

Relationships and Sex Education and Health Education Policy

Our aim:

Weelsby Primary Academy considers Relationship and Sex Education and Health Education (RSHE) to be an integral part of the Personal, Social and Health Education (PSHE) curriculum. We believe that this can be taught through a variety of carefully planned lessons in a range of subjects in order to cover all statutory requirements as set out by the Department for Education in a way that is purposeful and meaningful for children. All children have the opportunity to develop accurate and age-appropriate knowledge, skills and attitudes to support their physical, emotional and moral development. This education supports the social and emotional development of children, and encourages them to develop their self-esteem, resilience and coping mechanisms within day to day life. Lessons will be adapted as necessary to the needs of the children but will be inclusive for all. Teachers will not discriminate and will treat all children as equal, while also being sensitive of individual factors such as religion or home situations.

How this policy was developed:

This policy was developed in consultation with advisors, including an RSHE specialist, staff members at school, school governors and was shared with parents and carers via the school website.

Why we are passionate about teaching RSHE effectively:

Relationships are a huge part of human life, from our families and friends, to those we work with. Developing communication and social interaction skills, understanding that our behaviour can impact on our relationships and understanding what a healthy relationship looks like is a vital part of living a happy, healthy lifestyle. We believe an effective education can help to safeguard our children by providing age-appropriate information about recognising signs of abusive or unsafe situations, and knowing who they can ask for help and support.

Mental health issues are common in society and we believe in supporting our children to develop knowledge and skills to enable them to make good choices and to live a healthy lifestyle. We aim to reduce any stigma attached to mental health and encourage open discussions. We hope to support children to be resilient and have coping strategies to respond calmly and rationally to setbacks, but to have determination to persevere and aim to achieve their goals.

Pupils need to be effectively educated about their bodies and understand how they work. It is important for children to understand the correct terms for body parts and use them from a young age. We know that many of children start puberty during their later primary school years and therefore need to understand what is happening and why, and to be prepared for this change. Misinformation is becoming a bigger problem in society as information is wrongly gained from sources online or from friends. Relevant, age-appropriate information will be provided and opportunities for children to ask questions in a safe environment.

What we teach:

The following outlines the statutory requirements from the Government that state what pupils are required to know by the end of primary school (the full list of statutory requirements can be found at <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>) :

- Mental well-being
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body and menstruation
- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

How we teach RSHE:

We believe that this is an important subject and should be taught throughout the year, every year in our Academy in order for knowledge to be built upon and skills developed. In order to do this successfully, we teach statutory requirements through a variety of subjects. We have adopted the jigsaw programme to teach a weekly PSHE lesson which covers many of the RSHE objectives and these also link to other subjects such as computing, science and P.E. Furthermore, to ensure that this knowledge is embedded thoroughly and that there are no gaps, objectives are mapped out as a weekly whole school approach and teachers deliver these through stand-alone lessons or discussions, as appropriate for each class. These are

developed to meet the needs of pupils, taking into account things such as the area and current issues. These objectives will be mapped out over the summer for the academic year 21-22, as this year we had to take into account lockdown and bubble closures.

Equal opportunities:

Children have equal opportunities and all children should feel comfortable and safe to ask questions, check their understanding and talk freely and openly in a respectful and understanding environment. We aim for every child to have a breadth of knowledge and skills by the time they leave Weelsby Academy in order to prepare them for Secondary school and enable them to flourish in our society. Please see our equal opportunities policy for more information.

Safeguarding:

Staff respect the rights of individuals, but have a duty to report any concerns relating to safeguarding directly to the designated lead. Pupils will always be made aware of this. Please see our safeguarding policy for more information.

How we assess:

There is no formal assessment of RSHE, however, if teachers feel an objective being taught is not thoroughly understood by pupils, the need is addressed in a small group or revisited as appropriate. As most of the work is done through discussions, there is plenty of opportunity to recap over the week. In jigsaw, children self-assess against objectives covered.

The Role of Parents:

We provide parents with opportunities to discuss the school's policy and practice. Parents will be informed about the timing of the delivery and offered an opportunity to look at resources. Parents are encouraged to discuss and ask questions. Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. Before granting any such request, the head teacher, RSHE lead and class teacher will be available to discuss the request with parents and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum.

Role of RSHE lead:

- Ensure the policy is implemented, has been read by staff and is available to parents.
- Monitor the policy on a regular basis, adapting where necessary.
- Ensure there is a whole-school approach to the teaching of RSHE.

- Ensure that members of staff are given training where necessary, to support in the effective teaching and learning of RSHE, and that staff are able to handle any difficult issues with sensitivity.
- To monitor the effectiveness of RSHE throughout the school and put in place anything necessary for further development.

Parental consultation held May 2021.

Review: The policy will be reviewed in September 2022, adapting as necessary for the academic year.