



Health & Relationships Education Policy

December 2019

Review date: September 2020

The guidance should be read in conjunction with:

- Lowerplace Primary Schools Safeguarding Policy, SEND Policy and Behaviour Policy
- Keeping Children Safe in Education (statutory guidance)
- Equality Act 2010

Introduction

This policy has been written with an emphasis on Parent Consultation. School Leaders have met with local faith leaders, Local Authority Advisors and Parents to design this aspect of the curriculum.

The outcome of the Parental Consultation is as follows:

- At Lowerplace Primary School, we will continue to provide a comprehensive PSHE curriculum using 'Jigsaw' resources and schemes of work. It was decided during the consultation that the **'Changing Me' section of the 'Jigsaw' scheme**, which covers sex education and puberty would not be used. **This has now been removed.**
 - We believe that pupils have an entitlement to learn about relationships, as part of their wider PSHE provision. We ensure that our programme is relevant to all pupils, and is taught in a way that is age and stage appropriate.
 - Our large and united staff team are committed to ensuring that every child has a happy and successful time in school. Our motto **'Inspire and Achieve Together'** is at the heart of everything we do. Our three school rules **'Ready – Respectful – Safe'** are modelled by our staff team and are reciprocated by our children. We live the values necessary for children to contribute positively to the world they will inherit and lead one day. Our children feel valued and accepted as individuals. Our aim is that they will be able to function in the wider community in which they have respect for themselves, others, and their environment. We are happy, hardworking and we enjoy what we do.
 - Our recent Ofsted inspection (May 2019) quality assured the work we do in school and provided evidence of the culture we have created to keep our children safe.
 - "A highly committed team is tenacious in monitoring all aspects of safeguarding for pupils, both in school and beyond. There are strong links with a wide spectrum of agencies and community representatives to ensure that the safety of children remains the highest priority."
 - "The pastoral team swiftly identifies the support needed for pupils and their families".
 - "The school's work to promote pupils' personal development and welfare is **outstanding**. This friendly and welcoming school values and celebrates the contribution of everyone."
 - "Pupils' conduct around the school and in lessons is often exemplary. Pupils are polite, courteous and welcoming to staff, each other and visitors."
 - "Staff cultivate positive relationships with pupils and have made sure that routines are well established. Pupils look to their teachers for inspiration and guidance and are keen to do their best."
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Policy Aims

In September 2020, all schools will be required to follow the statutory guidance for Relationships Education, Relationships and Sexual Education (RSE) and Health Education.

In our school, we will deliver HRE – Health & Relationships Education.

We want the children in our school:

- To feel safe
- To be kind
- To be proud of their identity
- To be heard and be able to share their experiences and knowledge demonstrating good levels of understanding
- To have the freedom to ask questions
- To be knowledgeable and have a clear understanding of diversity
- To feel respected and be able to show respect to others
- To be prepared for life and the challenges of living in Modern Britain
- To be able to celebrate and understand differences

We want the adults in our school:

- To feel safe and supported
- To be positive role models for children and young people
- To be able to answer questions confidently
- To be confident discussing issues around HRE
- To ask questions
- To access training
- To have access to high quality resources to support the delivery of HRE

We want our school community:

- To trust the school and understand our common goal is to prepare children and young people for the next stage of their life and education
 - To be confident discussing issues raised by HRE
 - To ask questions
 - To be positive role models for children and young people
 - To be proud of the identities represented in our school
 - To engage in open conversations
 - To be knowledgeable and confident to support children and young people
 - To acknowledge that we are all different and we are all equal
 - To share good news stories
 - To celebrate equality and diversity through active engagement in community events
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Age appropriately, the National Curriculum is followed and within the Computing, Science, Physical Education and PSHCE (Personal, Social, Health and Economic Education) children will be taught the subject content listed below. Through knowledge quizzes, the marking of work and teacher assessments, the children's understanding of these aspects of the curriculum will be assessed.

Health Education

Subject Content

Children will be taught:

- the characteristics and benefits of an active lifestyle.
- the importance of building regular exercise into daily and weekly routines and how to achieve this.
- the risks associated with an inactive lifestyle (including obesity).
- how and when to seek support including which adults to speak to in school if they are worried about their health.
- what constitutes a healthy diet (including understanding calories and other nutritional content).
- the facts about harmful substances and associated risks.
- how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.
- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
- about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- the facts and science relating to allergies, immunisation and vaccination.
- basic first aid.
- how to make a clear and efficient call to emergency services if necessary.

Relationships Education

The focus in Lowerplace Primary School is the teaching of the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.

This starts with children being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, children are taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy*.

**As agreed by the Parent Working Group during this policy's consultation cycle, personal privacy will be taught through the use of the NSPCC PANTS resources. The names of body parts will not be taught until Year 4 within mainstream education. However, should the need to teach the names of body parts arise in response to a behavioral or safeguarding incident prior to Year 4, this will be done on an individual basis with the consultation of parents/carers.*

Subject Content

Children will be taught about:

- Establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other, contact. Respect for others will be taught in an age-appropriate way, in terms of understanding one's own and others' boundaries in play, in negotiations about space, toys, books, resources and so on.
- the features of healthy friendships, family relationships* and other relationships e.g. happiness and security. This will also help them to recognise any less positive relationships when they encounter them.

* As agreed by the Parent Working Group during this policy's consultation cycle, Relationships Education at Lowerplace Primary school:

- does not include the use of 'Stonewall' Resources or anything similar
- does not involve the teaching of differing types of adult relationships e.g. same sex
- does involve children having their own circumstances acknowledged and celebrated without labelling
- does empower each individual child to feel proud of their identity and family circumstances. Families can include for example, single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents and carers amongst other structures. Care will be taken to ensure that there is no stigmatisation of children based on their home circumstances and teachers will be sensitive to children who have a different structure of support around them; for example, looked after children or young carers.

The principles of positive relationships also apply online especially as many children are using the internet independently. When teaching relationships content, teachers will address online safety and appropriate behaviour in a way that is relevant to pupils' lives. Teachers will include content on how information and data is shared and used in all contexts, including online; for example, sharing pictures, understanding that many websites are businesses and how sites may use information provided by users in ways they might not expect.

Puberty & Reproduction Education

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools and Lowerplace Primary School therefore will focus on Relationships Education as detailed above and **will not be teaching Sex Education**.

* As agreed by the Parent Working Group during this policy's consultation cycle, through the PSHCE curriculum, Puberty will be taught to children in Year 5 in one lesson when it is deemed appropriate by the class teachers. This will involve prior notification to Year 5 Parents and the option for these parents to view the teaching materials beforehand. Year 5 parents then have the option to withdraw their child from the Puberty lesson. **Parents are expected to view the materials before they will be given the option to withdraw their child.**

* As agreed by the Parent Working Group during this policy's consultation cycle, through the Science curriculum, Reproduction will be taught to children in Year 6 in the Summer term. This will involve prior notification to Year 6 Parents and the option for these parents to view the teaching materials beforehand. Year 6 parents then have the option to withdraw their child from the Reproduction lessons. **Parents are expected to view the materials before they will be given the option to withdraw their child.**

The national curriculum for science includes subject content in areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. During the Parent Consultation Cycle, the Parent Working Group deemed the materials the school will use for this aspect of the curriculum to be appropriate for our school community.

Lowerplace Primary School Relationships Curriculum	
Year 1	NSPCC PANTS resources, without the naming of body parts
Year 2	Animals, including humans, have offspring. This lesson will not cover reproduction.
Year 3	
Year 4	Recognise the physical differences between boys and girls and use the correct body part names.
Year 5	Puberty session.
Year 6	Different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals.

Managing Difficult Questions

Primary-age pupils will often ask their teachers or other adults questions which go beyond what is set out for Relationships Education. Given the ease of access to the internet, children whose questions go unanswered may turn to inappropriate sources of information.

In these situations, the following strategies will be used by teachers as appropriate:

- contacting parents
- including parents in the discussion with their child
- appropriate discussion on a one-to-one basis or in small groups
- referral to Lowerplace's Inclusion Team for intervention and parent consultation
- referral to Lowerplace's Designated Safeguarding Leads if a Safeguarding concern arises

Vulnerable Children and Children with Special Educational Needs

It is a priority for Lowerplace Primary School to make every aspect of the curriculum accessible to all children, including vulnerable children and children with special educational needs and disabilities (SEND). The Schools Inclusion Team support teachers to plan and differentiate lessons to ensure all children's needs are catered for and this involves individual parent/carer consultation. Parents are encouraged to contact the school if they have any concerns in relation to vulnerability or SEND.

Parental Right to Withdraw

As per the Department of Education Guidance, there is no right of withdrawal from any part of the national curriculum. At key stages 1 and 2, the national curriculum for science includes teaching about the main external parts of the body (taught in Year 4 at Lowerplace Primary School) and changes to the human body as it grows from birth to old age (taught in Year 5 and 6 at Lowerplace Primary School).

However, as detailed in this policy, parents/carers have the right to request that their child is withdrawn from the Puberty session in Year 5 and the Reproduction Sessions in Year 6 this year. Prior to these sessions being taught, parents will be invited in to look at the materials. At these meetings, parents can then withdraw their children if they wish. As this curriculum was designed by the Parents Working Group and deemed suitable, it is hoped that parents will not decide to request that their child is withdrawn.

The policy will be reviewed in September 2020, by considering the curriculum being delivered and the parent views. The policy review will incorporate the compulsory Department of Education Guidance which becomes statutory in September 2020. The National Curriculum for Science is detailed in the box below and parents will not have the right to withdraw from September 2020. Lowerplace Primary School is committed to work with parents to review the resources used to ensure they are appropriate.

National Curriculum Science Key Stage 2

1. that the life processes common to humans and other animals include nutrition, growth and **reproduction**
2. about the main stages of the human life cycle, including **puberty**

Approval of Policy

Headteacher: _____

Chair of Governors: _____

Policy to be reviewed: September 2020