



Hunsbury Park Primary School

Relationship and Health Education Policy

Effective Relationships and Health Education is essential if young people are to make responsible and well-informed decisions about their lives. The objective for relationships and health education is to help and support young people through their physical, emotional and moral development. It is our aim to help our pupils to learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

Hunsbury Park Primary offers a relationships and health education programme that is tailored to the age and the physical and emotional maturity of the children as recommended by: the S.R.E. Guidance Df.EE 0116/2000 and Government Response: Life lessons: PSHE and SRE in schools CM9121/2015. The programme is encompassed within the Key Stages 1 and 2 of the National Science Curriculum and also the P.S.H.E. and Citizenship framework. This will take the form of answering questions appropriately to younger children, a study of changes of the human life-cycle e.g. growing older, puberty, how a baby is born, the anatomical names of all parts of the body and possible use of the school nursing service to assist teachers with formal teaching on menstruation and puberty.

Aims

- To provide accurate information about, and increase the understanding of how we mature and grow.
- To provide knowledge and skills to manage their lives, stay safe, make the right decisions and thrive as individuals and members of society.
- To increase children's self-esteem, develop confidence in talking, listening, and thinking about feelings and relationships.
- To help pupils to develop skills to understand difference and respect themselves and others regardless of gender, race, creed or culture.
- To develop skills in communications, decision making and assertiveness.
- To help children to assess, understand and resist peer and social pressures.
- To enable children to use the correct terminology for parts of the body and describe how their bodies work.

Objectives

- To help and support young people through their spiritual, cultural, mental, physical, emotional and moral development.
- To help children to learn and respect themselves and others and move with confidence from childhood through adolescence into adulthood.
- To dispel myths around what Relationships and Sex Education includes.

Management Issues

The Relationships and Health Education programme will provide information that is accurate, easy to understand, relevant and appropriate to the age and maturity of the child. Teachers will use their professional judgment in deciding how to respond to children's questions. Teaching methods will consider of the age, maturity and physical development of the children and in some cases small groups may be preferable to whole-class teaching. Staff will receive training in the teaching of relationships and health education by attending courses, through the school nurse, and other related health agencies.

The programme will support the children's ongoing emotional and physical development and will cover:

- changes in the body related to puberty and the voice breaking:
- when these changes are likely to happen:
- issues that may cause young people anxiety and how they can deal with them.
- how a baby is conceived and born (Yr 6)

Some lessons may need to be gender specific e.g. talking about periods.

Parents of Year 5 and 6 will be informed about the materials of the programme that will be used via class dojo. Staff will happily share resources with parents if requested. The Year 5 and Year 6 teachers will teach the programme.

Governors acknowledge the right of parents to withdraw their children from all or part of the relationships and health education provided at the school except for those parts included in the statutory National Curriculum (see appendix).

Confidentiality

Teachers conduct relationships and health education lessons in a sensitive manner and in confidence. However, if a child makes a reference to being involved, or likely to being involved in sexual activity, then the teacher will deal with it as a matter of Child Protection. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. The school staff will follow the school's usual Safeguarding Procedures.

The Role of the Headteacher

It is the responsibility of the Headteacher to ensure that both staff and parents are informed about our relationships and health education policy, and that the policy is implemented effectively.

It is also the Headteacher's responsibility that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity.

The Role of the Class teacher

Teachers have established rules for relationships and health education lessons so that children and adults feel comfortable during the session. These are:

- No one (teacher or pupil) will have to answer a personal question
- No one will be forced to take part in a discussion
- Only the correct names for body parts will be used
- Meanings of words will be explained in a sensible and factual way.

Teachers will respond appropriately to questions as they arise, considering the age and maturity of the pupils, within these parameters. A teacher's personal beliefs and attitudes will not influence their teaching of relationships and health education.

The following topics are not taught as part of relationships and health education, but if questions arose teachers would handle them sensitively within the guidelines as set out above:

- Homosexuality (including Lesbianism), Abortion, Prostitution, Contraception, Transvestites, Transgender, Rape, AIDS/HIV.

The following subjects will not be taught or discussed in class:

- Oral sex, masturbation, exploitive or violent sex, incest, different forms of sexual intercourse, foreplay.

If a child asks a question on any of the subjects that are not taught or discussed the teacher will explain that this is not matter dealt with at school and that the child should speak to their parent for an answer. The teacher will then inform the parent of this conversation.

The Role of Parents/Guardians

To provide effective Relationships and Health Education, the school needs to work in partnership with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and cooperation. In promoting this objective, we:

- Inform parents about the school's Relationships and Health Education policy and practice through a letter from the PSHE Lead
- Answer any questions that parents have about the relationships and health education of their child during formal conversations with staff
- Encourage parents to be involved in reviewing the school policy and making modifications if necessary
- Inform parents about the best practice known with regard to relationships and health education, so that the teachings in school supports the key messages that parents and carers give children at home
- Inform parents of any queries or questions that their child has on a subject that cannot be discussed in school.

Monitoring and Review

Relationships and Health Education is monitored by the Senior Leadership Team in line with the school policy on monitoring and evaluation.

The curriculum committee of the Governing Body monitors our Relationships and Health education policy on a bi-annual basis and ensure that any other Government Guidance is followed and adhered to.

The programme's success will be judged by the following criteria:

- Well informed children, who leave Hunsbury Park Primary with a healthy, mature attitude to all aspects of their personal safety (including Relationships and Health).

Appendix

National Curriculum Science

Key Stage 1

Animals, including humans.

Pupils should be taught to:

- That animals, including humans, move, feed, grow, use their senses and reproduce.
- To recognise and compare the main external parts of the bodies of humans.
- That humans and animals can produce offspring, and they grow into adults.
- To recognise similarities and differences between themselves and others.
- To treat others with sensitivity.

Key Stage 2

Animals, including humans.

Pupils should be taught to:

- That nutrition, growth and reproduction are common life processes for humans and other animals.
- About the main stages of the human life cycle

Also refer to:

Health and Safety Policy

Child Protection & Safeguarding Policy

Drugs Education

The Science National Curriculum 2014