



Achieve Believe Succeed
'They shall have life, life in all its fullness' (John 10:10)

RSHE Policy

Date Ratified	Review Date
October 2023	October 2024

Revision History

Date of Revision	Summary of Changes	Approved	Approved

Introduction

This Relationships Sex and Health Education (RSHE) Policy is based on the guidance document provided by the DFE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'. It states that high quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life. They can also enable schools to promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society.

RSHE focuses on the building blocks and characteristics of positive relationships, within this it will look at friendships, family relationships and relationships with other adults and children. Puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit).

Aims and Objectives

At Mossley CE Primary we want to uphold the Christian Values, British Values and the ethos of the school. Our aim is to provide pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community through the RSHE Policy and Scheme.

Objectives

- To provide the statutory Relationships and Health Education to all pupils
- To provide age-appropriate knowledge and information
- To clarify/reinforce existing knowledge
- To help pupils understand the changes that they will go through
- To develop skills for a healthier lifestyle and healthy relationships
- To be prepared for puberty and adulthood

Context and Delivery

RSHE is taught through the statutory requirements of the National Curriculum Science, which are mandatory; and through Personal Social Health and Economic Education (PSHE). RSE is an important part of PSHE Education (DfE, 2014) and to fulfil the requirements of RSHE we follow the 'Jigsaw' scheme of work which the school also uses for PSHE. The programme will be delivered throughout the year but during the Summer Term it will specifically look at some Sex Education aspects, although this could change due to circumstances within the class and be taught earlier in the year.

Class Teachers will deliver the RSHE sessions, and where appropriate, outside visitors such as the school nurse.

RSHE is usually delivered in mixed gender groups; however, there may be occasions where single gender groups are more appropriate and relevant.

Each class will have a charter for Jigsaw, this will be adapted for some aspects of the RSHE curriculum. This will be adapted by the teacher for the specific cohorts but may include; it's okay to not know, we use the correct names for body parts, we respect each other, no personal information or questions.

Relationships Education

Relationships Education in Primary School will cover 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships' and 'Being Safe'.

This will be covered through the Jigsaw Programme mostly in the 'Relationships' puzzle piece, some of the outcomes are taught elsewhere in the Programme for example in the 'Celebrating Differences' puzzle piece.

Health Education

Health Education in Primary School will cover 'Mental well-being', 'Internet safety and harms', 'Physical health and fitness', 'Healthy Eating', 'Drugs, alcohol and tobacco', 'Health and prevention', 'Basic first aid' and 'Changing adolescent body'

Also, the teaching of puberty and menstrual wellbeing are now a statutory requirement and sits within 'Changing adolescent body' strand.

The majority outcomes will be covered in the 'Healthy Me' puzzle piece, some of the outcomes are taught elsewhere in the programme.

At Mossley we have decided to use the Jigsaw Programme but also developed some of our own resources to teach Health Education to suit the children/cohorts in our school. These are for the outcomes in 'Changing adolescent body'.

Sex Education

The DfE Guidance (2019) recommends that all children 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.' However, Sex Education is not compulsory in Primary Schools.

At Mossley, we believe that children should understand the facts about human reproduction before they leave Primary School.

Withdrawal

We recognise that parents have the right to withdraw their child from Sex Education. Parents and Carers cannot withdraw their child from Relationships Education or National Curriculum Science sessions, these are mandatory. It is not possible to withdraw pupils from unplanned discussions on RSHE that may arise incidentally in other subjects such as Science.

If a parent wishes their child to be withdrawn from Sex Education lessons, they should discuss this with the Headteacher or Class Teacher, and make it clear which aspects of the programme they do not wish their child to participate in. The school always complies with the wishes of parents in this regard.

Overview of Puberty/Human Reproduction Sessions

The RSHE curriculum will be covered in the Jigsaw topics 'Relationships' and 'Changes', Mossley created resources and through our Science Curriculum.

The grid below shows what specifically children will be taught about puberty and human reproduction.

Year Group	Learning Intentions
Year 1	I can understand that parts of my body are private.
Year 2	I can name the main parts of boys' and girls' bodies.
Year 3	I can describe the life cycle of a human (foetus to elderly). I can describe the different things we need as we grow up.
Year 4	I can describe how boys' bodies will change as they go through puberty. I can describe how girls' bodies will change as they go through puberty.
Year 5	I can describe the changes that people's bodies go through during puberty and how we can look after our changing bodies. (Children will also label the male and female body parts in Science)
Year 6	I understand what a sexual relationship is and who can have a sexual relationship.* I can describe the process of human reproduction, from conception to birth.*

More detail on the scheme of work for RSHE are available on request.

For the statutory requirements of Relationship Education and Health Education please see <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>.

*You can withdraw your child from this session.

Parents/Carers

We will work in partnership with parents/carers to inform the development of the policy and be aware of the role that parents/carers take in the RSHE of their children. To consult the parents/carers and work together we will ensure the following happens.

- Inform parents/carers openly about the RSHE Policy and practice.
- Answer any questions that parents/carers may have regarding the Sex Education of their child.
- Take seriously any issues that parents/carers raise about this policy and the Sex Education delivery and arrangements.

Confidentially/Safeguarding

Teachers will deliver the sessions in a sensitive manner but cannot offer unconditional confidentiality. Any disclosures, references or indications of being involved in sexual activity or that the child may have been a victim of abuse will be referred to the Safeguarding Team who will follow the procedure in the Safeguarding Policy.

Inclusion

We will offer appropriate provision to the particular needs of all of our children including those with SEND, taking specialist advice where necessary. Teaching and resources may be differentiated in order to provide access to the content of Relationship, Sex and Health Education.

Equality

The Equality Act 2010 covers the way the curriculum is delivered, as schools and other education providers must ensure that issues are taught in a way that does not subject pupils to discrimination. Schools have a duty, under the Equality Act, to ensure that teaching is accessible to all children and young people, including those who are lesbian, gay, bisexual and transgender (LGBT). Inclusive RSHE will foster good relations between pupils, tackle all types of prejudice – including homophobia – and promote understanding and respect. The Department for Education have produced advice on The Equality Act 2010 and schools (DfE 2014b).

Monitoring and Evaluating

The RSHE subject leader is responsible for monitoring and evaluating the effectiveness of the teaching and learning in RSHE in collaboration with the Senior Leadership Team. It will be evaluated by assessing children's learning and implementing change if required. It may be changed due to the cohort of the children entering a year group. The governing body are responsible for monitoring the policy and reporting the findings.