



Primary: Relationships, Sex and Health Education (RSHE) Policy **Spring 2021**

This policy has been created through consulting with:

- Young people's sexual health services
- Parents / Carers - Consultation with over 30 Governors who are Newham parents / carers
- LGBT+ community - Individuals, groups and teachers who identify as LGBT+
- Councillors - Briefing and consultation with over 30
- Teachers - 80+ attended training, 55+ attended Network Meetings
- Other places - Birmingham, Redbridge and Tower Hamlets RSE Leads
- Governors & Trustees - around 130 attended training at Education Space on RSHE
- Faith groups - 20 survey monkey responses and meeting held with 30 Imams
- SACRE - 19 different individuals representing
 - Muslims - Sunni and Shia
 - Christians - Catholic and Protestant
 - Hindus
 - Buddhists
 - Jews
 - Sikhs
 - Humanists
- Pupils - carried out in December 2019 with three primary and three secondary schools, involving about 130 pupils
- SEND educational services
- DfE and Ofsted
- Head Teachers including Nursery Head Teachers

Person responsible for RSHE in school.....Swasthi Mahabeer / Mark North

Signature of Head teacherKate Mansfield

Signature of Chair of GovernorsMr Syed Ali Ahmad

Date ratified by Trustees.....Spring 2020

When the policy will be reviewedSpring 2024

Borough wide consultation taken place concerning the implementation of the 2020 guidance in RSHE (tick as appropriate)

Pupils	Parents / carers	Community groups	Faith groups	Local Councillors	Teachers	Ofsted	School governors	LA	Professional Associations
✓	✓	✓	✓	✓	✓		✓	✓	✓

School consultation taken place concerning the implementation of the 2020 guidance in RSHE

	Parents / Carers	Teachers	School Governors
Date	Nursery & Reception - Thursday 26th November on Zoom at 10.30 OR 3.45pm Year 1 - Tuesday 24th November on Zoom at 11:15am OR 3.45pm Year 2 - Tuesday 1st December on Zoom at 11:15am OR 3.45pm Year 3 - Wednesday 25th November on Zoom at 11:15am OR 3.45pm Year 4 - Tuesday 8th December on Zoom at 11:15am OR 3.45pm Year 5 - Monday 30th November on Zoom at 11:15am OR 3.45pm Year 6 - Thursday 3rd December on Zoom at 11:15am OR 3.45pm	January / February 2021	March 2021
What we did	Sharing of information sessions in year groups in Autumn 2020	Year Group Meetings	Ratified by Governors

Policy statement - Aims and objectives of RSHE

It is the intention of Curwen Primary School to teach high quality, age appropriate, pupil-sensitive, evidence-based RSHE that demonstrates a respect for the law and all communities that call Newham home. It is expected that RSHE in Curwen Primary School will help pupils to learn about themselves and the world they live in; giving them the skills, understanding and information they need for life. This will help them to stay safe and to flourish, not just in childhood, but for the rest of their lives. This is why RSHE is such an important part of the curriculum.

Statutory content: RSHE

By law primary schools are required to teach relationships and health education, alongside national curriculum science and within the context of safeguarding. Here at Curwen Primary School we acknowledge that parents / carers are a child's first and most effective teacher and so will ensure that we have annual meetings with parents or carers to share the RSHE curriculum as well as hear parents / carers concerns or questions. We are clear that our aim is to educate pupils about these important subjects alongside parents and carers.

National Curriculum Science

At key stages 1 and 2, the National Curriculum for science includes teaching about the main external parts of the body and the changes to the human body as it grows from birth to old age; this includes puberty, and sexual and asexual reproduction in mammals and plants.

At Curwen Primary School, Science is taught in line with the National Curriculum.

There continues to be no right to withdraw from national curriculum science.

Health Education (Physical Health and Mental Wellbeing)

The aim of Health Education is to give pupils the information that they need to make good decisions about their physical and mental health and wellbeing. The aim is that pupils will begin to understand how to regulate themselves and know when and how to seek support.

Puberty, including menstruation, will be covered in Health Education and should, as far as possible, be addressed before children begin puberty.

See appendices for full list of content.

There is no right to withdraw pupils from Health Education.

Relationships Education

The focus in primary schools should be on teaching the fundamental building blocks and characteristics of positive relationships, with family members, other children and adults. Lessons will be evidence based, age and culturally appropriate, based in the law and sensitive to the needs of pupils.

Subject content (see appendices for full list of content)

There is no right to withdraw pupils from Relationships Education

Safeguarding

Safeguarding is an important aspect of all of the lessons taught as part of RSHE in our school. Our Safeguarding Policy will be applied to and supported by all aspects of RSHE and any disclosures or issues arising as part of RSHE will be dealt with in line with our Safeguarding Policy.

Non-statutory RSHE

Sex Education that goes beyond National Curriculum Science

The Government and local advisors strongly recommend and Curwen Primary School has decided, after consultation with parents / carers, to teach Sex Education beyond that taught within the science curriculum. The school will be teaching about ‘how a baby is conceived and is born’ in year (5/6) following on from the National Science Curriculum, which teaches about sexual reproduction in mammals in year 5. Sex education at Curwen Primary School will be taught by trained staff in an age appropriate and sensitive way and we believe this will help to prepare children for their move to secondary school.

The right of parents / carers to withdraw their children from non-statutory RSHE

Parents / carers have a right to withdraw their children from non-statutory RSHE, following a meeting with a member of the Senior Management Team (SMT) to discuss their concerns and writing a formal letter. The school will document this process.

The non-statutory RSHE taught at Curwen Primary are:

- Year 4- Puberty
- Year 6 - Conception of a baby

Equality

The school will comply with the relevant requirements of the Equality Act 2010 and the Public Sector Equalities Duty (2014): schools must not unlawfully discriminate against pupils or allow children to be bullied because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (Protected Characteristics).

The delivery of the content of RSHE will be made accessible to all pupils, including those with SEND. Content taught will be determined by the stage, and not age, of pupils. Our school celebrates difference and diversity. The bullying of anyone for any reason is not acceptable. It is expected that our relationships education curriculum will lead to a stronger sense of community, mutual respect and give pupils a sense of responsibility. This will help, to keep Curwen Primary School a safe, inclusive and caring place for all, upholding the core values and ethos of the school.

Monitoring evaluation and assessment

- To ensure that the teaching and learning in RSHE is of the highest standard, it will be monitored by our RSHE curriculum leader and SMT.
- The class teacher will identify pupils’ prior knowledge by assessing children’s understanding at the start of lessons or topics.
- The class teacher will assess pupils’ learning and progress teacher feedback, development days /lesson observations / evaluation of curriculum, subject lead – lesson observation / book scrutiny / questionnaires to staff to evaluate support needed, pupil discussions, parent consultations – feedback on the curriculum, and learning walks carried out.
- The school’s assessment and feedback policy will be followed to evidence pupils’ learning and progress.
- This is important because pupil progress throughout the school is maximised.

Resources

The school will draw from a number of educational resources, for example, Christopher Winter Project, NSPCC PANTS (the underwear rule), HeadStart, and PSHE Association.

It is the role of the RSHE subject leader to ensure the curriculum is appropriate and to support class teachers in delivering the curriculum.

It is the responsibility of the class teacher to ensure that resources are appropriate and up to date for the teaching of RSHE.

RSHE curriculum lead teacher

Any queries about this policy should be addressed to the RSHE Leader.

Developed from materials shared with Jo Sell from Tower Hamlets LA and used with permission

Approved by: Newham LA; Newham SACRE, NAPNH and NASH

Appendix 1

Information about how and why RSHE will be taught at Curwen Primary School

- Why are we teaching RSHE?
 - Because it is the right thing to do.

Our children are growing up in an increasingly complex world with new opportunities, but also new challenges. We as a school want our pupils to flourish in the world they find themselves in and to work hard throughout all curriculum areas to give our pupils the skills and knowledge they need to do that. RSHE teaching is an important part of equipping our pupils for life in 21st century Britain, enabling them to embrace diversity, make the most of technology; understand the importance of, and develop the skills which lead to them being able to sustain healthy and strong relationships.
 - Relationships and health education is a statutory requirement for all primary schools in England. The Government, Ofsted and local advisors recommend that sex education (how a baby is conceived and born) is also taught in primary school.
 - At Curwen Primary School we have decided to teach sex education, ‘how babies are conceived and born’ because young people tell us that the school is a trusted place where they would like to learn RSHE (Sell 2019). Also, a recent consultation of secondary school students in Newham has seen 63% of year 10s say that they think that pupils should learn how a baby is made and born at primary school age. We believe that by teaching this topic here, it will help to equip our pupils for the transition to secondary school where they may learn about sex from less reliable sources such as friends or older children in the playground. The decision to teach sex education was taken following consultation with parents / carers and Governors.
- The teaching of RSHE at Curwen Primary School is informed by the law, national RSHE guidance and the national curriculum set out by the DfE as well as, the school ethos and policies already developed. Below is a list of some of the documents that have been taken into consideration when preparing this policy.
 - Statutory Guidance on RSHE 2019

*Relationships Education, Relationships and Sex Education (RSE) and Health Education
Statutory Guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers*
 - Equality Act 2010 and The Public Sector Equality Duty 2014
 - School ethos and educational aims.
 - The teaching of RSHE in Curwen Primary School is delivered within and influenced by all relating school policies
 - Behaviour Policy
 - Anti-Bullying Policy
 - TTLT The Single Equality Plan
 - TTLT Safeguarding Policy
- How will we ensure lessons are taught sensitively?
 - Puberty and menstruation and human reproduction and birth are seen as sensitive topics to teach in RSHE and therefore we will put in special measures to make sure that pupils feel at ease when talking about these topics.
 - Single sex classes for some lessons / all lessons so that children feel less self-conscious and students may be more relaxed and feel able to ask questions
 - Use of anonymous question boxes
 - Same sex teachers (where possible) for single sex groups

- How will we ensure communication with parents / carers?
 - Curwen Primary School work with parents / carers and want to communicate what is being taught in RSHE. Our aim is to offer a meeting at the start of each academic year to explain what will be taught, so that parents / carers can, if they wish, ask questions and then talk to their children ahead of lessons. This will allow parents / carers to be ready for any questions that their child may have concerning what they have learnt in school.
 - Our intention is to make these lessons as sensitive to the background of all our pupils as possible and our hope is that they will all remain in the lesson so that they learn facts from a teacher or nurse rather than second-hand in the playground. However, the school respects the right of parents / carers to remove their children from sex education if they wish. Parents / carers who wish to remove their children from sex education need to inform the school in writing, following a meeting with someone from the SMT to discuss concerns, and ensure alternative provision can be made for the child. This process will be documented.
- Who will be teaching RSHE?
 - The majority of RSHE will be taught by the child's class teacher. External experts e.g. school nurse may be used for specific sessions if appropriate.
- What materials will be used to deliver RSHE?
 - In Curwen Primary School we have chosen to use a variety of materials to deliver RSHE, from whichever source we think is best suited to our pupils. We do however use some resources from the Christopher Winter project, NSPCC and Medway.

Scheme of work

It is the aim of Curwen Primary School to provide all our pupils with high quality, pupils sensitive, evidence based and age and developmentally appropriate RSHE that is sensitive to our pupils background and needs. If there are any questions about what we teach and why then please contact Swasthi Mahabeer.

Approved by: Newham LA; Newham SACRE, NAPNH and NASH

Appendix 2

RSHE links to Curwen Curriculum

Explanation of terms:

Relationships, Sex and Health Education (RSHE), is the term most often used by schools in Newham. Health Education appears in the same set of guidance from the DfE (2019) is very closely related to Relationships and Sex Education and is often linked in lessons.

Relationships Education (Rel Ed)– this, along with Health Education (HE) is statutory in all primary schools and includes topics like the importance of positive relationships, families and friends, healthy eating and hygiene.

Relationships and Sex Education (RSE) – sexual reproduction in animals is taught as part of national curriculum science in year 5, human reproduction is often included at the end of key stage 2, following on from the science curriculum in year 5. Beyond that sex education is non-statutory in primary schools.

Lesson overview and long-term plan for primary RSHE

This long-term plan contains all the topics that the RSHE guidance says primary school pupils should know by the time they leave primary school.

School Year	National Curriculum subjects	RSHE Lesson Content
	That should be seen as part of the RSHE curriculum, but may be taught in other subjects, as well as part of a school wide, integrated or cross curricular approach to RSHE.	Following consultation with Governors, teachers, Councillors, parents / carers, children and young people. In line with the DfE Statutory Guidance for RSHE (2019)
Years 1-6		Caring friendships How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. How important friendships are in making us feel happy and secure, and how people choose and make friends. That healthy friendships are positive to others, and do not make others feel lonely or excluded. That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened and that resorting to violence is never right. The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.

School Year	National Curriculum subjects	RSHE Lesson Content
		<p>Respectful relationships</p> <p>The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>The conventions of courtesy and manners.</p> <p>That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</p> <p>Practical steps they can take in a range of different contexts to improve or support respectful relationships.</p> <p>The importance of self-respect and how this links to their own happiness.</p> <p>What a stereotype is and how stereotypes can be unfair, negative or destructive.</p> <p>The importance of permission-seeking and giving in relationships with friends, peers and adults.</p> <p>Families and people who care for us</p> <p>That families are important for children growing up because they can give love, security and stability.</p> <p>That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p>That stable, caring relationship, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.</p> <p>That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</p> <p>How to recognise if family relationships are making them feel unhappy or unsafe and how to seek help or advice from others if needed.</p> <p>The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p>

School Year	National Curriculum subjects	RSHE Lesson Content
		<p>Being safe Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <p>How to report concerns or abuse, and the vocabulary and confidence needed to do so.</p> <p>Where to get advice e.g. family, school and/or other sources.</p> <p>What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</p> <p>About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</p> <p>That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>How to respond safely and appropriately to adults they may encounter (in all contexts, including online) that they do not know.</p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult.</p> <p>How to ask for advice or help for themselves or others, and to keep trying until they are heard.</p> <p>Physical health and fitness How and when to seek support including which adults to speak to in school if they are worried about their health.</p> <p>Healthy eating The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours.</p> <p>Health and prevention The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</p>

School Year	National Curriculum subjects	RSHE Lesson Content
		<p>Basic first aid How to make a clear and efficient call to emergency services if necessary.</p> <p>Mental wellbeing That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and the scale of emotions that all humans experience in relation to different experiences and situations.</p> <p>How to recognise and talk about their emotions, including having a varied vocabulary to use when talking about their own and others' feelings.</p> <p>That mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p> <p>The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p> <p>Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).</p> <p>Health and prevention The facts and science relating to allergies, immunisation and vaccination.</p> <p>Changing adolescent body Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</p> <p>About menstrual wellbeing including the key facts about the menstrual cycle.</p>

School Year	National Curriculum subjects	RSHE Lesson Content
	<p>Computing Use technology safely, respectfully and responsibly, recognise acceptable / unacceptable behaviour, identify a range of ways to report concerns about content and contact</p>	<p>Online relationships That people sometimes behave differently online, including by pretending to be someone they are not. That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous.</p> <p>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p> <p>Internet safety and harms About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</p> <p>Why social media, some computer games and online gaming, for example, are age restricted.</p> <p>Where and how to report concerns and get support with issues online.</p> <p>Online relationships How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p> <p>How information and data is shared and used online.</p>
	<p>Computing Use technology safely and respectfully, keeping personal information private; where to go for help when they have concerns about content or contact on the internet</p>	<p>Internet safety how to keep safe online and seek help if needed That for most people the internet is an integral part of life and has many benefits.</p>
	<p>PE Learn how to lead healthy, active lives. Use running, jumping, throwing and catching in isolation and in combination Play competitive games.</p> <p>Able to engage in competitive and cooperative physical activities in a range of increasingly challenging situations.</p>	<p>Physical health and fitness The importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.</p> <p>The risks associated with an inactive lifestyle (including obesity).</p> <p>Physical health and fitness The characteristics and mental and physical benefits of an active lifestyle.</p>

School Year	National Curriculum subjects	RSHE Lesson Content
Year 3-4	<p>Science</p> <p>Identify that animals, including humans, need the right types and amount of nutrition and get nutrition from what they eat.</p> <p>Notice that animals, including humans, have offspring which grow into adults</p> <p>Find out about and describe the basic needs of animals, including humans, for survival (water, food and air)</p> <p>Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene</p>	<p>Healthy eating</p> <p>What constitutes a healthy diet (including understanding calories and other nutritional content).</p> <p>Health and prevention</p> <p>Safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</p> <p>Dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</p> <p>Personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p> <p>Growing and that people change as they grow.</p> <p>Good health and how eating the right sorts of food in the right quantities, drinking enough, air quality, exercise and hygiene has an effect on health.</p>
Year 5-6	<p>Science</p> <p>Describe the changes as humans develop to old age. Describe the differences in the life cycles of a mammal.</p> <p>Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals.</p> <p>Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.</p>	<p>Changing adolescent body</p> <p>Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</p> <p>About menstrual wellbeing including the key facts about the menstrual cycle.</p>
Year 5-6		How babies are made and are born

DfE 2019

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

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