



## Relationships, Sex and Health Education (RSHE) Policy

<b>Date policy ratified:</b>	July 2020	May 2024	
<b>Date for next review:</b>	July 2023	May 2027	
<b>Signed by Chair of Governors:</b>	<i>J Purcell</i>	<i>A Dougherty</i>	
<b>Signed by Head teacher:</b>	<i>L Almunshi</i>	<i>L Almunshi</i>	

### Rationale

At Tordedale Infant School we believe that education is a holistic process and that the development of the whole child is central to their well-being and achievement. Relationships, sex and health education is a lifelong process that begins informally in the home with parents and carers long before their journey through school commences. In school we aim to build upon the foundations laid within the home.

As with any area of learning, our teaching is aimed sensitively to the age and level of understanding of the children. The objective of this Relationships, Sex and Health Education policy is to;

- help and support pupils through their physical, emotional and moral development and
- learn to respect themselves and others and move with confidence through their lives to achieve their potential.

Relationships, sex and health education is therefore developed within the context of personal, social, health and emotional education; spiritual, moral, social and cultural education; science and RE.

### Aims

- To develop confidence in talking, listening and thinking about feelings and relationships.
- To ensure that opportunities are provided for children to develop their social skills.
- To promote children's confidence through the development of communication, decision making, personal relationships and strategies for managing change.
- To enable children to develop a positive self-image and encourage individual self esteem
- To enable children to explore the values and attitudes of themselves and others
- To assist children in their development as responsible members of the community

- To enable children to acquire basic awareness and knowledge about health and development of plants, animals and themselves.

### **Teaching and Learning**

The teaching of relationships, sex and health education at Tordedale Infant School will be through the curriculum areas previously mentioned and in the context of year group themes. The teaching of PHSE (mainly through our jigsaw programme), RE and Science will be the key vehicles for the teaching of RHSE.

#### **Jigsaw programme units are:**

Autumn 1	Being Me in My World
Autumn 2	Celebrating Differences (including anti-bullying)
Spring 1	Dreams and Goals
Spring 2	Healthy Me
Summer 1	Relationships
Summer 2	Changing Me (including sex education)

#### **FS areas of learning for RHSE are:**

- Marvellous Me
- People in my life
- Feelings
- Friendships
- Keeping safe
- My body –similarities and differences, including gender and race
- The beginning of life – plants, animals and me
- Ageing – old and young
- Babies – animals and humans and what they need
- Observation – growth of plants and animals in our environment

#### **KS1 areas of learning for RHSE:**

- Relationships – how we get along with each other, listening, sharing respect etc
- Feelings – what makes us happy, sad etc
- How to recognise and manage our feelings
- Change – what we need as we grow
- Families – what makes a family, how they care for us, differences
- Social and emotional aspects of learning
- Keeping safe – saying no, awareness of what is safe touching and what isn't
- Safe touch talks by the School Nurse in Y1
- Health care – hygiene, exercise, food, sleep
- People who help us – doctor, dentist, teacher etc
- Cultural differences –gender roles, families, traditions and customs
- Lifecycles of animals including humans
- Knowing our bodies – using proper terms for the parts of our bodies

## **Roles and Responsibilities**

### **The school**

The school will ensure that parents are kept informed of the curriculum. The teaching of RSHE is not explicit but more often embedded within different subject areas.

### **Governors**

In accordance with the Education Act 1996, the governing body will keep the school's policy for RSHE up to date and published, in consultation with parents. The policy will be reviewed on a 3 yearly basis. The school recognises that parents are the primary educators of their children and seek to support them in this task so that a firm foundation is laid in the children's knowledge and understanding of themselves in preparation for Key Stage 2.

### **Teachers**

At Tordedale Infant School we believe that the nurturing of the whole child is very important and that for a child to achieve academic potential it is important to nurture their physical, moral and spiritual well-being. Staff' beliefs and attitudes will not influence the teaching of the relationships, sex and health education curriculum. Teaching will be matched sensitively whilst children's questions will be answered sensitively and honestly, partnership with parents is essential and staff will consult with parents where appropriate.

### **Parents**

Relationships, sex and health education must be taught by all Primary schools, parents will not be able to request that their children are withdrawn from these subjects. The teaching of aspects of sex education is based on the judgement of individual schools. At Tordedale we believe that children should be taught the differences between males and females, the scientific names of male and female 'private parts' and the importance of these body parts being private (this will be taught through the jigsaw programme). If parents wish to request that their children are removed from these lessons they can do so.

## **Monitoring and Evaluation**

The Head teacher will monitor the implementation of the relationships, sex and health education policy. The policy will be reviewed and evaluated to ensure that the contents of the policy have been covered and the aims met, resources are appropriate and up to date and any necessary changes are made to ensure continuous development and improvement. Subject leaders will also monitor the teaching and learning in their subject in relation to relationships, sex and health education.

## **Equal Opportunities**

The school endeavours to provide equal opportunities to all children regardless of age, gender, ethnicity and ability including SEND and for those whom English is a second

language so that the needs of each child are considered when planning the curriculum to ensure an inclusive environment so that each child reaches his/her potential.

### **Safety and care**

The school is aware of the need to prepare children for their future lives. Their health and safety will be monitored through all aspects of school life.

### **Other related policies**

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

- PSHE
- RE
- Science
- SMSC
- Equality
- SEND
- Child protection
- Safeguarding