

# **Limehurst Primary School**



## **Relationships & Health Education**

**Last Reviewed: September 2023**

**Next Review: September 2024**

## **Our School Vision**

Limehurst Community Primary School is a happy vibrant school where diversity and individuality are celebrated. We are passionate in our pursuit of excellence in all aspects of school life. We nurture and inspire children to develop confidence and resilience in an environment where efforts are valued and all children flourish.

## **Rationale**

The purpose of this document is to provide for teachers, parents and governors a clear summary of the role of Relationships Education and Health Education within the broad and balanced curriculum offered at Limehurst Community Primary School.

Relationships Education and Health Education are firmly rooted in our school's Personal, Social and Health Education (PSHE) and are also delivered as part of other curriculum areas including Science, Computing RE and PE. This policy links with other school policies such as the Behaviour/Antibullying Policy, Spiritual, Moral, Social & Cultural (SMSC) and British Values Policy, RE Policy, Equal Opportunities Policy, Safeguarding Policy, Staff Conduct Policy and Health and Safety Policy.

**We do not teach sex education other than that covered in the science curriculum.**

## **The policy will be used by:**

**Teachers**, who will look to it to guide their lesson planning and to put boundaries around the issues they can explore with children, and the range of ways that these can be explored;

**Parents**, who will look to see both the Relationships Education and Health Education curriculum content and the values the school is promoting;

**Health professionals, visiting speakers** and so on, who will want to know the aims, objectives and values the school's Relationships Education and Health Education promote, agreed teaching methodologies and boundaries for their work with children.

## **Aims and Objectives**

In adherence with the Education Act 2002 we provide a balanced and broadly-based curriculum which:

- promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and
- prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

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

All governors and staff recognise our duties under the Equality Act 2010 to:

- Eliminate discrimination, bullying and harassment aimed at protected characteristics as defined in the Act.
- Promote equality of access and opportunity within our school and within our wider community.

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At Limehurst Community Primary School, **Relationships Education** and **Health Education** are underpinned by the ethos and values of our school and we uphold them as an entitlement for all our pupils. The pupils will be encouraged to have due regard to moral considerations and the value of 'family' life. We recognise the need to work as a whole school community to ensure a shared understanding of **Relationships Education** and **Health Education** and the values underpinning them and to deliver an effective programme that meets the needs of our pupils, considering other faiths, abilities and backgrounds.

We aim to develop an understanding in our pupils of the biological, emotional, social, legal and moral aspects of sex and sexuality. We teach **Relationships Education** and **Health Education** within the wider context of building self-esteem, emotional well-being, relationships and healthy lives beginning in the Early Years through to Year 6.

### **The organisation of Relationships Education and Health Education**

Relationships Education and Health Education is led by the group derived from leaders in PSHE and supported by leaders of PE, Science, ICT, SEN and Healthy Schools. They are responsible for the overall planning, implementation and review of the programme. Leaders will endeavour to keep up-to-date with materials and guidance for Relationships Education and Health Education, in line with other curriculum areas. They may lead, organise or inform staff and the wider school community of training and current issues.

### **Relationships Education**

The **Relationships Education** curriculum will cover:

#### **Families and people who care for me**

Pupils should know

- that families are important for children growing up because they can give love, security and stability.
- 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.
- 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.
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

## **Caring friendships**

Pupils should know:

- how important friendships are in making us feel happy and secure, and how people choose and make friends.
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
- that healthy friendships are positive and welcoming towards 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.
- 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.

## **Respectful relationships**

- Pupils should know:
- 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.
- practical steps they can take in a range of different contexts to improve or support respectful relationships.
- the conventions of courtesy and manners.
- the importance of self-respect and how this links to their own happiness. 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. about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. what a stereotype is, and how stereotypes can be unfair, negative or destructive.
- the importance of permission-seeking and giving in relationships with friends, peers and adults.

## **Online relationships**

Pupils should know:

- 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. the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. how information and data is shared and used online.

## **Being safe**

Pupils should know:

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- 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. that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
- how to recognise and report feelings of being unsafe or feeling bad about any adult. how to ask for advice or help for themselves or others, and to keep trying until they are heard, how to report concerns or abuse, and the vocabulary and confidence needed to do so. where to get advice e.g. family, school and/or other sources.

## **Health Education**

The Health Education Curriculum will cover:

Mental wellbeing

Pupils should know:

- that mental wellbeing is a normal part of daily life, in the same way as physical health. that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- 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

- Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing
- 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). it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

### **Internet safety and harms**

Pupils should know:

- that for most people the internet is an integral part of life and has many benefits. 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
- how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
- why social media, some computer games and online gaming, for example, are age restricted. that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. where and how to report concerns and get support with issues online.

### **Physical health and fitness**

Pupils should know:

- the characteristics and mental and physical benefits of an active lifestyle. 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.
- 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.

## **Healthy eating**

Pupils should know:

- what constitutes a healthy diet (including understanding calories and other nutritional content).
- the principles of planning and preparing a range of healthy meals.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

## **Drugs, alcohol and tobacco**

Pupils should know:

- the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

## **Health and prevention**

Pupils should know:

- 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 enough 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 immunisation and vaccination.

## **Basic first aid**

Pupils should know:

- how to make a clear and efficient call to emergency services if necessary.
- concepts of basic first-aid for example dealing with common injuries, including head injuries.

## Changing adolescent body

Pupils should know:

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- about menstrual wellbeing including the key facts about the menstrual cycle.

The objectives for **Relationships Education** and **Health Education** will match the age and maturity of the pupils involved.

*We take guidance from the 'PSHE Association' Scheme of Work and this is placed within the context of talking about feelings and relationships.* Ensuring **Relationships Education** and **Health Education** are embedded within PSHE will ensure a focus upon self-esteem and respect for self and others. Through these subjects, we want to support all children to be happy, healthy and safe – we want to equip them for adult life and to make a positive contribution to society.

The **Relationships Education** and **Health Education** programme also include elements of the statutory **Science curriculum 2014**, which is **mandatory for all pupils**.

**Parents/carers are not able to withdraw their children from National Curriculum Science. (section 405 of the Education Act 1996)**

### National Curriculum Science 2014

#### Key Stage 1: Animals including humans

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
- Notice that animals, including humans, have offspring which grow into adults
- Find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

#### Key Stage 2: Animals including humans

- Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- Describe the life process of reproduction in some plants and animals.
- Describe the changes as humans develop to old age.
- Pupils should draw a timeline to indicate stages in the growth and development of humans.
- They should learn about the changes experienced in puberty.



## **Staffing**

Class teachers, with their understanding and knowledge about their pupils in terms of age, maturity, development, religious, cultural and special needs, are in the best position to deliver most **Relationships Education** and **Health Education**. Therefore, it is our aim that all teachers will be able to deliver the curriculum in their class, with support and training when needed. In the unlikely scenario of a member of staff expressing concern about teaching **Relationships Education** and **Health Education** they will be supported to ensure the delivery of the programme.

## **Visitors**

We welcome the support of visitors offering specialist support and links with the community. The school nurse, other health professionals and Theatre in Education groups, may be involved at different stages of the programme. Visitor sessions always complement the existing **Relationships Education** and **Health Education** provision and never replace or substitute teacher-led curriculum provision. The lessons are prepared with the visiting speaker and a teacher will remain with the class.

## **Training and Development Needs**

The **Relationships Education** and **Health Education** leaders will receive appropriate training to update knowledge and access resources. Leaders will share knowledge with all staff and governors whenever necessary. Training will include the appropriate ways to respond to issues and discussions raised by children in an informal setting and on issues related to confidentiality and child protection.

## **Curriculum Delivery**

Curriculum planning for Relationships Education and Health Education is part of the whole school planning process for PSHE and is informed by National Curriculum Science, Computing and PE.

We have:

- Designated PSHE curriculum times, which provide focused opportunities for raising specific issues in a safe and structured session.
- Cross-curricular links, when appropriate, will also be delivered in Science, Computing, RE, PE and History.
- **Relationships Education** and **Health Education** will be taught in mixed groups so that boys and girls are encouraged to work with each other. It is important that both boys and girls know about the experience of puberty for the opposite gender. However, there will be planned opportunities for single gender sessions in Y6 to explore puberty and these sessions are usually delivered by our school nurse.

## **Teaching and Learning**

Teachers and staff will use a range of strategies to deliver Relationships Education and Health Education. This will enable pupil participation and involvement in their learning and develop pupil's confidence in talking, listening and thinking about relationships and health.

These techniques include:

- Establishing ground rules with pupils - as in all aspects of PSHE a set of ground rules helps create a safe environment.
- Using 'distancing' techniques
- Knowing how to deal with unexpected or difficult questions or comments from pupils.
- Encouraging reflection.

## **Resources**

All resources are selected to ensure that they are consistent with the school ethos and values and support the aims and objectives of **Relationships Education** and **Health Education**. Care is taken to ensure resources comply with the school's Equal Opportunities Policy and are age appropriate and in line with the school's values.

## **Managing Difficult Questions:**

We recognise that some aspects of **Relationships Education** and **Health Education** for teachers, pupils, parents and the wider school community may be considered sensitive or challenging. **We respect the varied beliefs and values held by our school community, however, personal beliefs and attitudes will not influence the teaching of Relationships Education and Health Education.** Teachers and all those contributing to them are expected to work within our agreed values framework as described in this policy and supported by current legislation and guidelines. Pupils may ask explicit or difficult questions or seek information about specific issues. It is school policy to address these questions and provide information in a straightforward, **age and maturity appropriate way**. Questions do not have to be addressed at the time and can be addressed individually later. The school believes that individual teachers must use their own skill and discretion in these situations and refer to the Headteacher if they are concerned. An anonymous question box is advisable and 'open question' sessions will be avoided. The school nurse may be used to support this process. In this way, pupils will be offered reassurance and will have misinformation corrected.

## **Equal Opportunities and Inclusion**

Our pupils have different abilities based on their emotional and physical development, life experiences, literacy levels and learning difficulties, but we will aim to ensure that all pupils are properly included in Relationships Education and Health Education. Some pupils with SEN may be more vulnerable to abuse and exploitation than their peers, and others may be confused about what is acceptable public behaviour. These pupils may need to develop skills to reduce the risks of being exploited, and to learn what sorts of behaviours are, and are not, acceptable. Teachers may have to be more explicit and plan work in different ways to meet the individual needs of pupils with SEN or learning difficulties. It is helpful to remember to focus on activities that increase a pupil's assertiveness, communication and relationship skills, their self-esteem and understanding. Active learning methods and drama techniques can be particularly effective.

## **Monitoring and Evaluation**

The review and monitoring of this policy are the responsibility of the Relationships Education and Health Education Leaders and will include:

- Review of planning and guidance.
- Learning Walks

- Liaison with class teachers
- Pupil interviews and work scrutiny
- Regular audits of provision to ensure we are meeting the needs of all our pupils and delivering an effective programme. Teachers and pupils will evaluate the lessons to aid future planning.

### **Confidentiality and Child Protection**

Our school is committed to acting in the best interest of all the individuals within the school community. Pupils in our school will be constantly reminded of the benefits of confidentiality. Pupils will also be told, in **age and maturity appropriate** language that teachers can keep confidentiality except when the teacher is concerned about their safety or that of another child. When appropriate, children will be informed of sources of confidential help such as the school nurse (in a one-to-one setting) and 'Childline'.

Teachers and support staff are aware that teaching **Relationships Education** and **Health Education** can lead to pupil disclosures of possible abuse. All staff and visitors involved in the delivery of **Relationships Education** and **Health Education** are also clear that they cannot offer or give unconditional confidentiality to children in the school. All staff are aware of school child protection procedures and that any concerns must be reported to the Designated Safeguarding Lead, Deputy Designated Lead or directly to MASH in their absence. (see Child Protection Policy).

Staff will reassure pupils that, if confidentiality is broken, they will be informed first and supported.

### **Liaison with parents and carers**

Our school would like to share responsibility with parents and carers in the delivery of **Relationships Education** and **Health Education**. We are confident that good communication and sharing our philosophy, aims and purpose of **Relationships Education** and **Health Education** will enable parents/carers to support our programme.

### **Role of Governors**

The governors have been consulted on this policy and have ratified it.

### **Right to be Excused**

There is no parental right to withdraw from **Relationships Education at primary level** as we believe the contents of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught. There is also no right to withdraw from the statutory Science National Curriculum.

### **Implementation of policy**

This policy will be implemented and delivered by all staff. This policy will be reviewed in September 2024.

### **Links to Other Policies**

This policy should be read alongside all policies but more specifically:  
 Child Protection and Safeguarding of Pupils Policy and Procedure  
 Relationships Education and Health Education Policy  
 Anti-Bullying Policy

Equality Policy and British Values  
Online Safety Policy  
Staff Conduct Policy Behaviour Policy