

St Thomas' (Halliwell) CE School



ST. THOMAS
C.E. PRIMARY, HALLIWELL

Relationships and Sex Education Policy

Revised 2024

March 2024
To be reviewed March 2026

Contents

1. Policy Statement
2. Statutory requirements
3. Definition
4. Aims
5. Roles and Responsibilities
6. Curriculum
7. Delivery of RSE
8. Menstruation
9. Parents and Carers
10. Training
11. Monitoring Arrangements
12. Safeguarding

Appendix 1 – Letters to parents RSE

1. Policy Statement

At St Thomas, Halliwell CE Primary School, we want young people to flourish and to gain every opportunity to live fulfilled lives. We want to help to support all learners to be safe and happy. Relationships, Sex and Health Education is about the emotional, social and physical aspects of growing up and forming healthy relationships. It is also about the spiritual and moral aspects of relationships within a context of a Christian vision for the purpose of life.

Our curriculum encourages students to understand and have the confidence to make informed decisions relating to relationships, healthy lifestyles, staying safe and economic wellbeing. Personal, Social, Health Education is central to our curriculum and runs predominantly through our worships and teaching time; it helps children grow and develop as individuals and as members of families and communities.

Relationships and Health Education is compulsory from September 2020 for all primary pupils. All children will take part in learning about families, friendship, safety, (including online safety) and respecting themselves and others. Parents will not be allowed to withdraw children from any aspect of Relationship, and Health Education.

Pupils will learn how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

2. Statutory Requirements

The DFE document states that:

‘Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way.’ [\(Secretary of State Foreword, 2019\)](#)

As a maintained primary school we must provide relationships education to all pupils as per section 34 of the [Children and Social work Act 2017](#).

We are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum. The national curriculum for Science 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.

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 St Thomas, Halliwell CE Primary School we teach RSHE as set out in this

policy. However, to clarify, in response to the 2019 regulations, our school has chosen not to provide sex education, other than that covered by the statutory science curriculum. It should also be noted that parents and carers may not withdraw their children from any part of Relationships or Health Education or the science curriculum as these are statutory.

In 2024, we have introduced a new curriculum 'KAPOW' which will replace the

HeartSmart Curriculum. The relationships education part of the new curriculum teaches what the children need to learn to build positive and safe relationships with family and friends and online. The health education part of the new curriculum covers both physical health and mental wellbeing and teaches the children how to make good decisions about their own health and wellbeing; how to recognise issues in themselves and in others; and how to seek support as early as possible when issues arise.

The new curriculum for relationships education and health education does include content on puberty. Following this change in the law, the Department for Education published Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education (2019). This guidance requires primary schools in England to have a written relationships education policy to cover the following:

- How relationships education is delivered.
- What sex education (if any) a school chooses to cover that goes beyond the national curriculum for Science and relationships education. This RSE policy also supports legal requirements relating to the following:
 - The Equality Act 2010.
 - The Education Act 1996.
 - Statutory guidance, Keeping Children Safe in Education 2020.

At St Thomas Halliwell CE Primary School we teach RSE as set out in this policy.

3. Definition

At St Thomas Halliwell CE Primary school we pride ourselves in promoting the mental health and wellbeing at the heart of our school. We aim to equip our children with the skills and knowledge to prepare them for the ever changing world around them. The PSHE/RSE curriculum has been written in accordance with statutory government guidance and to support not just our pupils but our families' and local community.

RSHE is about the emotional, social and cultural development of pupils, and involves learning about relationships, healthy lifestyles, diversity and personal identity.

RSHE involves a combination of sharing information and exploring issues and values.

RSHE is not about the promotion of sexual activity.

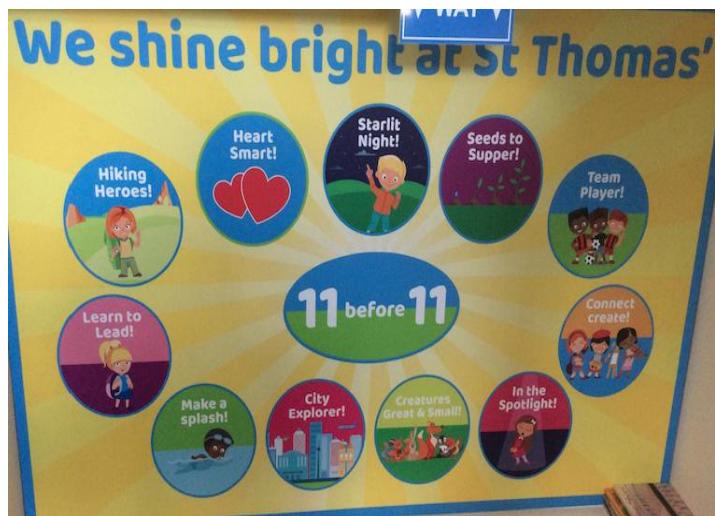
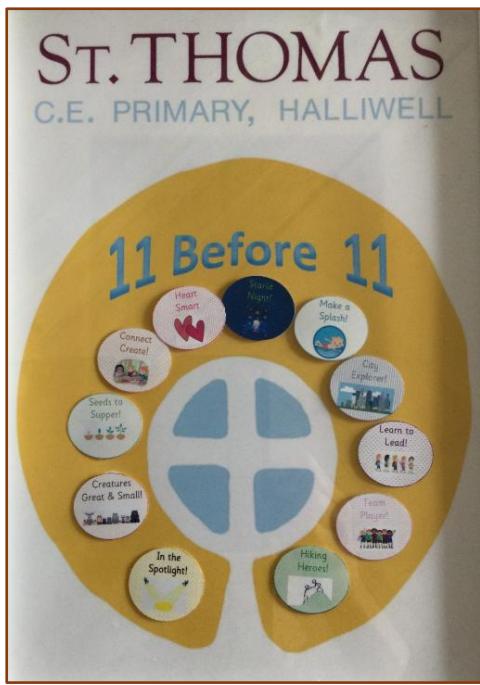
In Addition, RSE supports children's personal development, this includes spiritual, social, moral and cultural development.

This aims to equip children to deal with real-life issues and prepare them for the ever changing world around us that they will encounter when growing up.

Their learning will support children online and within their everyday lives to make informed choices about their mental and physical health to enable them to live a fulfilled life.

RSE supports our school ethos where everyone matters, feels values and positive relationships are promoted.

St Thomas Halliwell supports this by encouraging all children to "Let Your Light Shine'. This motto is at the heart of our school community and is embedded throughout. This includes our 11 before 11 linked with Cultural Capital; In the spotlight, Creatures Great and Small, Seeds to Supper, Connect, HeartSmart, Starlit Night, Make A Splash, City Explorer, Learn to Lead, Team Player and Hiking Heroes.



11 Before 11 Achievement	
11 Before 11 Badges	Planning for Achievement *Projects *Curriculum Days
In the Spotlight	Children have many opportunities to perform during weekly music lessons, Christmas Nativity, Let Your Light Shine Festival and in class talent shows.
Creatures Great and Small	Children will go on a Minibeast hunt on the school grounds, visit Southgate forest and Southgate farm. Throughout Spring and Summer, we will learn about different animals / creatures in their habitats.
Seeds to Supper	Children will plant seeds for some salad items and eat them once they are grown in a simple salad.
Connect Create	Children can achieve through Creative Clubs. The children will achieve whilst working with Mr Newton in Where the Wild Things are or by working alongside a children from another class to create art or as part of a community project such as Make a Difference.
Heart Smart	On-going – Children will reflect at various points for being caring, considerate and empathetic throughout the year.
Starlit Night	Children can achieve this through Survival or The Flintstones by visiting an observatory. The focus will be on finding your way using the stars and knowing constellations. Stone Age could link to telling stories through the stars or a source of light.
Make a Splash	Children can achieve through attending swimming in Year 4.
City Explorer	Children can achieve through the City Escapes topic visiting Manchester.
Learn to Lead	Children will take part in the bright leaders workshop throughout the year to build self-esteem and leadership skills.
Team Player	Year 6 – Archie Bishop project.
Hiking Heroes	Year 6 – Residential. Year 5 – Cracky Trail. Topic – Make a difference (RP Y1) Walked around Rivington Reservoir.



4. Aims

At St Thomas, Halliwell CE Primary School we aim to provide a Relationships and Sex Education (RSHE) programme that enables children to become healthy, independent and responsible members of the community and wider society. We aim to teach, in an age-appropriate way, the characteristics of healthy, respectful relationships with friends, family and other people in order to help our learners contribute towards building an inclusive and tolerant society.

Our RSHE education contributes to personal development by helping pupils to

build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. This develops an understanding of themselves, their empathy and the ability to work with others which will help pupils to form and maintain good relationships.

This policy should be read in conjunction with the Safeguarding and Child Protection Policy, Behaviour Policy and Relationships and Sex Education and Health Education document (DFE, 2019) and with the Heartsmart principles and values.

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

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

5. Roles and Responsibilities

5.1 The governing board has approved the RSHE policy and will ensure that:

- The statutory policy is available on the school website
- Clear information will be provided for parents and carers, with regards to the agreed programme of study for Relationships Education
- Learners are not permitted to be withdrawn from Relationship Education lessons
- Relationships Education, as taught at our school, fulfils its legal obligations and is delivered by teachers or external partners with a sound knowledge and awareness of the provisions of the Equality Act 2010.

5.2 The Subject Leader will

- In liaison with Head Teacher and Deputy Head Teacher, agree who will deliver Relationships Education at the school, ensure that they are fully aware of the relevant provisions of the Equality Act 2010 and what resources may be used
- Undertake monitoring of standards in RSHE and use this to inform the

subject action plan.

- Provide leadership and management of their subject to secure high-quality teaching and learning.
- Play a key role in motivating, supporting and modelling good practice for all staff.
- Take a lead in policy development and review
- To liaise with outside agencies and attend subject specific courses.
- Discuss with any external partners the details of all aspects of what will be covered in any session that they are being invited to provide, as well as confidentiality and safeguarding issues, before the session takes place
- To report to the Head Teacher and Governing Body on RSHE-related issues.
- To plan and organise the allocation and purchase of resources in accordance with available budget.

5.3 Staff are responsible for:

- Delivering RSHE in a sensitive way
- Modelling positive attitudes to RSHE
- Monitoring progress
- Responding to the needs of individual pupil

5.4 Pupils

- All Pupils are expected to engage fully in SRE and, when discussing issues related to SRE, treat others with respect and sensitivity.
- However, as a school we recognise that some children may need aspects of the curriculum, or how it is delivered to be adjusted in order to meet the needs of individuals.
- Support for SEND children follows the school's SEND Policy. The study of KAPOW and Science will involve all children within the class in a variety of differentiated ways addressing all learning styles.
- The class teacher will also ensure that the needs of any exceeding children, who require further challenge, in their class are met through the lesson planning for this subject.

6. Curriculum

We want to deliver a very well rounded RSHE curriculum for our children. Therefore, we have a curriculum plan that we follow that covers the key aspects of RSHE that we are required to cover, as set out in the statutory guidance.

Our PSE/RSE curriculum is formed by following the KAPOW scheme of work and the relevant sections in the National Curriculum for Science. The detailed framework showing coverage of both PSHE and Relationships & Health Education within KAPOW is found below. This scheme of work has been written by PSHE and RSE specialist and has full curriculum coverage.

We have developed the curriculum in consultation with parents, pupils and staff, considering the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so the children are fully informed and don't seek answers online.

At St Thomas' all years cover the same topics at the same time. This shows clear skills ad progression.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Family and Relationships
- Health and Well being
- Safety and the changing body
- Citizenship
- Economic wellbeing
- Identity (Year 6 only)

Our KAPOW PSHE curriculum is taught alongside our SHINE curriculum. E-safety is taught alongside our computing curriculum and covered in our SMSC calendar.

7. Delivery of RSHE

RSHE is taught within the personal, social, health and economic (PSHE) education curriculum taught within our KAPOW sessions, delivered weekly and taught from EYFS to Y6. Biological aspects of RSHE are taught within the science curriculum and other aspects are included in religious education (RE). The teachers will select the most appropriate way to deliver the sessions based on the age of the children and the nature of each individual lesson.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Family and Relationships
- Health and Well being
- Safety and the changing body
- Citizenship
- Economic wellbeing
- Identity (Year 6 only)

The KAPOW curriculum helps to provide the toolkit for developing our children and their character education to ensure they have knowledge, understanding and experience of well-being education and practices and knowledge of how to develop healthy relationships.

Through 5 carefully planned topics, underpinned by our Christian Values, we aim to build our children's character and promoting a healthy lifestyle.

Our RSHE Policy develops our children as individuals, preparing them for life. For example, Relationships Education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me

- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

All of our RSHE areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances. Families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures. We reflect sensitively that some children may have a different structure of support around them for example: looked after children or young carers.

For further details, please see the detailed framework showing coverage of PSHE and Relationships & Health Education at the end of this policy.

8. Menstruation

We believe it is important to help children be aware of the changes that will happen to their bodies, in an age appropriate and timely way. The government guidance states that:

Puberty including menstruation should be covered in Health Education and should, as far as possible, be addressed before onset. This should ensure male and female pupils are prepared for changes they and their peers will experience. The onset of menstruation can be confusing or even alarming for girls if they are not prepared. Pupils should be taught key facts about the menstrual cycle including what is an average period, range of menstrual products and the implications for emotional and physical health. In addition to curriculum content, schools should also make adequate and sensitive arrangements to help girls prepare for and manage menstruation including with requests for menstrual products. Schools will need to consider the needs of their cohort of pupils in designing this content.

Relationships Education – Relationships and Sex Education, RSHE, and Health Education (2019)

At St Thomas', we will support the children in understanding the changes that their body is going through. This is covered under the science curriculum and RSHE, and is handled in a sensitive and appropriate way. It is helpful if parents are able to share with the school if their child has begun menstruation. Sanitary bins will be provided in the girl's toilets. Staff will work with the children to ensure privacy.

9. Parents & Carers

We ensure parents and carers are kept informed about Relationships Education. They are made aware of what will be taught and when via the information

published on the school website.

Parents/Carers do not have the right to withdraw their children from Relationships Education.

Resources used in the teaching of Relationships Education will be available for parents and carers to view on request.

Following government guidance, the following content is deemed to be sex education in the Kapow Primary lessons:

- Year 6: Safety and the changing body, Lesson 5: Conception.
- Year 6: Safety and the changing body, Lesson 6: Pregnancy and birth

St Thomas' will inform parents of Year 6 children when the sex education lessons will be delivered to their children by letter (see letter in appendix 1).

10. Training

The Head Teacher will invite visitors from outside the school, such as school nurses or healthy family practitioners into school to deliver sessions and provide support and training to staff teaching RSHE as and when it is felt necessary.

11. Monitoring arrangements

The delivery of SRE is monitored by the SRE Leader, Mrs Sophie Bates.

This will include:

- Observation of individual lessons and learning walks
- Monitoring of children's books
- Discussions between teaching staff and with children
- Observation of the learning environment

This policy will be evaluated and reviewed every year by the PSHE and Relationship Education lead and the teaching staff who deliver Relationships Education. Class teachers will evaluate the learning after each lessons and adapt planning if needed.

This policy will be reviewed every year as this is the statutory requirement. The SRE leader will consult with other stakeholders and take account of any national changes that need to be addressed. The policy will then be taken to the relevant Governor Committee to be reviewed.

This policy has been shared with and approved by the teaching staff and school governors. A copy of this policy is on the school website, so that all our stakeholders can access it.

12. Safeguarding

RSE includes sensitive topics and may prompt safeguarding disclosers. Please refer to our safeguarding policy on our school procedures.

Teachers should discuss with DSL (Abigail Fielden) any potential sensitive topics and provide additional support if required (see safeguarding policy).

At St Thomas' we inform the children that support is available to them if they are concerned about anything raised in a lesson. The following support will be highlighted:

- Class teacher
- Pastoral leads – Mrs S Bates
- Bright Leaders
- Headteacher

Appendix 1 - Letter to be sent home at the start of the term

Dear Parent/Carer,

Relationship Education in Year 6

During this term the Healthy Schools Team will be delivering sessions to our Year 6 children about Relationships and Health and Well Being. They will cover the following information:

- Key facts about puberty and the changing adolescent body, including physical and emotional changes.
- Menstrual wellbeing including the key facts about the menstrual cycle.
- The importance of personal hygiene

It should also be noted that parents and carers may not withdraw their children from any part of Relationships or Health Education or the science curriculum as these are statutory and therefore participation is compulsory.

Appropriate questions that arise from the children during each lesson will be answered. If a question is asked which goes beyond what is set out for Relationships Education, then you will be consulted before any further discussion takes place.

You have the most important influence as your child grow, mature and form relationships with other, and we would like to encourage you to explore these areas with your child at home as well.

If you would like to discuss this, please do not hesitate to contact me.

Yours sincerely
Mrs A C Fielden
Headteacher