



Muskham Primary School

Relationships, Sex and Health Education

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Signed _____

Mrs Amanda Crossland
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Chair of Governors

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Due Review Date: October 2025

1. 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 except independent schools.

As a school we wholeheartedly support the philosophy of RSHE and believe it is best taught as part of PSHE, Science and Computing. The programme 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 digital age.

Relationships and health education is compulsory in all primary schools, sex education is currently **not** compulsory in primary school; however the DfE continues to recommend that all primary schools should have a sex education programme that is tailored to the age and maturity of the pupils.

As part of the Education Act 2002/Academies Act 2010 all schools must provide a balanced and broad-based curriculum which promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, whilst also preparing pupils for the opportunities, responsibilities and experiences of later life.

All schools are required to comply with relevant requirements of the Equality Act 2010 and should pay particular attention to the Public sector equality duty (PSED). Under the provisions of the Equality Act, schools must not unlawfully 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). All schools must ensure that RSHE 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; equally it is essential that young people still have access to the learning they need to stay safe, healthy and understand their rights as individuals.

We acknowledge that all 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.

The RSHE Curriculum reflects our school strapline, 'A Village School with a World View' and our school vision which states we have a meaningful, balanced curriculum which prepares our children for a rapidly-changing world and we work to develop the skills and attitudes to enable the children to succeed in their school lives and beyond.

As a school, we are mindful of the fact that children need to be given the opportunity to express their opinions, and question the world we live in; as well as threading this throughout our curriculum.

2. Policy development process

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

- Review – the lead member of staff collated all relevant information including relevant national and local guidance
- Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
- Parents/Carers– parents/carers were encouraged to contribute by taking part in an online consultation
- Governors – discussions at governor's meetings, training and the allocation of a Link Governor
- Pupil Voice – school council members were consulted on the curriculum

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 advice and guidance. The Policy is available

- Online at <https://www.muskham.notts.sch.uk/policies/>
- From the school office

3. Parental rights to withdraw

We are committed to ensuring that the education provided to pupils in RSHE is appropriate to the age of pupils and compliant with the requirements of the Equality Act 2010.

We recognise, in accordance with statutory guidance, that parents have the right to request for their child to be withdrawn from some or all of the sex education but not from relationships education. Parents wishing to exercise this right must do so in writing to the Headteacher; we will make reasonable adjustments and provide suitable work for their child(ren) at this time.

4. Roles and responsibilities

The governing board – the governing board will approve the RSHE policy, and hold the headteacher to account for its implementation.

The Headteacher – has overall responsibility for the policy and its implementation and liaising with the governing body, parents/carers, LA and outside agencies and in identifying a lead teacher who will work closely with colleagues in related curriculum areas in order to complement and not duplicate content.

The Lead teacher will take responsibility for:

- Policy development and review involving pupils, staff, governors, parents/carers and relevant partners
- Implementing the policy and monitoring and assessing its effectiveness in practice
- Ensuring evaluation takes place and that this informs policy review
- Assessing and coordinating training and support for staff
- Manage all aspects of the RSHE programme developing curriculum materials where appropriate
- Monitor and quality assure the programme to ensure continuity and progression within the spiral curriculum

The staff

- Delivering RSHE in a sensitive way
- Modelling positive attitudes to RSHE
- Responding to the needs of individual pupils

Pupils

- Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with respect and sensitivity

5. Aims and objectives

The aim of RSHE is to help children build healthy friendships and positive relationships in an age appropriate way. The overall objectives of the RSHE curriculum are concerned 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 which 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.

6. Staff training

RSHE can be a sensitive issue and teachers may welcome support and training. Provision will be made available for 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 to staff teaching RSHE.

7. Curriculum design

The RSHE curriculum will be taught through:

- PSHE, Science, Religious Education and Computing lessons
- Circle Time and Assemblies
- External Providers e.g DARE, NSPCC, RNLI,

The RSHE curriculum is organised in a spiral curriculum which develops themes/topics, taking into account the age and maturation of the children. This means that topics are revisited in greater detail as students get older.

Across all key stages, students will be supported with developing 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
- Questioning

The curriculum will be taught using the following categories:

- Keeping Safe
- Online Safety
- Healthy Relationships
- Healthy Minds and Bodies
- Rights and Responsibilities

8. Content - Primary

Through an effective and creative curriculum and 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 and 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. Within the curriculum and 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
- Changing adolescent body

9. Monitoring, evaluation and review

To ensure the RSHE programme is effective in meeting the needs of pupils, and complies with the RSHE statutory guidance, the following strategies will be used to quality assure the programme of study:

- Evaluation self-review from pupils after specific topics or at the end of a key stage
- Comments from pupils and representatives from the pupil voice • Whole class discussions

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.

10. 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 those teaching RSHE are completely familiar with the child protection procedures. Pupils' disclosures or suspicion of abuse must be followed up with the pupil concerned that same day and referred to the designated safeguarding lead, and if not present, their deputy. They will deal with these disclosures or suspicions in line with the child protection policy.

11. Links with other policies

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

- Child Protection and Safeguarding
- Child on Child Abuse Policy
- Behaviour
- Anti-bullying

- SEND
- Equality and Diversity
- PREVENT

Sex Education - Addendum to RSHE Policy

The sex education content of the RSHE curriculum is delivered through Science and PSHE and is split between the subjects as follows:

- Science
 - Year 1 – Identify, name and label parts of the human body
 - Year 5 – Describe the life process of reproduction in some plants and animals including humans. Describe the changes as humans develop to old age; this includes puberty.
- PSHE
 - Year 6 - Body Changes
 - Nocturnal emissions
 - Menstruation

A range of teaching methods are used to teach sex education; these include use of video, discussion, Q & A.

Parents have the right to withdraw their child from the PSHE aspects of sex education, but not the National Curriculum for Science.

Dealing with difficult questions

Ground rules are essential to provide agreed structure to answering sensitive or difficult questions. There will be an anonymous question box available.

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 will be made to meet the individual child's needs.