



WESTWOOD FIRST SCHOOL
POLICY FOR RELATIONSHIPS EDUCATION,
RELATIONSHIPS AND SEX EDUCATION, AND HEALTH EDUCATION

Intent

The objective of Relationships Education and RSE is to help and support young people through their physical, emotional and moral development. This policy, embedded within PSHCE Education, will help young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

Relationships Education and RSE will focus on teaching the fundamental building blocks and characteristics of positive relationships which are age-appropriate, with particular reference to friendships, family relationships, and relationships with other children and with adults, including online.

Implementation

Relationships Education and RSE is enhanced by our supportive school ethos, where all are valued and encouraged, positive relationships are seen as important and there is a safe and secure school environment which is conducive to learning. Attention is given to developing a safe and secure classroom climate and giving pupils time to reflect on and consolidate their learning

We follow Rights Respecting Schools guidelines which influence the ethos and teaching in our school. In addition to articles 13 and 29, PSHCE supports the following articles:

Article 24: You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

Article 34: You have the right to be free from sexual abuse.

The Relationships and RSE Curriculum

RSE is not delivered in isolation. Opportunities exist throughout the curriculum for promoting Relationships and RSE. Relationships and RSE is learning about physical, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, family life, respect, love and care. It is also about the teaching of sex, sexuality and sexual health, at a level appropriate to the needs and maturity of the children. It is not about the promotion of sexual orientation or sexual activity.

The teaching of Relationships Education and RSE helps young people develop confidence in talking, listening and thinking about the importance of healthy, loving and supportive relationships. A number of teaching strategies help this, including:

- Establishing ground rules with pupils
- Knowing how to deal with unexpected questions or comments from pupils
- Using discussion and project learning methods and appropriate materials
- Encouraging reflection

The Health Education Curriculum

The focus will be on teaching the characteristics of good physical health and mental wellbeing. Staff make it clear that mental wellbeing is a normal part of daily life, in the same way as physical health. This starts with pupils being taught about the benefits and importance of daily exercise, good nutrition and sufficient sleep, and giving pupils the language and knowledge to understand the

normal range of emotions that everyone experiences. This should enable pupils to articulate how they are feeling, develop the language to talk about their bodies, health and emotions and judge whether what they are feeling and how they are behaving is appropriate and proportionate for the situations that they experience

The school will lead the programme of Relationships Education, RSE and Health Education and may invite outside visitors in to support teaching and learning, e.g. school nurse, following the protocol for visitors. Staff are aware of the need for confidentiality and to handle sensitive and controversial issues carefully. The nature of this subject means that, at times, issues may arise that cause safeguarding concerns and staff are aware of the need to follow the child protection and safeguarding policies at all times.

Working with Parents

Our school seeks to work in partnership with parents to provide effective Relationships Education and RSE. Parents need to know that the school's Relationships Education and RSE programme will complement and support their role as parents. They do not have the right to withdraw their children from Relationships Education and RSE lessons, only from sex education. At Westwood First School, there is no specific sex education content up to Year 4 with the exception of the talk for Year 4 girls on menstruation for which we will seek parents' consent. Parents are welcome to discuss this before making a decision and should contact the Headteacher if they wish to do so.

Impact

Our RSE Curriculum is part of our PSHCE curriculum. It is planned to demonstrate progression and to make links with other subjects where appropriate. If children are showing a good understanding of learning during lessons and can recall key facts at the end of the unit, they are deemed to be making good or better progress. If they are finding learning difficult, support is provided as appropriate. This is recorded in our assessment information.

Additionally, we measure the impact of our curriculum through the following methods:

- Work scrutiny reflecting on standards achieved against the planned outcomes
- Pupil discussions about their learning

We will know we have succeeded when the children are developing secure knowledge and skills, and can make responsible, informed choices about their relationships which have a positive impact on their mental, emotional and physical health and well-being, and enable them to be mentally and emotionally healthy and happy.

Reviewed: Nov 2018 S Hey

Reviewed: May 2019 V Woollacott

Reviewed: September 2020 (in light of statutory changes in Relationships Education, RSE and Health Education from September 2020) T Morris

Reviewed: June 2021

Next review: Aut 2022