

# Christ Church CoE Primary School

## School Policy Document



### Relationships, Sex & Health Education (RSHE) POLICY

<b>Date Written</b>	September 2020
Date Approved by Full Governing Body	November 2020
<i>Signature of Chair of Governors</i>	
<b>Date of Next Review</b>	Autumn 2021

# Christ Church CoE Primary School



## Relationship, Sex & Health Education (RSHE) Policy

***This policy was formulated to meet the requirements of the Equality Act 2010.***

The Governing Body recognises its legal responsibilities under the Equality Act 2010. This policy will ensure equality and fairness regardless of race, sex (gender), sexual orientation, religion or belief, gender re-assignment, pregnancy and maternity, marriage and civil partnership, disability or age.

*Learning & Growing Together in FAITH, HOPE & LOVE.*

### INTRODUCTION

As a Church of England school, we believe that through the teaching of RSHE we help children and young people to understand and abound in *goodness and mercy*: in their relationship with themselves, in their relationship with others and in relationships with future intimate partners so that they may experience *"Life in all its fullness"* (John 10:10).

### Rationale and Ethos

From September 2020, Relationships Education will be compulsory for **all** pupils receiving primary education. Health Education will also be compulsory in all schools.

As a school community, Christ Church Primary School wholeheartedly supports the philosophy of RSHE and believes that it is best taught with a holistic approach, including personal development themes in our wider curriculum such as PSHE and citizenship education.

Our curriculum seeks to promote the spiritual, moral, cultural, mental and physical development of pupils as well as preparing them for the opportunities, responsibilities and experiences of adult life in a modern, digital age. As a Church of England school, the teaching of SRHE is also consistent with our Christian ethos and values, which seek to promote respect, tolerance, forgiveness, love, care and the diversity of families and relationships in our context and wider society.

Under the provisions of the Equality Act, schools must not discriminate against pupils because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (collectively known as the protected characteristics). Christ Church primary School will ensure that our RSHE curriculum is accessible for all pupils and should comply with the SEND Code of Practice.

As a school, we are aware we need to be mindful of and respectful to a wide variety of faith and cultural beliefs and we will make every attempt to be appropriately sensitive. It is equally essential that our pupils have access to the learning they need to stay safe, healthy and understand their rights as individuals.

Christ Church Primary School acknowledges that all children and young people deserve the right to honest, open and factual information to help better form their own beliefs and values; free from bias, judgement or subjective personal beliefs of those who teach them.

This policy and curriculum is based on RSHE documents and resources approved by the Diocese of Southwell and Nottingham.

### **Aims & Objectives**

The aim of RSHE is to help children build healthy friendships and positive relationships in an age-appropriate way. The overall objectives of RSHE within the curriculum are about raising awareness of attitudes and values, developing personal and social skills and promoting knowledge and understanding.

RSHE covers more than biological facts and information. It endeavours to help children develop self-esteem, self-responsibility as well as the acquisition of understanding and attitudes that will prepare children to develop caring, stable, healthy relationships. Appreciation of the value of self-respect, dignity, marriage, civil partnership and parental duty should be encouraged in all pupils together with the sensitivity to the needs of others, loyalty and acceptance of responsibility.

RSHE will look at aspects of diversity in an inclusive and non-judgemental way.

### **Parental rights to withdraw**

We are committed to ensuring that the education provided to pupils through our RSHE curriculum is appropriate to the age of pupils and compliant with the requirements of the Equality Act 2010 (Public Sector Equality Duty, PSED) and complies with the SEND Code of Practice.

At Christ Church Primary School, we recognise that parents/carers of our Primary school children - in accordance with statutory guidance - have the right to request for their child to be withdrawn from some or all of the *sex education* aspect delivered as part of the statutory RSHE. This does not mean that children can be withdrawn from relationships / health education lessons or that they can be withdrawn from the sex education that is taught through the National Curriculum as part of Science.

Parents who wish to exercise their right to withdraw their child from sex education must first initially speak to the heateacher about this. A formal request can then be submitted in writing to the Head Teacher. Christ Church Primary School will make reasonable adjustments and provide suitable work for their child during these sessions.

### **Policy Development**

This initial RSHE policy has been developed by the Senior Leadership Team and Governing Body.

In its first year of operation, the policy will be developed and improved through consultation with all members of our school community.

This will include:

- Children – *through the school council, circle time discussions, pupil voice surveys*
- Members of staff – *through staff meetings, consultation documents, surveys*
- Parents/carers – *by taking part in written consultations & parent meetings*
- Governors – *discussions at governor’s meetings and training*
- Diocese – *through guidance and training provided locally in accordance with the Church of England*
- Other partners – *such as visiting external providers in school (health, police, wider community, faith groups)*

This will ensure that the RSHE curriculum continues to meet the needs of pupils, staff and parents and that it is in line with current DfE and Church of England advice and guidance.

The Policy is available on the School website and from the School Office, on request.

A child-friendly information leaflet will be developed during its first year of operation.

### **Roles & Responsibilities**

**The Governing Body** has overall responsibility for statutory compliance by approving an RSHE policy to guide the work of the school. This policy is reviewed annually by the governing body who will monitor the application and outcomes of this policy to ensure it is working effectively.

**The Head teacher** – will work with the school community to formulate a policy and curriculum for approval and thereafter ensure that the policy agreed by the governing body is implemented. They will also identify and support a new RSHE Lead Teacher during the initial year of operation.

**The Lead teacher** will take responsibility for:

- working closely with colleagues in EYFS, KS1 and KS2 on delivering a spiral curriculum to ensure progression and that teaching is age-appropriate
- on-going Policy review and curriculum development involving pupils, staff, governors, parents/carers and relevant partners
- implementing the policy and monitoring / evaluating its effectiveness in practice
- Ensuring evaluation takes place and is fed back to the Head Teacher and Governing Body to inform policy review
- Assessing and coordinating training and support for staff and parents/carers, where appropriate
- Supporting staff in the development / choice of appropriate RSHE materials
- Liaising with external agencies to deliver any specific elements of the programme
- Monitoring and quality assuring delivery
- Ensuring that RSHE is fully represented at appropriate meetings

**Teaching Staff** - All teaching staff will be expected to be familiar with the RSHE themes and to incorporate them into their lessons. RSHE can be a sensitive issue and teachers may welcome support and training. Christ Church Primary School will make provision to enable teaching staff to clarify legislation, curriculum requirements and to consider appropriate teaching approaches and materials.

The school will support the use of visitors from outside, such as health professionals, police and voluntary sector, and other organisations to provide support and training to staff teaching RSHE.

**School Community** - The Governing Body expects everyone in the school community to respect the aims and objectives of this policy and to support Christ Church Primary School to promote them through their own behaviour and actions.

### **Curriculum Design**

**The RSHE curriculum will be taught through different strands of the curriculum including:**

- Our whole school long term (spiral) curriculum planning - topics
- Specific PSHE / RSHE / Citizenship lessons
- Assemblies and teaching with external providers (e.g. NSPCC)
- PE lessons
- Science lessons
- Theme days / theme weeks / awareness days

RSHE will be delivered to all students by:

- Teaching staff - supported by a variety of professionals, including where appropriate, the school nurse, police (etc) with expertise in specific topic areas.
- The RSHE curriculum – which is organised in a clear progression which develops themes / topics, taking into account the age and maturation of the children.
- Providing mixed-ability lessons / activities – to ensure inclusion of all pupils
- A variety of teaching and learning styles - to ensure effectiveness and differentiation

Across all ages, pupils will be supported to develop the following skills;

- Communication – speaking and listening, including how to manage changing friendships, relationships and emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required
- Informed decision making
- Self-respect and empathy for others
- Recognising and maximising a healthy lifestyle
- Managing conflict
- Discussion and group work

*Please note: Parents have the right to request withdrawal from all/part of the sex education element, but not from the biological aspects of human growth and reproduction that is part of the National Curriculum science.*

Our RSHE & PSHE curriculum has been developed drawing on the following resources:

- ‘Goodness & Mercy’ (written specifically for teaching RSHE in Church Schools)
- ‘Love & Sex Matters’ published by the Salisbury Diocese Board of Education
- ‘Learn4 Life’ produced by Wiltshire Healthy Schools

## **Goodness & Mercy**

*Goodness and Mercy* is a selection of RSHE resources written primarily for Church of England schools. It is named from the last line of the well-loved 23rd Psalm:

*“Surely goodness and mercy shall follow me all the days of my life  
and I shall dwell in the house of the Lord for ever.”*

The gifts of goodness and mercy are those that we hope will follow all our pupils all the days of their lives and will bring joy, peace and comfort. These resources seek to help children and young people to understand and abound in goodness and mercy: in their relationship with themselves, with others and with intimate partners so that they may have *“Life in all its fullness.”* (John 10:10).

These resources are written to meet both the mandatory requirements of the 2020 Department for Education guidance for RSHE, the Church of England Education Office Charter and the Section 48 Statutory Inspection of Anglican and Methodist Schools expectations.

The resource includes:

- Progression outcome statements for all key stages in the areas of health, relationships and sex education.
- Key knowledge organisers which outline what pupils/students should know and be able to do along with key vocabulary in each of the three areas
- Activity plans containing up to 7 planned sessions for each of the 3 areas at key stages 1 & 2.
- Material for staff training
- Additional resources such as planning for a parents meeting, managing parental right of withdrawal, guidance for governors meetings

## **Love & Sex Matters**

The *‘Love & Sex Matters’* KS1 & KS2 resources were written to meet the regulations set out in the DfE guidance, but also in response to the worrying statistics for teenage pregnancies and rising rates of sexually transmitted infections in young people in the UK. *‘Love & Sex Matters’* also takes into account recent research and campaigns by the Children’s Society and Mother’s Union and offers a teaching path that will deliver the Government recommendations within a framework of Christian values. The *‘Love & Sex Matters’* resources focus on enabling children to build positive self-esteem and realize their own worth as unique people. Good self-esteem is presented as a necessary foundation for building mutually satisfying and beneficial relationships. The writers of *‘Love & Sex Matters’* recognise that church schools have the responsibility to love, serve and protect the children they are educating.

## **Curriculum Content – Primary Schools**

By the end of primary school, pupils should know about:

- Families and people who care from them.
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

## **Physical Health & Mental Wellbeing**

Pupils will be taught about the characteristics of good physical health and mental wellbeing, of the benefits and importance of daily exercise, good nutrition and sufficient sleep, and that mental wellbeing is a normal part of daily life, in the same way as physical health.

By the end of primary school, pupils should know about:

- Mental wellbeing
- Online behaviour and safety
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- The changing adolescent body

## **Managing difficult questions**

It is inevitable that controversial issues may occur as part of RSHE. Such issues (e.g. divorce, single gender families, single-parent families) will be addressed with sensitivity and at a level appropriate to the age and developmental stage of the children being taught in an objective manner free from personal bias.

Consideration will be given to the potential for small group or 1-1 discussion for specific questions to be discussed. Account will be taken of different viewpoints such as different religious beliefs. Discussions will be set within the legal framework and pupils will be made aware of the law as it relates to these issues.

Children will be made aware that some information cannot be held confidential, and should understand that if certain disclosures are made, certain actions will ensue. At the same time, pupils will be offered sensitive and appropriate support.

## **Confidentiality and Child Protection**

It is inevitable that effective RSHE - which allows for open discussion to take place - may lead to disclosures from pupils. It is essential that staff teaching RSHE are completely familiar with the school child protection procedures. Pupil disclosures or suspicion of abuse must be followed up with the pupil concerned that same day and referred to the designated safeguarding lead or their deputy. Any disclosures or concerns will be dealt with in line with the child protection policy.

## **Links with other policies**

The RSHE policy should be read in conjunction with the following policies:

- Safeguarding – including Peer on Peer Abuse Policy and Online safety policy
- Behaviour & Anti-bullying
- SEND / Inclusion / Equality and Diversity