

Hamstead Primary School

Relationships and Health Education Policy



Date adopted: January 2024

Rationale and Ethos

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

At Hamstead Primary School, Relationship and Health Education (RHE) is taught within a broader, carefully planned Personal, Social, Health and Relationship Education curriculum (PSHE), aims to gradually and appropriately prepare children for adult life, and ensuring the development of the personal skills needed by pupils if they are to establish and maintain relationships both now and in their future. The curriculum is designed to ensure that young people can make responsible and informed decisions about their own health and wellbeing. The curriculum, reflecting local needs, is also designed to build students understanding of how to keep themselves safe both now and in the future. The curriculum encourages students to develop their own ideas, opinions and beliefs whilst providing them with a safe place to discuss new ideas and concepts at an age and developmentally appropriate time.

The biological aspects of RSE are taught within the Science curriculum:

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird;
- describe the life process of reproduction in some plants and animals;
- describe the changes as humans develop to old age;
- recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.

There is no parental right to withdraw their child from these sessions.

Other elements of the curriculum are addressed through assemblies and the wider curriculum e.g. RE lessons.

We believe Relationship and Health Education (RHE) is a lifelong process of acquiring information, developing skills and forming positive beliefs and attitudes about relationships, providing pupils with the skills and knowledge to prepare them for decisions that they make throughout their lives. Relationship and Health education is the lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of developing stable and loving relationships; respect, love and care.

RHE at Hamstead Primary School, lays the foundations for factual knowledge and the more sexually explicit information required by young people in later years (secondary education). Effective RHE, set with PSHE lessons, encourages children to reflect upon and to develop their own values, attitudes, personal and social skills including awareness of the values of their own community and others, whilst understanding the beliefs and ideas of their peers and increase their knowledge and understanding, so that they are able to make informed decisions and life choices both now and in the future. This includes the positive benefits of loving, rewarding, safe and responsible relationships, emotional and physical changes to their bodies (including puberty), developing positive mental health and emotional well-being and develop the skills to be digitally safe.

Through teaching RHE, we as a school, do not encourage sexual experimentation, the taking away of a child's innocence, over-ruling the wishes or rights of parents or imposing ideas onto young people.

RHE is not about the promotion of sexual orientation or sexual activity – this would be inappropriate teaching. Instead, it is important for our pupils and our schools to ensure students can reflect upon their own beliefs, values and ideas in an age and developmentally appropriate way and to develop an understanding of other's ideas, beliefs and values.

Hamstead Primary School recognises that effective RHE is dependent upon partnerships at many levels; this includes between ourselves and parents, carers and guardians; children; the local authority including Public Health and health professionals; local faith communities and (where relevant) the voluntary sector.

All those who teach aspects of RHE within school, including visitors, are expected to be guided by the following values framework, which represents the values held in common by the whole school community.

The outcomes, intentions and values underpinning Relationship and Health Education are:

- To provide the knowledge, information and skills (at an age-appropriate time) to which all pupils are entitled to ensure that they are able to make informed decisions grounded in self-respect, confidence and empathy towards others.
- To clarify/reinforce existing knowledge and where arising, to dispel myths and misinformation by providing factually accurate and age-appropriate knowledge.
- To provide our pupils with the opportunity to ask questions (in a way that they are comfortable doing), express emotions and opinions and discuss issues openly and without embarrassment. This includes developing empathy to other's ideas and listen sensitively to other's opinions and ideas.
- To raise our pupils' self-esteem, mental health and emotional wellbeing, including self-confidence and resilience, especially in their relationships with others; to learn to manage emotions and relationships in a confident and sensitive manner.
- To help our pupils develop skills (including language development associated with RSE at an age appropriate time, decision making, choice, assertiveness) and making the most of their abilities.
- To provide the confidence to be participating members of society and to value themselves and others for who they are, not for what they have or what they can do.
- To help gain access to reliable and accurate information and support, including within the school, family, wider community and online.
- To develop skills for a healthy, safer lifestyle including the role of the family, stable and loving relationships, love, honesty, respect and care.
- To recognise and avoid exploitation and abuse including knowing what is and is not illegal in matters relating to sexual activity (in an age appropriate and sensitive way which does not instil fear in children).

- To develop and use communication and assertiveness skills to cope and make informed decisions and recognising the influences of their peers, the media including the internet and other influences.
- To value and respect difference and commonly held beliefs, in people’s religion, culture, sexual orientation, physical and mental ability and social background whilst being mindful of the influences of the media, stereotypes and discrimination and being sensitive to the needs of culture, religion and British Values.
- To respect and care for their bodies including body autonomy and the importance of consent.
- To be prepared for puberty and adulthood including learning and understanding of physical development, reproduction and associated emotional changes in an age appropriate manner.
- To be able to make good academic progress, as children who feel safe and supported are more likely to achieve higher standards.

The personal beliefs and attitudes of staff delivering RHE will not influence the teaching of Relationship and Health education in this school. Staff receive regular training in dealing with emotional and sensitive issues, including developing an emotionally safe environment.

Equal Opportunities Statement

The school is committed to the provision of RSE to all of its pupils. Our programme aims to respond to the diversity of children’s cultures, faiths and family backgrounds. Equal time and provision will be allocated for all groups but there may be occasions where children with Special Educational Needs are given extra support. Wherever possible, teaching of the curriculum will be in line with the protected characteristics defined in the Equality Act 2010.

Roles and Responsibilities

Those involved in the development of this policy include:

Headteacher	Remains responsible for the oversight of the curriculum and policies; dealing with issues concerning parental right to withdrawal their child from the curriculum.
Governing Body	Fulfilling the legal obligations on the part of the school, ensure pupils are making progress and the overall quality of the provision offered in the school.
DSL	Checking policy for safeguarding compliance and dealing with safeguarding matters as and when they arise.
PSHE Lead teacher	The development of the curriculum, delivering training and resources to key members of staff, ensuring where teachers are of informed of where children have withdrawn from some/all of the curriculum, monitor the teaching of the subject and work with partners including safeguarding lead, external partner groups and individuals.
Teaching and support staff	The delivery of lessons and key RHE messages, identifying and working with PSHE leads to address gaps in their knowledge, ensure that pupils withdrawn from the curriculum are educated elsewhere.

Parents/ carers/ guardians	To work in partnership with school - including being aware of school policies, ensuring schools are aware of issues arising around the wellbeing of their child and supporting learning within the home environment.
Pupils (where appropriate)	Express the wishes of their peers and contribute ideas into the school curriculum (as part of the student voice programme).

Legislation including statutory regulations and guidance

Documents which inform the schools RSE policy include:

- The Education Act (1996)
- Learning and Skills Act (2000)
- Equality Act (2010)
- The PSHE Association supplementary guidance SRE for the 21st Century (2014)
- Keeping Children Safe in Education: Statutory Safeguarding Guidance (as updated)
- The Public Sector Equality Duty.
- 'PSHE Education Programme of Study Key stages 1-5' (PSHE Association, 2017)
- The National Curriculum for Science (2015)
- Sex and Relationships Education Guidance DfE (2018 and 2020)
- Children and Social Work Act (2017)
- Subject specific research: Ofsted.

Related school policies include:

- Safeguarding guidance inc. 'Keeping Children Safe in Education' guidance
- Behaviour Policy
- Anti-Bullying Policy
- Equality Policy
- E-Safety Policy
- Extremism and Radicalisation in Schools Policy

Curriculum Design

Our RHE programme is an integral part of our whole school PSHE provision and supported by the statutory requirements as set out in the National Curriculum for Relationships Education, Relationships and Sex Education and Health Education (2018 and 2020) and Science. The curriculum model we use is based upon best practice as established by leading subject organisations including the PSHE Association which has a developed age-appropriate and inclusive approach to teaching RHE. Further detail of our curriculum can be viewed via our school curriculum planning on the school website or available on request.

We use a variety of resources including:

- **The Local Authority:** Approved curriculum model, the "Healthy Mind, Happy Me" curriculum which focuses upon developing student's mental health and emotional wellbeing. The themes addressed in the curriculum are included below.

- **School Nursing Team:** Approved by the local authority who deliver age appropriate classroom lessons in primary schools.
- **Picture News:** A nationally recognised PSHE and Citizenship focused resource which provides weekly resources focusing upon an issue in the news.

The Healthy Mind, Happy Me Curriculum model is designed to be used flexibly within the school to ensure issues are addressed in an appropriately and timely position and which reflects the needs of the pupils. This curriculum comprises of 6 key modules which are revisited during the pupil's time in the school, allowing young people to add to their thinking, skills and knowledge as they develop and mature in their thinking. Each module has a character linked with one of the 6 Sandwell towns and which reflect family structures within the borough. The characters are designed to be relatable to students and provide a vehicle for introducing the themes to pupils through the use of stories and activities. These modules are:

Theme	Description of topics	Themes addressed.
All About Me	Helping pupils to celebrate difference and manage emotions in a safe and healthy way	Self-awareness, understanding feelings, self-esteem and self-regulation
Friendships	Supporting pupils to think about the importance of friendships and social relationships in relation to their own wellbeing	Considering other people's emotions and perspectives; working together, social problem-solving
Resilience and coping	Helping pupils to develop resilience, looking after themselves and cope with change	Conflict management, positive coping strategies, reframing failure, facing adversity, self/regulation and self-control, responsible decision-making
Belonging	Building a sense of belonging through the development of secure relationships.	Celebrating differences, attachment, respecting others, culture, belonging and caring support
Being the Best Me I Can Be	Encouraging pupils to be effective learners using their personal strengths.	Effective learning; setting, planning and reaching goals, creativity, encouraging mastery goals, high expectations
My Wider World	Helping pupils to understand their place in the community and promoting connectedness.	Being a member of a community, celebrating community differences and similarities and cultural awareness.

In each year, we cover the following themes:

Year 3: Friendships; Belonging; My Wider World.

Year 4: All About Me; Resilience and Coping; Being the Best Me I Can Be.

Year 5: Friendships; Belonging; My Wider World.

Year 6: All About Me; Resilience and Coping; Being the Best Me I Can Be.

As part of our overall Safeguarding programme, on occasions, lessons and assemblies will be taught to address local safeguarding concerns and issues to ensure our pupils remain safe. Wherever possible, this information will be shared with parents.

We strive as a school to use resources from a variety of sources to meet the age and developmental needs of the class and adapt curriculum packages and lesson plans to address the needs of the children in the class.

External Speakers and Agencies.

Hamstead Primary School invites, as appropriate, various speakers to support and develop the curriculum provision. This may include, but is not limited to:

- DECCA (supporting issues around drugs, alcohol and smoking education)
- School Nurses Service (to deliver various aspects of health education)
- NSPCC to address issues around Safeguarding.
- West Midlands Police to address various safeguarding issues.

Other external speakers may be invited as appropriate to the curriculum and theme, with advice and support from trusted sources including other schools in the local authority and PSHE Advisory Teacher. All materials provided by the external agency will be viewed prior to being shown in class. All external speakers will be expected to follow school policies and will remain under staff supervision at all times.

Sex and Relationships Education

Hamstead Primary School has decided to deliver the 'puberty' element of sex education sessions; these sessions will take place in Year 5 during the Summer term and is delivered by the School Nursing Team. The sessions focusing on physical changes that take place during puberty; why these happen and how to manage them; emotional changes during puberty and the need for good personal hygiene. The intention of the sessions is to raise the awareness of pupils around their own bodies.

Parents continue to have the right to withdraw their children from these sessions only - apart from content covered in the National Curriculum for Science. Where a parent wishes to withdraw their child, this should be communicated with the school. Hamstead Primary School, would encourage parents wishing to do this, to contact the school to discuss this further. Where a child has been withdrawn from the curriculum, they will be taught elsewhere in the school.

*The Puberty sessions led by the School Nursing Team are delivered in mixed-gender groups and parental permission is sought before sessions are delivered.

Parents are unable to withdraw from lessons written and delivered as part of the National Curriculum for Science or part of Relationship or Health Education.

Safe and Effective Practice including answering sensitive questions

We will ensure a safe learning environment by following school policies. Staff will be trained in relation to developing a safe learning environment which includes safeguarding training, dealing with sensitive issues, confidentiality, agreed ground rules for a safe classroom environment shaped by students and by the use of distancing techniques from the personal experience of the student. No student will be required to give an answer as this undermines

the safe classroom experience; all students will be given the opportunity to raise questions anonymously e.g. anonymous question box in the classroom. All staff are supported by pre-prepared resources, training in the delivery of resources and supported by internal and external staff including, but not limited to the PSHE Lead, Safeguarding Lead, SLT, LA Advisor, Public Health funded projects and resources and nationally recognised curriculum organisations including, but not limited to, the PSHE Association.

During PSHE lessons and discussions, staff will establish clear ground rules in-conjunction with pupils to ensure pupils feel safe, supported and listened to. Wherever possible, lessons will be taught as a class with both male and female pupils present.

Teaching staff will endeavour to answer questions as openly as possible, but if faced with a question that they do not feel comfortable answering within the classroom, provision would be made to meet the individual's child/young person's needs. This could involve referring the child/young person to their parent/carer, School Nurse Service, the child/young person's doctor or to an established external organisation; it is important for the pupil to make a choice that is correct for them without prejudice. The teacher may make a referral or to seek advice from the PSHE Coordinator, Headteacher or Safeguarding Team wherever appropriate in the circumstances.

Safeguarding

All staff are trained in Safeguarding. Teachers are aware that effective RHE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. In this situation staff should follow internal safeguarding policies including informing the Safeguarding Lead. Prior to teaching, teachers will consult with the designated Safeguarding Lead to ensure that issues can be addressed prior to the teaching of the subject and appropriate differentiation can be made.

Occasionally, appropriate and suitably experienced and/or knowledgeable visitors (such as school nursing team) from outside school may be invited to contribute to the delivery of RSE in school. We actively work with Sandwell Metropolitan Borough Council approved providers to supplement the teaching of the subject.

All visitors will be familiar with and understand the school's RHE policy. This will be sent in advance of their visit or shared on-site prior to any session taking place. As part of school entry to site, visiting speakers will be given a copy of Visiting Guidance and signed into school with appropriate identification. Visitors will be supervised/supported by a member of staff.

The input of visitors is monitored and evaluated by staff and pupils. This evaluation informs future planning.

There may be times when a pupil wishes to confide in a teacher. It is the school policy that information may need to be passed on the Headteacher and/or Designated Safeguarding Lead if there is a risk of harm to the child. Pupils are informed that teachers cannot guarantee absolute confidentiality. The Headteacher/Designated Safeguarding Lead will decide what action to take to protect the best interests of the child, enabling action to be taken by other professionals if deemed necessary.

The school is committed to working towards equality, promoting positive approaches to difference, and fostering respect for people of all cultural and social backgrounds whatever their age, sexuality, faith, ethnicity, gender, disability or additional educational need and in line with the Public-Sector Duty (as set out in the Protected Characteristics guidance: Equality Act 2010). Developing positive relationships between pupils of all backgrounds is an essential aspect of the work of the school. We will ensure that all young people receive Relationships and Health education, and we will offer provision appropriate to the particular needs of all our students. We will respond to parental requests and concerns and will take specialist advice where necessary.

Engaging Stakeholders (including parents/carers/guardians and pupils)

The school recognises that the parents are key figures in helping their children to cope with the emotional and physical aspects of growing up and therefore have more responsibility in preparing them for challenges and responsibilities which sexual maturity brings. Hamstead Primary School believe in the importance of partnerships between all stakeholders to ensure that pupils grow up confident and cared for.

Parents are key partners in supporting the school to:

- Maintaining the culture and ethos of the family
- Teaching their children about Relationships and Health.
- Helping their children cope with the emotional and physical aspects of growing up and being a part of modern Britain.
- Preparing them for the challenges and responsibilities that sexual maturity brings
- Identifying issues

As part of the RSE curriculum we will support our parents to:

- Help children to learn the correct names of the body in a safe, age and developmentally appropriate way.
- Talking with their children about feelings and relationships.

Parents are encouraged to support the school's RHE policy.

Parental Right to Withdraw

Parents are unable to withdraw from lessons written and delivered as part of the National Curriculum for Science or taught as part of the Relationship or Health Education content.

Hamstead Primary School, would encourage parents with concerns around content, to contact the school to discuss this further. Where a child has been withdrawn from sex education lessons e.g. 'Changes' session in Year 5 - they will be taught elsewhere in the school.

Student voice in determining curriculum.

Throughout RSE and PSHE lessons, students can contribute to class discussions and debates – which allows them to reflect upon their own and other's ideas and opinions.

As part of the PSHE curriculum, pupils will be given the opportunity to voice concerns that they may have over the modern world and the implications in relation to this concerning relationships and modern technology. The curriculum will reflect and be adapted where relevant to ensure concerns raised can be addressed as and when they voice concerns through lessons and Class Ambassador and Wellbeing meetings. Pupils in Upper School may be able to voice opinions on resources / external agencies used and whether, on reflection, the curriculum content addressed their needs.

Monitoring and Evaluation

In the first instance, the PSHE/RSE Lead will be responsible for monitoring and evaluating the subject who will monitor the impact of the policy on pupils' learning and subject development. This will be reported to SLT and on occasions the Governing Board. All monitoring in the subject will be in accordance with school policy.

Policy Review Date

This policy will be reviewed annually to ensure compliance with new statutory guidance, Department for Education advice and guidance, and to ensure it continues to meet the need of pupils, staff, parents and the wider community.