



Holy Trinity C of E Primary Academy

Vision Statement

At Holy Trinity CE Primary Academy, inspired by and rooted in Christian values and teaching, we nurture each other to become aspirational, courageous, compassionate and joyful people.

The values of our school: Courage, Joy, Aspiration and Compassion

POLICY DOCUMENT	Relationship Education, Relationships and Sex Education (RSE) and Health Education
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Lead Member of Staff	Dorian Amor
Lead Governor (Monitoring)	Mark Gyllenspetz
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Chair of Governing Body/Sub-Committee signature	
Supporting documents	

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1. Policy Statement

PSHE and Relationships Education, Relationships and Sex Education (RSE) and Health Education at Holy Trinity supports life-long learning about health, sex, relationships and emotions. It helps prepare pupils for adult life by supporting them through their physical, emotional and moral development, and helping them to understand themselves, respect others and form and sustain healthy relationships. In line with our vision statement, Relationships Education, Relationships and Sex Education (RSE) and Health Education will be inspired by and rooted in Christian values and teaching, as we nurture each other to become aspirational, courageous, compassionate and joyful people.

2. Introduction

This policy was drafted in the light of Department for Education guidelines (July 2018). All schools must have an up-to-date policy which is made available for inspection and to parents.

The policy must:

- define Relationships Education, RSE and Health Education;
- describe how Relationships Education, Relationships and Sex Education (RSE) and Health Education is provided and who is responsible for providing it;
- say how Relationships Education, RSE and Health Education is monitored and evaluated;
- include information about parents' right to withdrawal from sex education but not from relationships education; and
- confirm the date by which the policy will be reviewed.

This policy explains the aims of Relationships Education, RSE and Health Education and how we teach RSE as part of the Personal, Social and Health Education and Citizenship framework. This is in addition to the statutory National Science Curriculum topics. It describes what we teach and the approaches we use.

This policy is made available to all staff, governors and parents, to ensure the whole community has a shared understanding on this important area of the curriculum.

3. Aims and Objectives

Relationships Education, RSE and Health Education is lifelong learning about physical, moral and emotional development.

To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts.

Relationships Education is about the understanding of the importance of friendships, family relationships, and relationships with other peers and adults, marriage for family life, stable and loving relationships, respect, love and care.

Relationships and Sex Education is about the teaching of sex education to meet the needs of our year 5 pupils to help them understand puberty and the changes adolescence brings and for the year 6 children to understand how a baby is conceived.

Health Education teaches the characteristics of good physical health and mental wellbeing and how pupils can support themselves and others and emphasize the benefits and relationship between good physical health and mental wellbeing.

4. Content of Relationships Education, Relationships and Sex Education and Health Education Programme

The main elements of the Relationships Education, RSE and Health Education programme are as follows:

Relationships Education

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health Education

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first-aid
- Changing adolescent body

For details of the subjects covered in these areas, see appendix 1

Relationships and Sex Education (RSE)

- Changes adolescence brings
- Menstruation
- Hygiene
- How a baby is conceived

Relationships Education, RSE and Health Education is taught within both the science and PSHE curriculum and where appropriate in other curriculum areas, including: computing, PE, DT (cooking) and Science

Relationships Education and Health Education is taught to all children throughout the school in a programme that is appropriate for the age, physical and emotional maturity of the children. Relationships are also addressed in Collective Worship and Religious Education, as well as when the need arises, during the school day. This is in line with our Christian ethos.

Children are taught in their classes, by the class teacher. Teaching is through guided class or group discussions and circle time. Children are encouraged to draw on their previous learning, practice their social and personal skills and to reflect upon their

individual beliefs and attitudes. Furthermore, understanding and skills concerning individual physical and emotional health, social development and personal safety are taught inclusively through a variety of studies in the course of children's time at Holy Trinity.

We also recognise developmental differences of children and the potential for sensitive one to one or small group discussions where appropriate. Any questions the children raise will be answered factually and with regard to moral considerations, taking into account the age and maturity of the child.

5. Ground Rules

Relationships Education, RSE and Health Education will be taught in a safe environment in which the children do not feel embarrassed or anxious about unintended or unexpected questions or comments from other children.

- no one (teacher or pupil) will have to answer a personal question;
- no one will be forced to take part in a discussion;
- only the correct names for body parts will be used; and
- meanings of words will be explained in a sensible and factual way.

6. Relationships and Sex Education

The DofE RSE guidance suggests that the teaching of sex education in primary schools is not compulsory. However, following consultation, we have chosen to teach some aspects of sex education and will continue to do so, although it is not a requirement.

Following consultation, we have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It ensures that both boys and girls are prepared for the changes adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived. Puberty and menstruation will be taught in year 5 and conception in year 6.

Contraception, IVF, abortion or sexually transmitted diseases, will not specifically be covered, however, if a child asks a question during the Year 6 programme we will give further factual explanation.

These sessions will be taught by the class teacher and, where possible, the school nurse, in the final term so children are prepared for the transition to their new schools.

In year 5, children watch the Channel Four 'All about us Living and growing' DVD, unit 2, changes, alongside the class teacher. Girls and boys then attend separate sessions on issues regarding menstruation, with the girls also covering the more practical aspects of the topic.

In year 6, children watch the Channel Four 'All about us Living and growing' DVD, unit 2, "How babies are made", alongside the class teacher and, where possible, the school nurse. Girls attend a separate session with a female member of staff or the school nurse on practical aspects regarding menstruation.

Aspects of hygiene, puberty and relationships are discussed as a whole class. The emphasis is on physical and emotional growth and development in preparation for adolescence, remaining sensitive to individual needs.

Following each lesson, children can write anonymous questions and place them in a box. Questions will be answered, for the whole class, by the school nurse or class teacher the following week. All questions will be dealt with in a sensitive but factual way.

Teachers will ensure that children are aware that while most issues can be kept confidential, their teacher may need to pass on some information if they consider the child to be at risk. Teachers also need to be mindful that if discussions raise issues of concern for a particular child, they should follow the academy's child protection procedures.

7. Evaluation and Assessment

Whilst there is no formal assessment instrument, assessment is an integral part of teaching Relationships Education, RSE and Health Education and enables teachers to measure what pupils have learnt and decide what to teach next. The program is evaluated to ensure it meets the changing needs of the young people and reflects the views and values of the school community; this is carried out both by teachers and pupils.

8. Equal Opportunities and Inclusion

The Relationships Education, RSE and Health Education curriculum has been developed to take into account the diversity of the school population and to meet the needs of the pupils at Holy Trinity. We have consulted with parents and carers to maximise their opportunity for influence over the content and delivery. The teaching materials we use are regularly reviewed to ensure their suitability. The pupils are taught in mixed sex groupings for most Relationships Education, RSE and Health Education lessons although teachers use single sex settings when this is thought to be more appropriate.

9. Working with Parents and Carers

Parents and carers have an especially important role to play in Relationships Education, RSE and Health Education; they need to feel confident that Holy Trinity's programme complements and supports their role. To enable this, parents and carers will be informed when the sex education lessons are to take place. An information session for parents is held to discuss the RSE programme.

The film, which the children will subsequently watch, will be shown to parents and carers and the content and teaching methods discussed. Opportunities will be given for parental discussion and questions. The school nurse can always be contacted to advise and support parents and carers in talking to their own children about sex and relationships. Books entitled, "What's happening to me?" are also available for parents to read with their children.

Parents and carers are informed of their right to withdraw their children from all or part of the sex education element of the programme. Parents who have concerns

about RSE are encouraged to talk to the class teacher to discuss the programme in detail.

10. The Role of The Headteacher

It is the responsibility of the headteacher to ensure that both the staff and parents are informed about our Relationships Education, RSE and Health Education policy, and that the policy is implemented effectively. It is also the headteacher's responsibility to ensure that members of staff are given sufficient training, so that they can deliver the Relationships Education, RSE and Health Education programme effectively, and handle any difficult issues with sensitivity. Training is available for teachers through school based and centrally provided INSET, through team-teaching and peer observation.

The headteacher monitors the policy and reports to governors, when requested, on the effectiveness of the policy.