



Dereham Church Infant and Nursery School

Relationships, Sex and Health Education Policy

September 2022-2023



Keeping our children safe in the modern world

'I came that they may have life, and have it abundantly'. (John 10:10)

Our vision statement

*"RSHE enables and equips children to understand their identity and position in the modern world. It provides a wide range of learning opportunities and develops children's knowledge and understanding about relationships in order to **keep safe**, be **happy** and be **healthy**."*

Statement of intent

At Dereham Church Infant and Nursery School we understand the importance of educating pupils about relationships, sex and health in order for pupils to make responsible and well-informed decisions in their lives.

New guidance, published in June 2019, has made two curriculum areas compulsory in primary schools for the first time. These two elements are *Relationships* and *Health Education*.

Relationships Education consists of five core areas. These are:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health Education areas at primary level include the following, however not all are compulsory for infant schools:

- Mental well-being
- Internet safety and dangers
- Physical health and fitness
- Healthy eating



Dereham Church Infant and Nursery School

Relationships, Sex and Health Education Policy September 2022-2023



- Drugs, alcohol and tobacco
- Road safety
- Water safety

This new programme is embedded as part of a whole school approach to support our children to be safe, happy and prepared for life.

RSHE is the lifelong learning about physical, moral and emotional development. Pupils are taught about the nature of marriage and its importance for family life and bringing up children. As a Church of England school, our policy is set in a context that reflects its Christian ethos and values.

The school also recognises the importance of other strong and mutually supportive relationships. It does not promote any one form of relationship, but ensures that there is no stigmatisation of children based on their home circumstances, which includes the school's Stonewall Champion's status.

The policy should be read in conjunction with the following policies:

- Teaching and Learning
- Science
- P.S.H.E
- Behaviour
- Assessment, Recording and Reporting
- SEN
- Single Equality Scheme

Aims and objectives

The RSHE programme is an opportunity for pupils to:

- Develop an understanding of sex, sexuality and relationships.
- Develop a range of appropriate personal skills.

The aims will be achieved through developing an understanding of:

- A range of values and moral issues including the importance of family life.
- The biological facts related to human growth and development, including reproduction.
- The importance of healthy relationships.



Dereham Church Infant and Nursery School

Relationships, Sex and Health Education Policy September 2022-2023



Legislation

This policy will be compliant with the following guidance:

DfE 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' 2019.

DfE 'Science programmes of study: key stages 1 and 2' March 2015 (Appendix 1)

Organisation of the programme

The RSHE programme will be developed in conjunction with the views of teachers, pupils and parents, in accordance with DfE recommendations.

As part of the new requirement, RSHE is included in our curriculum as a subject in its own right. It will be fully integrated, and not isolated, taken out of context or over-emphasised in any way. Current advice is that it must be taught by a teacher and the sessions taught weekly (not blocked).

The majority of the programme will be delivered through the personal, social, health and economic (PSHE) education through the resource, Jigsaw. OFSTED require that we also use resources and information from other sources such as Dot.com to teach safeguarding aspects and the Sex Education Forum.

Jigsaw is a scheme of learning for teaching Personal, Social and Health Education (PSHE). It brings together emotional literacy, social skills and spiritual development. Jigsaw enables teachers to tailor the lessons to meet their children's needs and to build a relationship with their class, to get to know them better as unique human beings.

Jigsaw is designed as a whole school approach with all year groups working on the same theme (puzzle) at the same time. The themes are differentiated and age appropriate so that a theme taught in Nursery will have different learning experiences to the same theme taught in Year 2. The theme will be introduced in collective worship with a story and a special song to focus and inspire the whole school. At the end of the theme, there is a sharing assembly where each class can share their learning.

We aim to work in partnership with parents, consulting with them regularly on the content and delivery of our relationship, sex and health education. We also recognise that a range of people from the wider community, such as health professionals, can help to enhance and enrich the delivery of our programme. However, we will ensure that anyone coming into school to help deliver the programme is aware of the school's policy and abides by it.

Equal Opportunities



Dereham Church Infant and Nursery School

Relationships, Sex and Health Education Policy September 2022-2023



All teaching and non-teaching staff at our school are responsible for ensuring that all pupils irrespective of gender, ability, ethnicity and social circumstances, have access to the whole curriculum and opportunities to make the greatest progress possible in all areas of the curriculum whilst in our school.

We also recognise the importance of respecting the diverse family circumstances that exist within our school community and seek out resources to reflect these, for example, single parent families, same sex parents/carers, etc.

Pastoral support for pupils

All members of staff are approachable to discuss RSHE issues with our children. However, if a child makes a reference to being involved, or likely to be involved in sexual activity then the member of staff will take the matter seriously and deal with it as a matter of Safeguarding. Teachers will respond in a similar way if a child indicates that they may have been a victim of abuse. In these circumstances the teacher will talk to the child as a matter of urgency. If the teacher has concerns, they will draw their concerns to the attention of the Designated Safeguarding Lead (DSL). The DSL will then deal with the matter in accordance with Safeguarding procedures.

We are an Infant school and the content of our R.S.H.E curriculum will reflect this. The R.S.H.E section will be covered in the final half term of the summer term. It forms part of the "Changing Me" part of the Jigsaw P.S.H.E curriculum. Each year group will be taught in a way that is appropriate to their developmental age and stage. If a child asks a question that the teacher feels is outside of the curriculum content, the teacher will encourage the child to ask parents/carers and advise parents/carers that their child has asked for the information. **Teachers will not answer questions in class that are outside the remit of the year group's programme of learning.**

Early Years Foundation Stage

Children learn the names of main parts of the body as part of their thematic curriculum. Children will learn about how they have changed since they were babies. They can bring in photos and talk about what babies need to help them to grow and learn. They can also compare themselves as children of 3,4 or 5 years of age and what they can do now that they couldn't do when they were babies.

Key stage 1

Pupils in Year 1 are taught:

- About the different ways in which they have changed since they were a baby, including the changes to their bodies.
- How boys' and girls' bodies are different



Dereham Church Infant and Nursery School

Relationships, Sex and Health Education Policy September 2022-2023



- Biological names for various body parts including penis, vagina, testicles and breasts.
- The different words families may have for these body parts.

Pupils in Year 2 are taught:

- To match the correct body parts to a male and female.
- The function of clothing to make us look nice, keep us warm and keep certain parts of our bodies private.
- Why it is important to respect privacy in relation to their bodies
- About the process of aging and the fact that this cannot be controlled.

Training of staff

All staff members at the school will undergo training on a regular basis to ensure they are up-to-date with the relationships, sex and health education programme.

Training of staff will also be scheduled around any updated guidance on the programme and any new developments, which may need to be addressed in relation to the programme.

Delivery of the programme

R.S.H.E will be taught across the half term on a weekly basis to encourage the development of skills and concepts. Jigsaw is taught in a variety of different ways. The teacher can select and adapt resources and activities to meet the needs and interests of their own class. These are some of the ways the themes can be taught;

- Class and group discussions
- Making music and singing
- Using their imagination through stories and drama
- Creating and making (pictures, models etc.)
- Reflection and mindfulness
- Working as a team or with a partner
- Working individually

There are six themes which are taught in sequence. One theme is taught each half term:



Dereham Church Infant and Nursery School

Relationships, Sex and Health Education Policy September 2022-2023



(1) Being me in my world – this theme develops children’s understanding of their place in the classroom, in their school and in the global community. They will learn how to love themselves and the world around them. This theme provides children with the opportunity to learn how to recognise and talk about their own feelings and emotions. This is the one theme that Jigsaw recommend is taught as a block rather than weekly.

(2) Celebrating Difference – this theme focuses on similarities and differences. It explores diversity within our world, such as disability, racism, power, friendships and conflict. Celebrating Difference also addresses the types of bullying children, or their friends, may experience. During this theme, children learn to accept that everyone is different, to include everyone in their class and in their playground games, to know how to help if someone is being bullied, to solve problems, to use kind words and to know how to give and receive compliments.

(3) Dreams and Goals – this theme aims to help children think about their hopes and dreams, their goals for success, what their personal strengths are, and how to overcome challenges, through team work skills and tasks. Children learn about experiencing and managing feelings of pride, ambition, success and disappointment. They have the opportunity to share and discuss their aspirations, goals and their dreams for the world to the peers in their class.

(4) Healthy Me – this theme covers two main areas of health: Emotional Health (being safe, mental health skills, managing stress) and Physical Health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, simple first aid and being safe). Healthy Me develops children’s self-esteem and self-confidence. It teaches them how to make good decisions about their own health and wellbeing through developing their understanding of healthy lifestyle choices.

(5) Relationships – this theme has a wide focus, looking at diverse topics such as families, friendships, pets and animals, and love and loss. A vital part of this theme is about keeping children safe. Children have the opportunity to explore roles and responsibilities in families, and to look at stereotypes. This theme teaches children how to build positive and safe relationships with their family and friends. It also develops their understanding of the characteristics and the importance of good, positive friendships. We will discuss questions such as: What is a relationship? What is friendship? What is family? Who can you look to for help and support? This theme helps children to develop their communication skills and learn how to deal with conflict effectively.

(6) Changing Me – this theme deals with change of different types, for example from growing young to old, moving house and moving school. Children will learn how to deal with looking ahead, moving year groups and the transition from year 2 to junior school. They will also learn how to express how they feel when change happens and know who to ask for help if they are worried about change. This theme includes age appropriate Sex Education taught through the **NSPCC PANTS** programme.

Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning. Inappropriate images, videos, etc. will not be used, and resources will be selected with sensitivity given to the age and cultural background of pupils. Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this, are outlined in the school’s Online Safety Policy, and Acceptable Terms of Use Agreement.



Dereham Church Infant and Nursery School

Relationships, Sex and Health Education Policy

September 2022-2023



Teachers will establish what is appropriate for one-to-one and whole-class settings, and alter their teaching of the programme accordingly.

Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively and honestly.

Teachers will focus heavily on the importance of marriage and healthy relationships, though sensitivity will always be given as to not stigmatise pupils on the basis of their home circumstances.

The school understands that pupils with special education needs and disabilities (SEND) are entitled to learn about sex and relationship education, and the programme will be designed to be inclusive of all pupils.

At all points of delivery of this programme, parents/carers will be consulted and their views will be valued. What will be taught and how, will be planned in conjunction with parents/carers.

Working with parents

The school understands that the teaching of some aspects of the programme may be of concern to parents/carers. The school will ensure that no teachers express their personal views or beliefs when delivering the programme. When appropriate parents/carers will be consulted on the content of the programme, through meetings and letters, and the programme will therefore be planned in conjunction with parents/carers.

The school respects the legal right of parents/carers to withdraw their child from some or all of the sex education delivered, as part of the statutory RSHE, except for those statutory parts included in the science national curriculum. However, there is no right to withdraw from the relationships and health education. Before granting any such request, the head teacher will discuss the request with parents and carers, to clarify the nature and purpose of the curriculum.

An online survey was available on our school website for parents and carers to complete. This survey asked parents and carers to give their honest opinion and views on the introduction and teaching of RSHE in our school. The survey also asked if parents and carers would be interested in participating in a RSHE parent workshop in school with their children.

A list of the statutory topics included in the science national curriculum at the different key stages, can be found in Appendix 1 – Science national curriculum.

Equal opportunities



Dereham Church Infant and Nursery School

Relationships, Sex and Health Education Policy September 2022-2023



The school understands and abides by The Equality Act 2010, and fully respects the rights of pupils and staff members, regardless of any protected characteristics that he/she may have

The school is dedicated to delivering the relationship, sex and health education programme with sensitivity and respect, avoiding any derogatory or prejudicial terms which may cause offence.

Confidentiality

Confidentiality within the classroom is an important component of RSHE, and teachers are expected to respect the confidentiality of their pupils as far as is possible. Teachers must, however, alert DSL about any suspicions of inappropriate behaviour or potential abuse as per the Safeguarding Policy.

Bullying incidents

The school has a zero tolerance approach to bullying. Any bullying incidents caused as a result of the RSHE programme, such as those relating to sexual orientation, will be dealt with as seriously as other bullying incidents within the school. Any occurrence of these incidents should be reported to a member of school staff, who will then discipline the pupil once he/she is on school premises. These incidents will be dealt with following the process in our Anti-Bullying Policy. The headteacher will decide whether it is appropriate to notify the police or an anti-social behaviour coordinator in their LA of the action taken against a pupil.

Monitoring and review

This policy will be reviewed by the headteacher in conjunction with the PSHE coordinator on an annual basis. Any changes needed to the policy, including changes to the programme, will be implemented by the headteacher. Any changes to the policy will be clearly communicated to all members of staff involved in the sex and relationship education programme.

Appendix 1 – Science national curriculum

In accordance with the DfE curriculum, there are certain aspects of relationship, sex and health education which are compulsory for pupils to learn as they progress through the key stages.

Key stage	Pupils must be taught:
Key stage 1	Year 1: <ul style="list-style-type: none"> Identify, name, draw, and label the basic parts of the human body and say which part of the body is associated with each sense. Year 2: <ul style="list-style-type: none"> 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)



Dereham Church Infant and Nursery School
Relationships, Sex and Health Education Policy
September 2022-2023



	<ul style="list-style-type: none">• Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene
--	--

Link to other policies:

Safeguarding Policy

SMSC

Online Safety