

CRESTWOOD PARK PRIMARY SCHOOL



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

Policy Owner: Headteacher

Reviewed By: Staff and Governors

Date of Last Review: September 2023

Frequency of Review: Annual

## Introduction

Our children 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 too.

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 Relationships Education is compulsory in all Primary Schools and why we have adopted this policy at Crestwood Park.

PSHE is the umbrella subject and RSHE (Relationships and Health Education in Primary) sits within this.

## Our Vision

Our PSHE and RSHE curriculum sets the foundations for our children's future relationships; ensuring they know how to be healthy and safe. The well-being of our children is at the heart of everything we do. Regular circle times ensure we can discuss openly our thoughts and feelings. Themed events, such as 'Healthy Eating' and 'Well-Being' days promote further our key messages about being safe and healthy.

## Aims

- We want our teaching to put into place the key building blocks of healthy, respectful relationships focusing on family and friendships, in all contexts, including online.
- We will teach about what is legal within our country in terms of relationships.
- Our teachers will present views on different types of relationships. We are presenting views, not promoting them.
- We will give our children the information they need to make good decisions about their own health and well-being.
- Our PSHE and RSE teaching aims to develop successful learners who enjoy learning and are confident individuals who are able to live safe, healthy and fulfilling lives.

## Details of our content:

PSHE/RSHE will be delivered in weekly timetabled lessons in addition to assemblies which also promote our values and the well-being of our pupils.

**We will follow the programme of study developed by the PSHE Association, of which we are a member.**

The Programme of study sets out the learning opportunities for each key stage. It is mapped directly to the content grids from the Statutory Guidance for Relationships Education, RSE and Health Education.

It allows us to cover the core themes of: ***Health and Well-being, Relationships and Living in the Wider World.***

Key knowledge end points have been identified at the end of every term for every year group.

In addition to this, some of the statutory topics will also be covered elsewhere within our curriculum. The table below identifies these **cross-curricular links**:

<b>Relationships Education</b>	
<b>Topic:</b>	<b>We will also cover in:</b>
<b>Families and people who care for me</b>	Religious Education- Key Stage 1. Foundation Stage.
<b>Caring friendships</b>	Religious Education- Key Stage 1. Well-being Days. Foundation Stage.
<b>Respectful relationships</b>	Our Assembly themes. Religious Education.
<b>Online Relationships</b>	Computing- E-Safety curriculum.
<b>Being Safe</b>	Computing.

<b>Physical and mental wellbeing</b>	
<b>Topic:</b>	<b>We will also cover in:</b>
<b>Mental Wellbeing</b>	Our assembly themes. Well-being days. P.E. Computing.
<b>Internet safety and harms</b>	Computing. Loudmouth theatre performances.
<b>Physical health and fitness</b>	P.E Mile Walk. Science. Well-being Days.
<b>Healthy Eating</b>	Healthy Eating Day. Science. Well-being Days.
<b>Drugs, alcohol and tobacco</b>	KS2 Science.
<b>Basic First Aid</b>	First Aid Training- outside provider.

It is obvious then that RSHE and Health Education complements several national curriculum subjects- such as: science, computing, R.E and P.E.

#### **Who delivers PSHE/RSHE:**

Class teachers have responsibility for the delivery of PSHE but where the delivery of a topic can be enhanced, we will work with external organisations and bring in specialist knowledge. All year groups receive workshops from our school nurse. Therefore, PSHE will not only be taught by class teachers but will also be delivered through the use of: medical practitioners, theatre groups (eg-Loudmouth theatre), assemblies and nurture groups.

#### **How the policy has been produced:**

Staff have worked together to contribute to the 'Details of our Content' section in this policy and have ensured they are fully aware of the statutory requirements of this subject. Parents have been given the opportunity to understand the purpose and content of RSE.

### **SEND:**

RSE must be accessible of all pupils. This is particularly important when planning teaching for our pupils with special educational needs. High quality teaching that is differentiated and personalised will be our starting point to ensure accessibility.

We will ensure that our teaching and use of vocabulary is sensitive and age-appropriate in approach and content.

### **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 RSHE. Before granting any such request our Headteacher will discuss the request with parents. Our Headteacher will emphasize the benefits of receiving this important education.

### **Requirements/Regulations:**

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019 are made under sections 34 and 35 of the Children and Social Work Act 2017, and provide that pupils receiving primary education must be taught Relationships Education.

### **Safeguarding:**

At the heart of all subjects there is a focus on keeping children safe, and our school can play a part in preventative education. Keeping children safe in Education sets out that we should ensure children are taught about safeguarding, including how to stay safe online and being aware of the potential for sexual harassment, as part of a broad and balanced curriculum. Our curriculum at Crestwood Park ensures that pupils are aware of unwanted behaviours, such as sexual harassment, why these behaviours are inappropriate and how to respond in situations when these behaviours might occur.

Where we invite in external agencies to support delivery of a subject/topic, we will agree in advance with them of how a safeguarding report should be dealt with. All visitors to school are made aware of the designated safeguarding lead.

### **Updated:**

This policy will be updated annually or if and when statutory requirements alter.

### **Approval:**

Our governing board will approve this policy.