



Westgarth Primary School

RSE Policy

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. RSE DfE Guidance 2021

Intent

At Westgarth Primary School, we want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught RSE. This subject is designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated - these changes bring the content into the 21st century, so that it is relevant for your child.

Westgarth ensures that it has the flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

We hope to create independent, thoughtful citizens who are able to think critically, make well, informed decisions to support themselves and others.

What is RSE?

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, healthy lifestyles, diversity and personal identity.

RSE involves a combination of sharing information, and exploring issues and values.

RSE is not about the promotion of sexual activity.

Aims

The aims of Relationships and Health Education are to:

- provide a framework in which sensitive discussions can take place
- prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- help pupils develop feelings of self-respect, confidence and empathy
- create a positive culture around issues of sexuality and relationships
- teach pupils the correct vocabulary to describe themselves and their bodies

Statutory Requirements

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education.

Therefore, we are expected to offer all pupils a curriculum including requirements to teach science which would include the elements of sex education contained in the science curriculum.

In teaching RSE, we are required by our funding agreements to have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

At Westgarth we teach RSE as set out in this policy.

What We Teach

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.

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

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

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.

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

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

How We Teach It

At Westgarth, like other schools (RSE, DfE Guidance 2021), we choose to deliver RSE as part of our timetabled PSHE programme. In EYFS and KS1, PSHE lessons take place weekly for 30 minutes per session. In KS2, the children partake in PSHE lessons for 1 hour fortnightly. Each lesson will consist of spending a short time retrieving knowledge from previous learning, in line with our Teaching and Learning Policy, and will be followed by children exploring new learning and concepts.

As we move towards implementing the recording of PSHE and RSE in a 'floor book', we are able to spend more lesson time supporting and guiding in-depth discussions surrounding the big topics that we aim to cover as part of our curriculum. Research states that writing in a 'floor book' demonstrates and supports children's ability to perform shared thinking in a more formal way, which enables them to develop reasoning skills and recall other children's ideas and record them in the form of photographs, drawing and writing (ultimately, showcasing a more collaborative approach to our learning). Further to this, as Relationships Education covers some sensitive topics, we feel that recording our learning in a 'floor book' enables more time to be spent addressing any questions or issues that may arise during these carefully structured conversations.

In addition to this, in science lessons, we cover the development of humans in an age appropriate manner. For this aspect of the school's teaching, we follow the guidance material in National Curriculum 2014.

RSE in EYFS

Relationships and Health Education is taught in EYFS in line with the PSED area of the Early Years Framework. PSED is taught weekly in EYFS through planned lessons and through 'in the moment' teaching to support emotional and physical wellbeing. Relationships Education in EYFS equips the children with the crucial ability to form healthy friendships from the offset of them beginning school.

RSE in KS1 and KS2

The children in KS1 and KS2 follow the PSHE Association Scheme which has Relationships Education embedded throughout. This has been carefully mapped out on our PSHE Curriculum Map and can be found predominantly within the 'Relationships' strand of the curriculum, which is almost always taught within the Spring term.

As well as RSE being taught alongside the PSHE curriculum, the Primary Science National Curriculum also supports our RSE learning. In Key Stage 1 we teach children about how animals, including humans, grow and reproduce, and we also teach them about the main parts of the body and the accurate names for body parts. In Key Stage 2 we teach about reproduction, life cycles, changing bodies and evolution and inheritance. In Year 5 and 6 we place a particular emphasis on health education, as many children experience puberty at this age. Teachers do their best to answer all questions with sensitivity and care. The children receive a visit from the school nurse where she ensures that both boys and girls know how their bodies change during puberty, what menstruation is and how it affects women. We always teach this with due regard for the emotional development of the children.

Equal Opportunities and Inclusion

RSE must be accessible for all pupils. This is particularly important when planning teaching for pupils with special educational needs and disabilities who represent a large minority of pupils. At Westgarth, we are aware that some pupils are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. RSE can also be particularly important subjects for some pupils; for example those with Social, Emotional and Mental Health needs or learning disabilities. Such factors should be taken into consideration in designing and teaching these subjects. At Westgarth, we pride ourselves on having secure relationships with the children and we are confident that we are able to deliver this learning in a sensitive, differentiated manner which includes all children. Therefore, all children have equal access to the Relationships Education and Health Education that is embedded within our PSHE learning. It is important for all children to participate in valuable learning discussions in

relation to these topics that are carefully planned within our Westgarth PSHE Curriculum Map under the 'relationships section'. This will support the children on their journey to being ready to participate in the community and the wider world post school.

Rights as a Parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

As a school, we are required to consult with you when developing and renewing our policy on RSE. We value your opinion and welcome any opinions and discussion surrounding our RSE policy. The content coverage is available on our website, in the PSHE and RSE subject section. This will help you to learn when and what your child will be learning throughout the year, should you want to support this learning and discussion further at home. If you have any questions, please don't hesitate to contact us via the school office.

Assessment

Our assessment of RSE is achieved through:

- daily formative assessment throughout the year through; discussion and questioning with pupils and observation of pupils

Monitoring and Evaluation

The Subject Leader is responsible for:

- taking a lead in policy development
- monitoring the provision and development of the subject throughout the school
- supporting staff
- managing the RSE budget and resources

E Collins
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