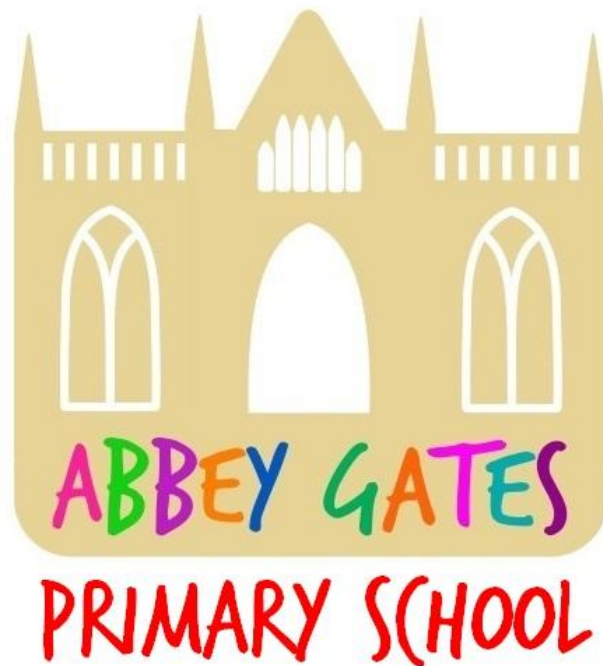


ABBHEY GATES PRIMARY SCHOOL



RSHE Policy

Relationships, Sex and Health Education

Last review: 2023-2024

Next review: 2024-2025

Introduction

Relationships Education is compulsory for **all** pupils receiving primary education and Relationships and Sex Education (RSE) is compulsory for all pupils receiving secondary education. Health Education is also compulsory in **all** schools except independent schools.

At Abbey Gates Primary School we wholeheartedly support the philosophy of RSHE and believe it is best taught as part of PSHE and citizenship education. Our programme seeks to promote the spiritual, moral, cultural, mental and physical development of pupils as well as preparing them for the opportunities, responsibilities and experiences of adult life in a digital age.

We aim to help all our children build healthy friendships and positive relationships in an age-appropriate way, raising awareness of attitudes and values, developing personal and social skills, and promoting knowledge and understanding. Our RSHE curriculum covers more than the biological facts and information – it endeavours to help children develop self-esteem, self-responsibility as well as acquiring the understanding and attitudes which prepare children to develop caring, stable, healthy relationships. To develop an appreciation of the value of self-respect, dignity, marriage, civil partnerships, and parental duty should be encouraged in all pupils together with the sensitivity to the needs of others, loyalty, and acceptance of responsibility. We will look at all aspects of diversity in an inclusive and non-judgemental way.

Whilst as a school we are aware we need to be mindful of and respectful to a wide variety of faith and cultural beliefs, and we will make every attempt to be appropriately sensitive; equally it is essential that young people still have access to the learning they need to stay safe, healthy and understand their rights as individuals.

We acknowledge that all young people deserve the right to honest, open and factual information to help better form their own beliefs and values, free from bias, judgement or subjective personal beliefs of those who teach them.

Policy Development

This policy has been developed to reflect the most recent Statutory RSHE guidance - [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/relationships-and-sex-education-rse-and-health-education) and was formulated in consultation with the whole school community with input from;

- Members of staff – through staff meetings and staff voice
- Governors – through discussions and regular reports at governors’ meetings and through in-school visits linked to personal development. Governors are also invited to attend relevant CPD.
- Parents/carers – Through parental consultation and working party with parent governors. Online form available on the school website for parents/carers to comment.
- Children – through the pupil parliament (Kindness Minister) and through pupil voice
- Other partners – visiting external providers in school such as PCSO, TETC Team, Healthy Family Team, wider community, NSPCC, LA Anti-Racism Education Programme etc

This policy is reviewed and evaluated throughout the academic year. It is updated annually.

Roles, Responsibilities and Staff Training

At Abbey Gates Primary School the RSHE programme will be led by the SEBCO/RSHE lead - Samantha Taylor. The RSHE lead will liaise with the governing body, parents/carers, Local Authority, and outside agencies and take responsibility for:

- Policy development and review
- Monitoring and assessing effectiveness in practice to inform policy review and development of the programme
- Assess and co-ordinate training and support for staff, parents/carers, where appropriate
- Liaise with external agencies to deliver specific elements of the programme
- Monitor and quality assure the programme to ensure continuity and progression with the spiral curriculum
- Ensure that RSHE is fully represented at appropriate curriculum and pastoral meetings
- Ensure parents/carers are aware of what is being taught, by whom and when
- Staff and/or Governor Training – RSHE can be a sensitive issue. We will support all our staff by making provision for teaching staff to clarify legislation, curriculum requirements, and to consider appropriate teaching approaches and materials. We will support the use of visitors from outside, such as health professionals, police and voluntary sector, and other organisations to provide support and training to staff teaching RSHE. We will ensure that all visitors have been quality assured in advance and only use reputable providers.

Confidentiality, Safeguarding and Child Protection

It is inevitable that effective RSHE which allows for open discussion to take place may lead to disclosures from pupils. We will ensure that all our staff are completely familiar with our Safeguarding and Child Protection procedures. Pupil’s disclosures and/or suspicions of abuse must be followed up with the pupil concerned, the same day and referred to the Designated Safeguarding Lead (DSL) or their Deputy without delay. The DSL or their Deputy will deal with these disclosures or concerns in line with the school’s policies and procedures.

Safeguarding is everyone's responsibility however all staff, governors, visitors, parents/carers, and pupils need to be aware of who to report to and how to report any safeguarding concerns. The Designated Safeguarding Lead/leads (DSL) and their Deputy/deputies in our school are: [Abi Quant-Epps, Sam Taylor and Keeley Howell](#)

The nominated Governors with responsibility for RSHE are: [Ken Fallows/Francesca Potter](#)

Curriculum design

RSHE is at the heart of the Abbey Gates curriculum. It is taught both through discrete lessons based on the 'Talking Points' scheme but is also woven across the curriculum through our 'Big Questions' which are set each term as part of our Discover, Explore and Create projects. Our curriculum is built upon our school ethos (Aim High and Be Kind – to ourselves/each other/the environment) and our 5Cs (Care, Compassion, Courtesy, Cooperation and Confidence). The RSHE curriculum is a spiral-based curriculum, meaning that the objectives taught to each year group are age-appropriate and progressive, building upon previous learning and taking into account the age and maturation of the children. This means that topics are revisited in greater detail as children progress through school.

Statutory content will be embedded across our curriculum and may be taught through:

- Discrete 'Talking Points' RSHE lessons
- Our 'Big Questions'
- Our existing curriculum subjects (e.g. science, RE, computing, PE etc)
- Sticky Questions which are set for homework and discussed in class each week
- Specific 'themed' days and weeks
- Themed assemblies
- External providers and visitors (e.g. NSPCC etc)
- Through individual, group or whole-class sessions with a member of staff in school (including our pastoral care lead, Lizzie Allsop and our Assistant SENDCO Amy Smith. These sessions are reviewed regularly by our 'STEP team'.
- Sex education in KS2 is delivered by a specialist RSE Consultant from Nottinghamshire County Council and is supported/followed up by teaching staff
- AREP – Anti-Racism Education Programme
- The Zones of Regulation

The programme will be delivered to all pupils through:

- Delivery by teachers / TAs
- External provider for Sex Education (KS2)
- External visitors with expertise on specific topics (e.g. NSPCC, Anti-Racism)
- By creating an environment where everybody feels able to discuss openly and honestly without fear of embarrassment or judgement
- Reminding pupils of who can offer confidential support (e.g. childline)
- Responding to local data and incidents and using this to inform priorities where appropriate

Across Foundation Stage and Key Stages 1 and 2, pupils will be supported with developing the following skills:

- Communication – speaking and listening, including how to manage changing friendships, relationships, and emotions
- Recognising and assessing potential risks
- Assertiveness
- Seeking help and support when required
- Informed decision making
- Self-respect and empathy for others
- Recognising and maximising a healthy lifestyle
- Managing conflict
- Discussion and group work

Curriculum Content

Through an effective and creative curriculum and by the end of primary school, pupils should know about;

- Families and people who care from them.
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Physical health and mental wellbeing

Our pupils will be taught about the characteristics of good physical health and mental wellbeing of the benefits and importance of daily exercise, good nutrition and sufficient sleep, and that mental wellbeing is a normal part of daily life, in the same way as physical health. Within the curriculum and by the end of primary school, pupils should know about;

- Mental wellbeing

- Online behaviour and safety
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

Further details of our RSHE curriculum plans can be found [by visiting the RSHE page on the school website](#)

Parental Rights to Withdraw

At Abbey Gates Primary School, we are committed to ensuring that the education provided to pupils in RSHE is appropriate to the age of pupils and compliant with the requirements of the Equality Act 2010.

We recognise, in accordance with the statutory guidance, that parents have the right to request for their child to be withdrawn from some or all of the sex education delivered as part of the statutory RSE (other than sex education in the National Curriculum as part of the Science curriculum), but not from relationships education at primary.

Parents wishing to exercise this right must do so in writing to **the Headteacher (Mrs Abi Quant-Epps)**. They will be invited to discuss their concerns but if they still wish to withdraw their child(ren) we will make reasonable adjustments and provide suitable work for their child(ren) at this time.

Sex Education

The DfE continue to recommend that all primary schools should have a sex education programme that is tailored to the age and maturity of the pupils.

In the Summer Term, workshops that support our learning in Relationships, Health and Sex Education are delivered by an external specialist across Key Stage 2, covering the content below. The parts in green indicate areas that are non-statutory and parents will be offered the opportunity to withdraw, prior to the sessions taking place, by following the procedure outlined above.

Year 3	Differences between boys and girls, naming body parts, families, good/bad touches.
Year 4	Naming body parts, introduction to puberty changes
Year 5	Puberty changes girls/boys, families of all kinds, reproduction within the context of loving relationships , healthy relationships, internet safety
Year 6	Re-cap on puberty changes, sex, reproduction and birth , abuse in relationships, internet safety

All other areas are statutory as part of the Science curriculum or Relationships / Health Education and **children cannot be withdrawn from these areas.**

Managing difficult questions

It is inevitable that controversial issues may occur as part of RSHE. We aim to address these issues with sensitivity and at a level appropriate to the age group and developmental stage of our pupils, considering any additional SEND, in an objective manner free from personal bias. Consideration will be given to the potential for small group or 1-1 discussion for specific questions to be discussed. Account must be taken of different viewpoints such as different religious beliefs. Discussion will be set within the legal framework and students made aware of the law as it relates to the issues being discussed.

Links with other policies

You may find it helpful to read this RSHE Policy alongside the other following school policies:

Policy	How it may link
Safeguarding Policy	Includes information about child protection procedures and contextualised safeguarding
Child-on-Child Policy	Includes details about how to recognise, report and respond to all forms of child-on-child abuse
Behaviour Policy	Includes details about the school's behaviour system including potential sanctions for pupils
Anti-Bullying Policy	Includes information about bullying behaviours and vulnerable groups
Online Safety Policy	Includes information about children's online behaviour and details about online bullying / cyberbullying
Equality Policy	Includes information about our school's approach to tackling prejudice and celebrating differences. Links to prejudice—related language and crime and the protected characteristics

Complaints Policy	Includes information about how to make a complaint if you are not satisfied with the school's response
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Further information and support can be found through the following links:

- Statutory RSHE guidance - [Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/relationships-and-sex-education-rse-and-health-education)
- Keeping Children Safe in Education - [Keeping children safe in education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/keeping-children-safe-in-education)

Monitoring, evaluation and review

To ensure our RSHE programme is effective, is meeting the needs of pupils and complies with the RSHE statutory guidance, the following strategies will be used to quality assure the programme of study;

- Evaluation self-review from pupils after specific topics or at the end of a key stage
- Comments from pupils and representatives from the pupil voice
- Whole class discussions
- Other monitoring activities in line with the school's QA calendar.

This policy is reviewed and evaluated throughout the academic year. It is updated annually.

Date approved by the Governing Body: 2023-2024

Date to be reviewed: 2024-2025