

Redbridge Primary School

RED

“Resilience, Excellence, Determination”



PSHRE POLICY

Date Approved	Review Date
2 nd March 2023	Spring 2024



Primary Relationship, Sex and Health Education Policy



This model policy has been developed through consultation with: SACRE, Redbridge Faith Forum, an Equality rep working party, A Faith and Belief rep working party, Youth council, Parent Rep Working parties, Redbridge RSHE outreach services, Community consultation, Governors and trustees and Teachers:

Redbridge Primary School community has co-constructed this with:

Name of school: Redbridge Primary School

Person responsible for PSHRE in school: **Anu Morar and Rachel Targett-Adams**



Borough wide consultation taken place concerning the implementation of the 2020 guidance in RSHE (tick as appropriate)

Pupils	Parents/ carers	Community groups	Faith groups	Local councilors	Teachers	Ofsted	School governors	LA	Professional Associations
	✓	✓	✓		✓				

School consultation taken place concerning the implementation of the 2020 guidance in RSHE

	Staff	Parents/Carers	Children	School governors
Actions	Curriculum Audit 01/21 Staff Training/CPD Part 1 05/21 Staff Training/CPD Part 2 05/21 Admin Training/CPD 06/21 Medium Term Planning with Team Leaders 06/21 Wider Staff training/CPD 09/21	Information Sharing and Questionnaire 05/21 Information Meetings 07/21	Pupil voice Survey 06/21	Policy Approval 07/21 Information Presentation 07/21

Contents

Aims and Objectives - RSHE	4
Statutory Content Primary – RHE	6
National Curriculum Science	6
Health Education.....	7
Relationships Education.....	7
Safeguarding	8
Non - Statutory RSHE	8
Parent/Carer right to withdraw their children from non – statutory Sex Education	8
Definitions.....	9
Relationship Education - Primary.....	9
Sex Education – Primary	9
Health Education – Primary	9
Equality	9
Faith sensitivity	10
Organisation of Teaching, Assessment & Review	10
Teaching approaches to PSHRE.....	8
PSHRE strands at Redbridge Primary School.....	8
Long term overview at Redbridge Primary School.....	9
What training will staff be given?.....	9
Resources.....	10
PSHRE Lead.....	10
Appendix List.....	10

Relationship, Sex and Health Education Model Policy

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Contents

Aims and Objectives - RSHE	4
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National Curriculum Science	6
Health Education.....	7
Relationships Education.....	7
Safeguarding	8
Non - Statutory RSHE	8
Parent/Carer right to withdraw their children from non – statutory Sex Education	8
Definitions.....	9
Relationship Education - Primary.....	9
Sex Education – Primary	9
Health Education – Primary	9
Equality	9
Faith sensitivity	10
Organisation of Teaching, Assessment & Review	10
Teaching approaches to PSHRE.....	8
PSHRE strands at Redbridge Primary School.....	8
Long term overview at Redbridge Primary School.....	9
What training will staff be given?.....	9
Resources.....	10
PSHRE Lead.....	10
Appendix List.....	10

Aims and Objectives - PSHRE

It is the intention of Redbridge Primary School to teach age appropriate, pupil sensitive, evidence based PSHRE, that respects the law and all communities that call Redbridge home.

At Redbridge Primary School it is our expectation that PSHRE provides a learning space to understand Personal, Social and Health skills, knowledge and understanding, to enable children to navigate the world in which they live throughout childhood but also into adulthood; therefore, PSHRE is such an important element of the curriculum.

What is PSHRE and why is it important?

Today's children and young people 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. 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.

Our curriculum aim is to provide students with meaningful learning experiences that will equip them with the skills required to live healthy, safe, productive and fulfilled lives, both now and in the future.

Credit and thanks to the London borough of Newham and Tower Hamlets for access to their policy. Special thanks to Jo Sell, Claire Clinton and the Newham RSHE partnership for their support to Redbridge.

Statutory Content Primary – RHE

As of September 2020, it is the legal requirement of Primary Schools – both maintained and Academies to teach Relationships and Health Education, alongside the Science National Curriculum and within the context of safeguarding and maintaining a child centred approach in accordance with the 'Keeping children safe in education document' (DfE, Sept, 2020).

At Redbridge Primary School we acknowledge and recognise that families are a child's first and most effective teacher, it is our aim to build on the established foundation of the Redbridge syllabus and consultation of working in partnership with parents/carers to educate our children about these important subjects.

The Government guidance is due to be reviewed every 3 years.

National Curriculum Science

The Key stage 1 and Key stage 2 NC states that children's learning should include teachings about the main external body parts, the growth and development of humans from birth to old age, including the changes experienced during puberty, asexual and sexual reproduction in plants and mammals, the importance of exercise and the impacts associated with diet, drugs and lifestyle on the function of the body.

Full Science curriculum content can be viewed in appendix 1.

There continues to be no right to withdraw from the Science National Curriculum,

Teaching beyond the Science National Curriculum

The Government and local advisors strongly recommend and Redbridge Primary School have decided, after consultation with parents/carers, to teach Sex Education beyond that taught within the Science curriculum. The school will be teaching about 'how a baby is conceived and is born' in Year 5 following on from the National Science Curriculum, which teaches about sexual reproduction in both plants and mammals in Year 5. Sex Education at Redbridge Primary School will be taught by the class teachers who have trained in an age appropriate and sensitive way and we believe will help to ready children for their move to Secondary School.

Health Education

The aim of Health Education is to provide information to children that will empower them to make their own choices about their physical and mental wellbeing and health. Children will recognise what is usual and what is not, in themselves and others and be equipped to seek support at the earliest opportunity from appropriate sources.

Puberty, including menstruation, will be covered in Health Education and should, as far as possible, be addressed before children begin puberty. At Redbridge Primary School we have followed the recommendation of the Redbridge syllabus to teach about the menstrual cycle within Year 4, as an optional additional parent and child invited session. Puberty, including menstruation will be taught to all children in the Summer term of Year 5 as part of the Growing and Changing Unit.

See appendix 2 & 3 for full list of content.

There is no right to withdraw from Health Education.

Relationships Education

The aim of Relationships Education is to provide information to children that will empower them to understand themselves and the world in which they live. The focus in Primary schools should be on teaching the fundamental building blocks and characteristics of positive relationships, with family members, other children and adults along with encouraging the development their own positive personal attributes such as a belief that they can achieve and persevere towards tasks and long-term rewards, honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice, as outlined in the guidance. It also aims to teach how to seek support and guidance from appropriate sources. Lessons will be evidence based, age appropriate, based on the law and sensitive to the needs of all children.

See appendix 2 & 3 for full list of content.

There is no right to withdraw from Relationships Education

Safeguarding

Safeguarding is an important aspect of all the lessons taught as part of PSHRE in our school. Our safeguarding policy will be applied to and supported by all aspects of PSHRE and any disclosures or issues arising as part of PSHRE, will be dealt with in line with our safeguarding policy. The aim of including safeguarding within the syllabus enables consistent, age appropriate fact-based vocabulary to report any concerns of abuse including, physical, emotional, sexual and neglect.

Non - Statutory Sex and Relationship Education

Parent/Carer right to withdraw their children from non – statutory Sex Education

Parents/Carers of children in Year 5 will be invited to attend an information meeting at the school where we will provide an opportunity to share the resources and plans for the Sex Education lessons. The meeting will be held the term before we intend to teach these lessons. We strongly encourage all parents/carers to attend this session, and then after this point, if there are outstanding concerns or questions, a request can be made to meet with a member of the leadership to explore this further.

Parents/Carers continue to have the right to withdraw their children from non-statutory Sex Education e.g. “How a baby is born and conceived”; following a meeting/conversation with a member of the leadership team to share their concerns. This conversation/meeting will be documented by the school.

Definitions

Relationship Education – Primary

Through PSHRE lessons children will explore ‘People who care for me’, ‘Caring friendships’, ‘Respectful relationships’, ‘Online relationships’ and ‘Being safe’. Part of this block includes teaching about what makes a good family and different family structures. These can include single parent families, families headed by grandparents, adoptive parents, same-sex families, and foster parents/carers amongst other structures. There are many different types of families and British law states that people have a right to live in families of their own choosing. The most important thing is that we always make sure to respect the way that people choose to live their lives. Relationship Education will also include core safeguarding elements including children being able to report concerns or abuse using the vocabulary to do so, which incorporates the use of consistent scientific names for main external body parts. At Redbridge Primary School we will encourage children to use the term ‘private parts’ in EYFS, Key Stage 1 and lower Key Stage 2 with the anatomical language of Penis, Vulva and Buttock to be introduced in Year 5, Summer 2 as part of the ‘Growing and Changing’ topic. ~~Key Stage 2.~~

Sex Education – Primary

Sex Education in Primary is the teaching of sexual reproduction – how a baby is conceived and born. Which goes beyond the National Curriculum teaching of reproduction in mammals and plants. **This is non-statutory and parents have the right to withdraw from this.** This will be taught in the Summer Term of Year 5 at Redbridge Primary School.

Health Education – Primary

Health education is the teaching of Mental Wellbeing, Internet safety and harms, Physical health and fitness, Healthy eating, Drugs, alcohol and tobacco, Health and prevention, Basic first aid and Changing adolescent body including menstruation.

Equality

The school will comply with the relevant requirements of the Equality Act 2010 and the Public Sector Equalities Duty (2014): schools must not unlawfully discriminate against pupils or allow children to be bullied because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (Protected Characteristics).

The delivery of the content of PSHRE will be made accessible to all pupils, including those with SEND.

At Redbridge Primary School we celebrate difference and diversity. The bullying or discrimination of anyone for any reason is not acceptable. It is expected that our Relationships Education curriculum will lead to a stronger sense of community, mutual respect and give pupils a sense of responsibility. This will help, to keep Redbridge Primary School a safe, inclusive and caring place for all, upholding the core values and ethos of the school.

Faith sensitivity

Some religious people/faiths will see some family structures as a preferred way of living. British Law says that people have a right to live with whoever they choose. The most important thing is that we always make sure to respect the way that people choose to live their lives. Teachers can acknowledge in PSHRE lessons that some children/young people may have beliefs about the content to be taught, whilst noting that the purpose of the lesson is to give information. Children and young people will also be reminded of the ground rules and their right to pass on discussing anything that they do not want to. For some children and young people, it might be forbidden to discuss sexual reproduction and the human body, which may be seen as a private matter.

Organisation of Teaching, Assessment & Review

It is our intention that PSHRE sessions will meet our high standard of teaching and learning. Therefore, planning will be accessible to the PSHRE lead to review, discuss and develop CPD opportunities where appropriate.

PSHRE lessons will be included in whole school learning walks as part of our termly self-evaluation monitoring cycle.

Teachers will be responsible for assessing the children's learning and progress in PSHRE. At Redbridge Primary School teachers will identify prior learning and evidence learning through a variety of approaches. Although some sessions may be discussion based with little or no recording, children should complete a written piece of work approximately every two weeks.

Children's learning and progress may be assessed through book looks, lesson study, pupil voice, staff voice or moderation.

Teaching approaches to PSHRE may take the following forms;



When will PSHRE will be taught and by who?

At Redbridge Primary School we have created a long term overview for Years 1-6 which will cover both PSHE objectives alongside the RSHE objectives, this will be titled PSHRE (Personal, Social, Health and Relationship Education)

All year groups will have a timetabled weekly PSHRE session. Lessons will last between 45-60 minutes dependant on age range and topic. The long term overview has been organised into 8 distinct PSHRE strands as follows;

Mental Health (Feelings, Friendships and Healthy Minds)

Physical Health and Wellbeing (Healthy Bodies and lifestyles)

Identity, Society and Equality (Families, Friendships, Rights and Responsibilities)

Medicines and More (Keeping safe, Making choices, Influences and Weighing up risks)

Keeping Safe and Managing Risk (Respectful relationships, Online safety and Being safe)

Careers, Financial capability and Economic Wellbeing (Saving, Spending and Money in the wider world)

Growing and Changing (Differences and Similarities, Transition)

Sex and Relationship Education* non-statutory optional

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Mental Health <i>Feelings, Friendships and Healthy Minds</i>	Mental Health <i>Feelings, Friendships and Healthy Minds</i>	Mental Health <i>Feelings, Friendships and Healthy Minds</i>	Mental Health <i>Feelings, Friendships and Healthy Minds</i>	Mental Health <i>Feelings, Friendships and Healthy Minds</i>	Mental Health <i>Feelings, Friendships and Healthy Minds</i>
Autumn 2	Physical Health & Wellbeing <i>Healthy Bodies and lifestyles</i>	Physical Health & Wellbeing <i>Healthy Bodies and lifestyles</i>	Physical Health & Wellbeing <i>Healthy Bodies and lifestyles</i>	Physical Health & Wellbeing <i>Healthy Bodies and lifestyles</i>	Keeping safe & managing risk <i>Respectful relationships, online safety and being safe</i>	Physical Health & Wellbeing <i>Healthy Bodies and lifestyles</i>
Spring 1	Identity, Society and Equality <i>Families, friendships, Rights and Responsibilities</i>	Identity, Society and Equality <i>Families, friendships, Rights and Responsibilities</i>	Identity, Society and Equality <i>Families, friendships, Rights and Responsibilities</i>	Identity, Society and Equality <i>Families, friendships, Rights and Responsibilities</i>	Identity, Society and Equality <i>Families, friendships, Rights and Responsibilities</i>	Identity, Society and Equality <i>Families, friendships, Rights and Responsibilities</i>
Spring 2	Medicines & More <i>Keeping safe, making choices, influences and weighing up risks</i>	Medicines & More <i>Keeping safe, making choices, influences and weighing up risks</i>	Medicines & More <i>Keeping safe, making choices, influences and weighing up risks</i>	Medicines & More <i>Keeping safe, making choices, influences and weighing up risks</i>	Medicines & More <i>Keeping safe, making choices, influences and weighing up risks</i>	Careers, Financial capability & economic wellbeing <i>Saving, Spending and money in the wider world</i>
Summer 1	Keeping safe & managing risk <i>Respectful relationships, online safety and being safe</i>	Keeping safe & managing risk <i>Respectful relationships, online safety and being safe</i>	Keeping safe & managing risk <i>Respectful relationships, online safety and being safe</i>	Keeping safe & managing risk <i>Respectful relationships, online safety and being safe</i>	Physical Health & Wellbeing <i>Healthy Bodies and lifestyles</i>	Keeping safe & managing risk <i>Respectful relationships, online safety and being safe</i>
Summer 2	Careers, Financial capability & economic wellbeing <i>Saving, Spending and money in the wider world</i>	Growing & Changing Life Cycles <i>Transition to KS2</i>	Careers, Financial capability & economic wellbeing <i>Saving, Spending and money in the wider world</i>		Growing & Changing Differences and Similarities, Puberty Sex & Relationship Education <i>Changing adolescent body & How a baby is made* (Non-statutory optional)</i>	Medicines & More <i>Keeping safe, making choices, influences and weighing up risks</i> <i>Transition to Secondary/KS3</i>

Although each class will have a weekly PSHRE lesson, year group teams may decide to teach individual objectives in a cross-curricular way if this fits with other areas of the curriculum Eg. English Reading Texts may cover some of the themes, Computing lessons may be used to cover Internet Safety, Maths lessons may cover aspects around money and economic wellbeing etc. During lessons children will be able to ask questions and responses given should be evidence based, age appropriate, based on the law and sensitive to the needs of children.

What training will staff be given?

All staff will be given training on the statutory changes as well as the way in which PSHRE will be delivered at Redbridge Primary School. Training will be provided at all levels and will include staff in all roles across the school. Training will be regularly updated taking into account outcomes from learning walks, book looks and child and staff voice as well as any statutory changes or updates.

Resources

Our PSHRE lead will work with year groups teams to choose educational resources and materials that are age appropriate and enhance the teaching of PSHRE exercising their professional judgement and that are in line with our legal duty in relation to impartiality.

These educational resources could include PSHE Association, 'You, Me and PSHE', 'Jed and Ted Explore' and Twinkl.

In the event of external agencies/tools/resources being used Redbridge Primary School will ensure the materials comply our PSHRE policy, the Teaching Standards, the Equality Act 2010, the Human Rights

Act 1998, the Education Act 1996 and align to the teaching requirements set out in the statutory guidance.

PSHRE Lead

The name of the PSHRE at Redbridge Primary School is Mrs Rachel Targett-Adams (Deputy Head Teacher) alongside Mrs Anu Morar (PSHRE Lead).

If you have any questions regarding this policy or PSHRE please contact Mrs Morar or Mrs Targett-Adams via the school admin email address (admin.redbridgeprimary@redbridge.gov.uk)

The wider PSHRE team will encompass staff in the following roles; Safeguarding Lead (DSL), Emotional Literacy Support Advisors (ELSAs), Mental Health First Aiders (MHFAs), SENDCo and Wellbeing Leader.

Appendices

1. London Borough of Redbridge Syllabus for RSHE
2. Science National Curriculum KS1 and KS2
3. DfE Guidance for teaching Relationships, Sex and Health Education 2019
4. Long term overview of PSHRE at Redbridge Primary School
5. Year Group Objective overviews at Redbridge Primary School