

# King's Cliffe Endowed Primary School

## RSHE Policy

**Policy Updated** – November 2024

**Review Date** – November 2026

**This policy will be reviewed by** – Laura Law (PSHE Lead)



Chair of Governors:

(signed)

*"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."*

### **What has changed?**

Under sections 34 & 35 of the [Children and Social Work Act 2017 Act](#), all primary schools (maintained, non-maintained and independent schools) in England will be expected to deliver Relationships Education from September 2020.

### **What is relationship, sex and health education?**

Relationship, health and sex education is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health.

It gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline. It supports the development of the personal skills needed by pupils if they are to establish and maintain healthy relationships. It also enables pupils to make responsible and informed decisions about their health and well-being.

### **Policy Aim**

This policy is a working document, which provides guidance and information on all aspects of RSHE in the school for staff, parents/carers and governors.

## **Morals and Values Framework**

The RSHE programme will reflect the values of our school alongside the values of the PHSE SMSC and the values based education. RSHE will be taught in the context of relationships as well as promoting self-esteem and emotional health and wellbeing. Which demonstrates and encourages the following:

- Self-respect
- Respect for others
- Responsibility for own actions
- Consideration for family, friends, school and wider community

## **Equal Opportunities**

King's Cliffe School is committed to the provision of RSHE to all of our pupils. Our program aims to respond to the diversity of our pupil's cultures, faith and family backgrounds.

This will be achieved by:

- Providing a trusting and safe atmosphere where questions can be asked and answered appropriately without embarrassment.
- Integrating RSHE into our PHSE and science curriculums.
- Setting working agreements with pupils to set up a safe environment.
- Providing information, which is easily understood, relevant and appropriate to the age and maturity of the pupils.
- RSHE programs will be delivered by adults, which are confident and trained in the area of topic.

## **Aims and Objectives for Relationship, Sex and Health Education at King's Cliffe School**

The aim of RSHE at King's Cliffe is to provide children with age appropriate information explore attitudes and values and develop skills in order to empower them to make positive decisions about their health related behaviour.

This should take place with consideration of the qualities of relationships within families.

The objectives of Relationship, Sex and Health Education are;

- To provide the knowledge and information to which all pupils are entitled.
- To clarify/reinforce existing knowledge and to address and misconceptions through direct information and discussion.
- To raise pupils' self-esteem and confidence, especially in regards to their relationships with others
- To help pupils understand their sexual feelings and behaviour, (in an age appropriate context) so they can lead fulfilling and enjoyable lives.
- To help pupils develop skills - language, decision making, choice and assertiveness – to enable all children to cope with the influences of their peers and the media.
- To provide the confidence to be participating members of society and to value themselves and others.
- To help gain access to (age appropriate) information and support.
- To develop skills for a healthier safer lifestyle.
- To respect and care for their bodies.
- To be prepared for puberty and adulthood.

### **The teaching programme for Relationship, Health and Sex Education Legal requirements.**

All schools must teach the following as part their science and/or PSHE curriculum. Parents *do not* have the right to withdraw their child/children (this will be covered in more detail further on).

### **RSHE Programme overview**

#### **Reception**

Children will learn about the concept of male and female and about young animals. In ongoing PSHE work, they develop skills to form friendships and think about relationships with others.

## **Key Stage 1**

Through work in science, children will learn about life cycles of some animals, understand the idea of growing from young to old and learn that all living things reproduce. They learn about the importance of personal hygiene to maintain good health.

In R.E. and Citizenship children reflect on family relationships, different family groups and friendship. They learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved.

They begin to co-operate with others in work and play and begin to recognise the range of human emotions and ways to deal with them.

They also learn about personal safety.

Specifically this will include:

- How animals, including humans, move, feed, grow, and use their senses and reproduce.
- How to recognise and compare the main external parts of the bodies of humans and animals.
- To know that humans and animals can reproduce offspring and these grow into adults.
- To recognise similarities and differences between themselves and others and treat others with sensitivity and respect.

## **Key Stage 2**

In science, children build on their knowledge of life cycles and learn about the basic biology of human reproduction including birth of a baby in years 5 & 6.

Children are taught about the physical, emotional and social changes at puberty, which include personal hygiene. In R.E. and Citizenship, they continue to develop an understanding of relationships within a family, between friends and the community and that there are different patterns of friendship. They will develop skills needed to form relationships and to respect other people's emotions and feelings. They will consider how to make simple choices and exercise some basic techniques for resisting pressures.

Relationship and sex education should focus on the development of skills and attitudes not just the acquisition of knowledge.

Specifically this will include:

- The life processes common to humans and other animals including nutrition, growth and reproduction.
- The main stages of the human life cycle.

### **Dealing with difficult questions**

Ground rules are essential to provide an agreed structure to answering sensitive or difficult questions. This framework facilitates the use of an anonymous question box as a distancing technique.

Teachers will endeavour to answer questions as honestly as possible but if faced with a question they do not feel comfortable answering within the classroom, provision would be made to meet the individual child's needs outside the classroom, either through parental discussion or the involvement of another organisation.

### **Ground Rules**

RSHE is taught in a safe, non-judgmental environment where adults and children are confident that they will be respected. Specific ground rules will be established at the beginning of the RSHE work, in addition to those already used in the classroom.

### **Inclusion**

Every child at King's Cliffe will receive RSHE regardless of ethnicity, gender, religion, age, culture, disability, sexuality, language special needs, disadvantaged and looked after children.

It is our intention all children have the opportunity to experience a programme of RSHE at a level which is appropriate for their age and physical development with differentiated provision if required.

### **Child Protection/Confidentiality**

Teachers are aware that effective relationship, sex and health education brings an understanding of what is and is not acceptable in a relationship and this may lead to disclosure of a child protection issue. If the member of staff believes that the child is at

risk or in danger or has concerns about any information disclosed then the staff member involved will follow the school Safeguarding policy and immediately inform the DSL. All staff are aware that confidentiality cannot be promised if concerns exist.

### **Right to withdraw**

Parents have the right to withdraw their children from all, or part of the RSHE curriculum, except for those parts included within the National Curriculum for Science, which are statutory. If a parent wishes to withdraw their child then they will need to make their request in writing to the Head teacher. During these lessons, the child/children may be sent to another classroom to complete alternative work, which will be set by the class teacher.

**Please note** – Parents and carers may NOT withdraw their children from Relationships Education or Health Education or the lessons, which form part of the National Curriculum for science.

### **Further information**

Kings Cliffe School is committed to inform parents when aspects of the relationship, sex and health programme are to be taught and to provide opportunities for parents to view the videos and resources being used upon request.

### **Links with other policies**

This policy is linked with the following policies:

- PSHE
- Equal Opportunities
- Child Protection
- Inclusion
- Behaviour
- Anti-Bullying

These policies can be found on the staff drive

### **How the Relationships, Sex and Health Education Programme is Monitored, Evaluated and Assessed**

We ensure that all pupils have equal access to the RSHE programme through a thorough process of monitoring, evaluation and assessment, which takes into consideration pupils' needs, maturity, age, ability and personal circumstances. Class teachers assess pupils' understanding and progress through formative and summative processes. These include pre- and post-topic mind maps, drawings, task outcomes, questioning and observation. At the end of the year, each year group reviews the RSHE programme they have implemented and pass on any comments to the RSHE leader as part of their monitoring cycle. The RSHE policy is reviewed on an annual basis taking into account the feedback from teaching staff and pupils. The RSHE subject leader will consider evaluations and recommendations before amending the policy alongside the head teacher and named governor.

RSHE issues will be included in the induction programme for all new members of staff.

### **Professional Development for Staff**

Staff are kept informed of developments in key aspects of RSHE, including links with safeguarding, inclusion, equality, child protection and anti-bullying, through regular training provided at staff meetings and INSET days.