



**Roundwood**  
PRIMARY SCHOOL

# **Personal, Social, Health Education (PSHE) Policy**

**(Including Relationships & Sex Education)**

**Written in conjunction with:**

Education Act 2002

Equalities Act 2010

Relationships Education, Relationships and Sex Education (RSE) and Health Education 2019

**This policy is linked to:**

- Special Education Needs/Inclusion Policy
- Child Protection
- Anti-bullying
- R.E.
- Home School Agreement
- Behaviour
- Equal Opportunities
- Health & Safety

**Date of Policy:** December 2019

**Review Date:** December 2020

## **Policy Context & Rationale**

This policy covers the school's approach to the teaching of Personal, Social and Health Education (PSHE). It is produced by the school's PSHE coordinator in conjunction with staff and governors. The policy is reviewed annually. This policy incorporates the school's approach to the teaching of Relationships (statutory from Sept 2020) and Sex Education and outlines how we are meeting the statutory requirements for these subjects.

## **Rationale and Intended Outcomes**

High quality PSHE supports pupils' personal, social, health and economic development and helps to give pupils the knowledge, skills, strategies and attributes to help them make informed choices and decisions about the different opportunities and challenges life presents. Pupils will learn about relationships, health and wellbeing, keeping safe, managing their off and online lives and living in the wider world including financial education. High quality PSHE gives pupils opportunities to ask questions and explore issues that are real and relevant to them in a safe and managed environment.

Our PSHE provision extends beyond the curriculum and includes assemblies, theme days and visits. The provision fully supports the school's ethos and values. PSHE is part of Roundwood School's broad and balanced curriculum supporting spiritual, moral, cultural, and social education, citizenships, equalities and safeguarding.

Our PSHE provision has been designed to be age appropriate, whilst being sensitive to the needs of our whole school community to ensure PSHE provision gives our pupils and education which will support them both now and in the future. Our PSHE provision is underpinned by the 2010 Equalities duty and provides an inclusive curriculum that promotes understanding and mutual respect for all.

## **Policy Availability**

Parents and careers can access the policy from the school's website or request a paper copy from the school office.

## **Statutory Requirements**

As a school we teach Relationships & Health Education through the delivery of our wider PSHE curriculum. The teaching of Relationships & Health Education is statutory (from Sept 2020). We also teach non-statutory Sex Education as part of our PSHE provision. More information about the teaching of Relationships and Sex Education is outlined later in the policy document.

## **Ours school's visions and values**

### Vision

With the help and support of parents, governors and members of the local community we aim to:

- Develop a love of learning encouraging self-confidence and self-esteem
- Nurture children to be independent and resilient
- Foster an attitude of respect for ourselves and others whilst valuing differences in today's modern world

- Encourage children to be inquisitive and to take risks
- Enable every child to achieve and to prepare them for the next steps in their life
- Establish an environment where success is recognised at all levels
- Ensure that every individual is responsible for the choices they make

## Values

We value:

- Responsibility
- Respect
- Happiness
- Honesty
- Courage
- Resilience

Our PSHE education programme promotes our vision and values by delivering a child centred curriculum that covers key areas that allow children to flourish in the wider world.

### **Creating a safe and supportive learning environment**

We will create a safe and supportive learning environment by implementing a code of conduct within PSHE sessions as well as referring to the school behaviour policy as needed. We will ensure that where pupils indicate that they may be vulnerable or at risk, appropriate support will be put in place, this may involve other members of staff or outside agencies. This policy is informed by the school's safeguarding policy.

### **Confidentiality and Handling Disclosures**

Ground rules for PSHE will be agreed with children and referred to in every session. We will ensure confidentiality through the careful consideration of discussion and supporting children with sharing of information. If a pupil makes a disclosure we will follow the school's safeguarding policy.

### **Entitlement and equality of opportunity**

We promote the needs and interests of all pupils, irrespective of gender, culture, ability or personal circumstances. Teaching will take into account the age, ability, readiness and cultural backgrounds of children (including those with English as an additional language) to ensure that all can fully access PSHE education provision. We will teach and encourage children to be aware of the needs of others and considerate of other's beliefs and opinions. We recognise the right for all pupils to have access to PSHE education that meets their learning needs. We will ensure that pupils with SEND receive access to PSHE through an inclusive and differentiated curriculum. All pupils will have access to the teaching of PSHE.

### **Right to withdraw**

Under the current Sex and Relationship Education Guidance (2019) parents can choose to withdraw their child (up to the age of 18) from any or all aspects of Sex Education that are not included within the statutory National Curriculum. This means that parents are not permitted to withdraw their child from elements of sex education that are within the science curriculum or from Relationships

educations (from Sept 2020). The school must make alternative arrangements for pupils whose parents choose to withdraw them from Sex Education lessons. Parents cannot (from Sept 2020) withdraw children from any aspect of Relationships Education or Health Education. Requests for a child to be withdrawn should be put in writing and addressed to the Head Teacher. Where a parent has withdrawn a child the school should ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

### **Learning and Teaching**

Through our knowledge of the children we will determine their prior knowledge and starting points before planning appropriate lessons. The programme will be taught through a range of teaching methods including the use of cross curricular links such as the use of drama and art. We will ensure that the sessions remain positive in tone by referring to the class code of conduct as well as the school's behaviour policy. We will encourage children to make connections between their learning and 'real life' behaviours by ensuring that the subjects raised are referred to in other areas of the curriculum as well as through the whole school vision and values.

### **Opportunities will be provided for children to:**

- Work collaboratively
- Work independently
- Solve problems
- Negotiate
- Listen actively
- Make decisions
- Assess evidence

### **Styles of teaching and learning may involve:**

- Individual teaching
- Pairs/trios of working
- Group working
- Quizzes and games
- Role play/drama
- Survey and questionnaires
- Case Studies
- Video/audio presentations
- ICT
- Direct teaching
- Games

### **Scheme of work coverage**

We follow the Coram SCARF scheme of work to support the teaching of PSHE. The scheme is the basis of all PSHE teaching in school and the programme of study is adapted to provide a relevant and age appropriate curriculum that meets the needs of all children. We provide a progressive curriculum to ensure that pupils are taught key aspects of PSHE at a relevant age and appropriate level and in-line with their continuing personal and social development.

## Units of Work

We use the Coram SCARF scheme to support delivery of PSHE.

Term	PSHE Concept Covered (years 1-6)
Autumn 1	Me & My Relationships
Autumn 2	Valuing Difference
Spring 1	Keeping Myself Safe
Spring 2	Rights and Responsibilities
Summer 1	Being My Best
Summer 2	Growing & Changes

*NB. The scheme covers the requirements for delivering all statutory Relationships and Sex Education. The Making Babies lesson is the only lesson on SCARF that includes non-statutory sex education, parents can opt out of this session.*

### **Foundation Stage**

Teaching PSHE & Citizenship in Reception matches the aims of developing a child's personal, social and emotional development, as set out in the Early Learning Goals. Additional topics may be covered when whole school approaches are addressed for e.g. Anti-bullying week, circle time

### **Timetabling**

Our PSHE curriculum takes place as one hour weekly sessions for each year group. The curriculum coverage is mapped from years 1-6 to ensure coverage. Our provision is further enriched by cross curricular and whole school links.

### **Assessment & Monitoring**

We will assess children's learning through in-class observations as well assessment of work produced. We will evidence pupil's learning and progression by documenting work in whole class PSHE books. The PSHE lead is responsible for subject monitoring that will include observations, book scrutiny, and ensuring that staff training is up-to- date.

### **Teaching responsibility and staff training**

The programme will be led by the PSHE lead (Laura Tanner) and will be taught by Class Teachers and Teaching Assistants as appropriate. We will use external contributors in some circumstances such as the delivery of Sex Education in upper Key Stage 2. Before a visitor is invited to take part in sessions staff will ensure that the visitor understands the school ethos and values, has a knowledge of the school's programme of study, understands the objectives of the session and the aims and outcomes of the learning.

### **Involving parents and carers**

We are committed to working with parents and carers. We will communicate with parents and carers at specific times of the year such as informing them of year 5/6 Sex Education sessions including intended content – parents are asked to sign a consent form for children to take part in these sessions. As a school we operate an open-door policy in relation to queries or questions.

## Relationships Education (statutory from Sept 2020)

### Rationale and intended outcomes

The teaching of Relationships Education is statutory from September 2020. As with the wider teaching of PSHE, children's understanding of relationships will be progressive as they move through the school and by the end of year 6 children will have a secure understanding of:

- Families and people who care for us including characteristics of modern family life.
- Caring Friendships including the nature of a happy, secure friendship and recognising characteristics such as mutual respect, trustworthiness and loyalty.
- Respectful Relationships including steps children can take to improve relationships and an understanding of bullying including cyberbullying.
- Online Relationships including the rules of staying safe online and how to critically consider friendships when developed online.
- Being safe including setting boundaries for friendships and peers, an understanding of privacy and how to recognise and report behaviour from others that triggers feelings of being unsafe.

A full outline of the Statutory Guidance for Relationships Education can be found at:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

### Learning & Teaching

Statutory Relationships Education will be delivered via compulsory PSHE teaching & built into sessions throughout the year, in particular, the 'Growing & Changing' unit of work through the Coram SCARF PSHE scheme. As part of Relationships Education children will use the correct scientific terminology for the parts of the body (year 3), learn about menstruation (year 4), learn about how our bodies change during puberty and cultural practices that are considered a crime in the UK such as Female Genital Mutilation as well as Media Portrayals of body image (years 5 & 6). There is an overlap between Relationships Education and the statutory Science Curriculum.

Content will be adapted to meet the needs of the children in the class (including those with SEN) and, as with all PSHE teaching, issues will be dealt with in a sensitive and age appropriate manner with the prior knowledge and cultural background of the children being taken into account.

## Sex Education (non-statutory)

### Rationale and Intended Outcomes

As part of our PSHE provision we teach Sex Education. This is an important and recommended aspect of the curriculum. As a non-statutory element of PSHE, parents and carers have the right to

withdraw children from designated Sex Education lessons. We encourage parents and carers to come and talk through any concerns they may have and make an informed choice about whether to exercise the right to withdraw their child.

An age and context appropriate Sex Education programme allows children to understand sex and reproduction forms part of a loving, consensual adult relationship. Careful attention will be paid to pupils' levels of maturity and pre-existing knowledge. A safe and supportive environment will be established in which will support children to recognise the law, identify inappropriate behaviours and to keep themselves safe.

As a school we will ensure that parents have a secure understanding of the content and coverage and recognise how it forms part of PSHE teaching and statutory relationships and health education.

By the end of Sex Education sessions pupils will be:

- Well informed and know the facts around reproduction and sexual relationships.
- Recognise that sex and sexual relationships are a natural part of adult life.
- Prepared for the next stage of life, and for the secondary sex education RSE curriculum
- Know where to get further information from safe sources and where to go to ask questions
- Keep themselves safe and report concerns

### **Learning & Teaching**

Children are taught Sex Education in years 5 & 6. Children are split into single sex groups in order to explore changes to the body. Teachers receive training in order to support the delivery of Sex Education. Teachers will approach questions in a factual manner and speak individually to children where appropriate. Difficult questions and sensitive issues will be handled with care and information forwarded to senior staff or parents if appropriate.

Teachers will use safe sources of information to support delivery of the content and, where appropriate, forward children to these sources in order to provide further information.

Non-Statutory Sex Education will be delivered by year 5 & 6 class teachers. Statutory Relationships Education will be delivered via compulsory PSHE teaching. The 'Making Babies' lesson is the only lesson from Coram SCARF that includes non-statutory sex education.

Parents will be informed prior to children being taught the non-statutory elements of Sex Education and be given the opportunity to view the materials used.

### **Right to withdraw**

Under the current Sex and Relationship Education Guidance (2019) parents can choose to withdraw their child (up to the age of 18) from any or all aspects of Sex Education that are not included within the statutory National Curriculum. This means that parents are not permitted to withdraw their child from elements of sex education that are within the science curriculum or from Relationships education (from Sept 2020). The school must make alternative arrangements for pupils whose parents choose to withdraw them from Sex Education lessons. Parents cannot (from Sept 2020) withdraw children from any aspect of Relationships Education or Health Education. Requests for a

child to be withdrawn should be put in writing and addressed to the Head Teacher. Where a parent has withdrawn a child the school should ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

### **Reporting Disclosures**

Any disclosures shared as part of Sex Education teaching will be reported and actioned in line with then school's Safeguarding Policy.

### **Health Education**

We deliver statutory Health Education through our PSHE curriculum. Health Education teaches pupils about physical and mental wellbeing and gives them information that they need to make good decisions about their own health and wellbeing. It enables them to recognise what is normal and what is an issue with regards to themselves and others and, and if an issue arises, how to seek support as early as possible from a safe and trusted source.

By the end of primary school pupils will have been taught content on:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Facts and risks associated with drugs, alcohol and tobacco
- Health prevention
- Basic first aid
- Changing adolescent body

The changing adolescent body and puberty education is part of the statutory Health Education curriculum and is mandatory for all pupils. We teach the correct scientific names for body parts from year 1 as recommended by the NSPCC and PSHE Association.