

Park Street C of E Primary School & Nursery



PSHE Policy (Including Relationships and Health Education statutory from September 2020 and our view on sex education)

Version	1.0
Name/Department of originator/author:	
Name/Title of responsible committee/individual:	Governing Body
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Review frequency:	Annually
Target audience:	Parents

The governing body shall conduct the school with a view to promoting high standards of educational achievement.

Park Street Primary School is committed to eliminating discrimination, advancing equality of opportunity and fostering good relations between different groups. These factors were considered in the formation and review of this policy and will be adhered to in its implementation and application across the whole school community.

Park Street Primary School will promote the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs and will actively challenge any member of the school community expressing opinions contrary to fundamental British Values, including 'extremist' views.

Version	Date	Notes
V1.0	17/05/2021	Approved and Adopted by FGB
V2		

September 2020 update to PSHE to include relationship and health education. The foreword from the Secretary of State for Education

“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.” “This is why we have made Relationships Education compulsory in all primary schools in England...” “In primary schools, we want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.” “These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others’ wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society.” Secretary of State Foreword DfE Guidance 2019 p.4-5

Defining Relationships Education for Church of England Schools

In Park Street Church of England Primary School and Nursery, we want young people to flourish, become resilient and to gain every opportunity to live fulfilled lives. Relationship and Health Education (RHE) is about the emotional, social and physical aspects of growing up, healthy relationships, human sexuality and sexual/general health. It is also about the spiritual and moral aspects of relationships within the context of a Christian vision for the purpose of life.

Therefore, in CofE schools, relationships, and health education lessons will help pupils explore the foundation ethic expressed as “Love your neighbour as yourself” (Mark 12:31). Pupils will have considered how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect. Complying with the Equality Act of 2010, and promoting the fundamental teachings of British values.

“The Church of England and its schools are committed to an education that enables people to live life in all its fullness and fulfils the words of Jesus in John 10:10: “I came that they might have life, and have it abundantly.” As a Church of England school, we will implement the Christian message in our RHE curriculum of ‘love, joy and the celebration of our humanity without exception or exclusion where everyone is a person known and loved by God, supported to know their intrinsic value.’” (Valuing All God’s Children by The Most Revd and Rt Hon Justin Welby Second Edition Summer 2019).

How will RHE be taught in our school?

Curriculum

From September 2020: it will be statutory for schools to deliver Relationships Education in primary schools and to deliver Health Education, which covers the key facts about puberty and the changing adolescent body. Following these statutory requirements, RHE in Park Street C of E Primary School and Nursery will be delivered through the ‘Scarf’ scheme, which is produced by the charity Coram (Life Education). This has been adopted by the Governors. Below is a table of the Scheme of Work across the school outlining the units and objectives that will be taught and when:

Year/Term	1 Me and my Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Responsibilities	5 Being my Best	6 Growing and Changing
EYFS	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body healthy – food, exercise, sleep Growth Mindset	Cycles Life stages
Y1	Feelings Getting help Classroom rules	Recognising, valuing and celebrating difference Developing tolerance and respect	How our feelings can keep us safe Keeping healthy Medicine Safety	Taking care of things: My self My money My environment	Growth Mindset Keeping by body healthy	Getting help Becoming independent My body parts
Y2	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation	Growth Mindset Looking after my body	Life cycles Dealing with loss Being supportive
Y3	Cooperation Caring friendships (Includes respectful relationships)	Recognising and respecting diversity Being respectful and tolerant	Managing risk Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped	Keeping myself healthy Celebrating and developing my skills	Relationships Menstruation Keeping safe
Y4	Recognising feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment	Body changes during puberty Managing difficult feelings Relationships including marriage
Y5	Feelings Friendship skills, including compromise Assertive skills	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including staying safe online Norms around use of legal drugs (tobacco, alcohol)	Rights and responsibilities Rights and responsibilities relating to my health Decisions about lending, borrowing and spending	Growing independence and taking responsibility Media awareness and safety	Managing difficult feelings Managing change Getting help
Y6	Assertiveness Cooperation Safe/unsafe touches	Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour	Emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money	Aspirations and goal setting Managing risk	Keeping safe Body Image Self esteem

At Park Street C of E Primary and Nursery School, RHE is timetabled to be taught by class teachers for one hour each week.

Assessment

Assessing learning in RHE education will be used to demonstrate progress, and to identify future learning needs. Class-teachers will use a combination of teacher assessment for learning, through purposeful questioning in lessons (formative assessment) in addition to succinct 'I can' statements, to assess learning against each unit's key learning objectives (summative assessment). This will enable teachers to adapt lessons to suit the needs of pupils and provide opportunities for meaningful discussion and personalisation of units.

Relationships Education at Park Street C of E Primary School and Nursery

“Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child’s school will cover how to treat each other with kindness, consideration and respect.” (DFE)

By the end of Primary school, pupils will have been taught about:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious (DFE)

Health Education in Park Street C of E Primary School and Nursery:

“Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.” (DFE)

By the end of primary school, pupils will have been taught about:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

The Right to withdraw

“Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education” DfE Guidance p. 17

At Park Street C of E Primary and Nursery School, puberty is taught as a statutory requirement of Health Education and covered by our SCARF Growing and Changing Unit. We conclude from the DfE Guidance that sex education refers to Human Reproduction. We have omitted the three year 6 lessons that cover this aspect of sex education and therefore we will only be teaching statutory relationships and health education and statutory science education (no option to withdraw) as we believe this is best suited to the Park Street pupils. Therefore, the parent right to withdraw their child is not applicable. We are of course happy to discuss the content of the curriculum and invite you to contact admin@parkstreet.herts.sch.uk if you have any specific questions.

This policy has been drawn up following consultation with staff, governors and parents/carers, in line with Government directive for implementing and agreed RHE curriculum from Autumn Term 2020.

This policy was reviewed in May 2021 and will be reviewed annually thereafter.

This policy should be read in conjunction with the following policies:

- Child Protection Policy
- Positive Behaviour Policy, including anti-bullying
- Equality Policy and Statement
- SEND Policy
- DfE Keeping Children Safe in Education

Appendix A: Frequently Asked Questions

Will I be able to know more about the detail of the lesson units, individual lessons and resources before they are taught?

We wish to work in close partnership with you in this very important area of your child's learning and wish you to be as informed as possible to support learning or answer questions at home. Therefore we direct you to the year group "Knowledge Organisers" that briefly outlines the unit and content for the PSHE and RHE lesson each half term. You can also find the curriculum overview for RHE and PSHE lessons in this policy under "Curriculum" as well as on our website. The Progression of skills map can also be found on The Park Street C of E Nursery and Primary School website.

What if there is a particular personal or family circumstance that may link to an aspect of the learning?

As always we wish to be well informed about your child to support their learning and will invite you to speak with the class teacher or designated safeguarding lead if there is anything that you feel we need to be aware of so we can agree any adjustments or considerations in delivering the curriculum to your child or to the class.

How will children know not to talk about personal matters to their peers?

It is natural for children to be curious about their body and its development and to talk about this and their feelings and sometimes their worries with their friends. In all aspect of RHE learning teachers will, age appropriately, set 'ground rules' for discussion and start lessons by creating a safe, secure learning environment with clear boundaries; this is a key aspect of the 'SCARF' scheme the school has adopted for teaching RHE. Teacher resources include guidance for dealing with sensitive issues.

In Year 1 'ground rules' may include circle time rules so children learn to be respectful of each other

In Year 5 'ground rules' may include: not sharing our own or our friend's personal experiences

not asking personal questions

the right to 'pass'

As with all aspects of our teaching and learning, discussion will follow our values to respect each other and many aspects of learning will be depersonalised through role play and the use of scenarios.

What if I do not wish my child to take part in RHE lesson?

At Park Street C of E Primary and Nursery School, puberty is taught as a statutory requirement of Health Education and covered by our SCARF Growing and Changing Unit. We conclude from the DFE Guidance that sex education refers to Human Reproduction. We have omitted the three year 6 lessons that cover this aspect of sex education and therefore we will only be teaching the statutory relationships education and statutory science education (no option to withdraw) as we believe this is best suited to the Park Street pupils. Therefore, the parent right to withdraw their child is not

applicable. We are of course happy to discuss the content of the curriculum and invite you to contact admin@parkstreet.herts.sch.uk if you have any specific questions.

What aspects of RHE are covered by other statutory areas of the curriculum?

Park Street Primary has a statutory duty to teach the following National Curriculum Science Key Stage 1 and 2

Key Stage 1:

- name and locate parts of the human body, including those related to the senses (year 1)
- describe the basic needs of animals for survival and the main changes as young animals, including humans, grow into adults (year 2)

Key Stage 2:

- 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

Statutory Relationships and Health Education

By the end of primary school

- key facts of puberty and changing adolescent body particularly from age 9 – 11 years, including physical and emotional changes
- menstrual well-being including key facts about the menstrual cycle
- the importance of permission-seeking and giving relationships with friends, peers and adults
- that each person's body belongs to them and the differences between appropriate and inappropriate or unsafe physical or other contact.

Parents/carers do not have the right to withdraw their child from the above aspects of the statutory curriculum.

Will the school be using external professional to support RHE learning?

As with all areas of teaching, we hope to sometimes enhance children's learning with the expertise of outside agencies and professionals. In teaching aspects of this curriculum the school may invite health professional e.g. the school nurse, first aiders or wider agencies and their resources e.g. NSPCC to support learning for both children and their adult.

Some of the vocabulary that is being included appears to be very formal and not something we would use at home – why is this being introduced to children?

Key to our RHE teaching, is to ensure our children grow up to be safe and make informed choices. We believe that the best possible way to support this, is for children to know the correct names for their body parts so they may never use vocabulary that may cause offense or upset anyone and if they should they ever need to report a concern related to their body, the vocabulary they use will be clear. Research tells us that in some criminal cases some reports using informal terms can result in a lack of accuracy.

How does this curriculum support our school values and Christian ethos?

Our RHE curriculum follows statutory guidance. However, in selecting resources to support our learning teachers reviewed a variety of schemes and felt that the SCARF materials have clear focus on teaching the values of friendships, being respectful and tolerant, being kind.