

# West Heslerton CE Primary School Policy for Personal, Social and Health Education including Relationships and Sex Education



We encourage everyone in our school community to live life well reflecting Christian attitudes and values and working in partnership with families as part of a wider, caring community.

The hallmarks of a Christian life lived well are –

- Love
- Joy
- Self-control
- Peace
- Kindness
- Patience
- Generosity
- Gentleness
- Faithfulness

Galatians 5:22 – 23

This policy covers our school's approach to Relationship and Sex Education, not only in lessons but through the attitude of our staff and students alike, our ethos and approach and commitment to equality both within and outside of the classroom. It is important that we approach this subject with a clear and unified voice, and it is equally important that we provide unambiguous guidance for the benefit of our staff, parents and carers, and ultimately, our children.

At West Heslerton CE Primary School we recognise all relationships that are founded in mutual and consensual love as being equal and valid in all respects. We recognise that individuals may identify with genders that differ from that assigned at birth, and we celebrate people's right to do so. In short, we promote a culture where the breadth of relationships, sexualities and genders are not merely tolerated but are celebrated as being integral to the tapestry of society. We believe that this culture will help allow children to fulfil their potential in all aspects of their personhood: physically, academically, socially, morally and spiritually.

This policy was produced with reference to the Equalities Act 2010

[www.legislation.gov.uk/ukpga/2010/15/contents](http://www.legislation.gov.uk/ukpga/2010/15/contents) and following guidance from the Department for Education (Relationships Education, Relationships and Sex Education (RSE) and Health Education 2019) and through consultation with our staff, governing body, and most importantly with our pupils and parents.

School has established policies and practice to ensure all pupils are kept safe. Please refer to our Child Protection Policy for further details.

## Definitions

Relationships Education is defined as the learning about our bodies and puberty in the context of emotions, relationships and healthy choices.

Sex Education is defined as the learning about human reproduction.

## **Content and Delivery**

In school we meet the age related learning objectives as set out in the Relationships Education, Relationship & Sex Education and Health Education (England) Regulations 2019 for primary schools with a whole school approach, following the North Yorkshire PSHCE and Citizenship Entitlement Framework (September 2019).

Relationships and Sex Education (RSE) is an integral part of the Personal, Social and Health (PSHCE) Education curriculum. We aim to offer pupils a carefully planned programme on human development, relationships, sexuality and family life within a safe, comfortable atmosphere and in a relaxed relationship between teacher and pupil. The programme is set within a moral framework and matched to the pupils' level of maturity. These aims complement those of the Science curriculum in KS1 and KS2

Specific arrangements will be made, when required, for children with Special Educational Needs and disabilities (SEND) through consideration of timetabling, staffing, resources etc.

Delivery may be:

- Through planned aspects of science
- Woven across curriculum areas
- Through PSHCE lessons
- Through story time
- Through pastoral time
- Through circle time
- Through small group work
- Through planned visits and visitors
- Through collective worship

Relationships Education covers:

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

Health Education covers:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent body (puberty)

Sex Education covers:

- Sexual intercourse
- How conception occurs
- Pregnancy
- Birth

Sex education is delivered through a small section of the 'busy bodies' resource and is taught to pupils in Year 6 unless parents choose to withdraw consent.

**[https://www.healthpromotion.ie/health/inner/busy\\_bodies](https://www.healthpromotion.ie/health/inner/busy_bodies)**

Under the statutory guidance for Relationship Education, Relationship & Sex education and Health Education (DfE 2019), parents retain the right to request their child is removed from some or all of the elements of sex education which go beyond the national curriculum for science. Maintained schools are required to teach about the main external body parts and changes to the human body as it grows from birth to old age, including puberty. There is no right to withdraw from the national curriculum. Any parents who wish to discuss this should ask to speak to Mrs Wells (Headteacher).

### **Monitoring and evaluating this subject area**

PSHCE (including RSE) is monitored by staff and regularly assessed throughout the school. The subject is monitored as per other subjects as detailed in the School's Learning, Teaching and Curriculum Policy. It is evaluated and reviewed biannually using feedback from pupils, local events and the Growing Up in North Yorkshire Survey. Parents and carers are consulted on the production of this policy and at subsequent reviews.

Policy implemented: November 2020

Policy reviewed: Autumn 2023

Next planned date of review: Autumn 2024

## WEST HESLERTON C.E. PRIMARY SCHOOL

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“Children are at the centre of all we do”

Dear Parent/Carer

27<sup>th</sup> May 2022

As a school we are committed to providing all pupils with a planned Personal, Social, Health Education (PSHCE) programme. PSHCE develops essential skills to better enjoy and manage their lives. A full outline of our PSHCE curriculum is published on our school website.

As part of the planned programme, we teach all pupils about “Me and My Relationships”. The aim is to ensure pupils learn about the emotional, social and physical aspects of growing up, healthy relationships and keeping themselves safe. These sessions will be taught this half term in Farthing Wood. We use the busy bodies resource to teach pupils about puberty at years 5/6. All resources can be viewed at [https://www.healthpromotion.ie/health/inner/busy\\_bodies](https://www.healthpromotion.ie/health/inner/busy_bodies)

Teaching staff approach this aspect of the curriculum very sensitively. They are aware of how it contributes to pupils’ development supporting them to build healthy relationships, keep themselves safe, have factually correct information and the skills to positively manage the physical and emotional changes that will happen as they grow up into hopefully happy, confident and responsible teenagers.

Pupils in Year 5 and 6 start to learn that their body and emotions will change as they get older. They learn about the ways in which boys and girls grow and develop in puberty both physically and emotionally. They learn of the physical and emotional changes they go through at puberty. Most aspects of this curriculum is delivered through the National Curriculum for Science and some through the PSHCE curriculum. Parents/carers do not have the right to withdraw their child(ren) from the PSHCE curriculum.

However, parents do have the right to withdraw their children from sex education, from learning about human reproduction and how babies are conceived. This is covered in Year 6 at Heslerton CE. Should you wish to opt your **year 6** child out of this content, please contact Mrs Wells, Headteacher to discuss your concerns and return the attached slip by **Wednesday, 8<sup>th</sup> June 2022**.

Parents and carers also play a vital role in talking to your child(ren) about this important part of growing up and keeping safe. To help you understand the type of questions children of different ages may ask and how best to respond to them, further information can be obtained from the family planning association website:

parent/carers section at <http://fpa.org.uk/help-and-advice/advice-for-parents-carers>

If you would like to see the school’s relationship and sex education policy, please ask at the office or log on to the school website.

Yours sincerely

Rachel Wells, Headteacher

**WEST HESLERTON CE PRIMARY SCHOOL SEX EDUCATION**

**Opt – out slip for parents of pupils in Year 6**

This session will cover human reproduction and how babies are conceived.

I do not wish my child ..... to take part in this.

Signed .....

Name .....

Date .....