

Relationships, Sex and Health Education (RSHE) Policy

Person responsible for RSHE in school: Samira Islam (AHT) and Sophie Falkenburg (PSHE Lead)

Signature of headteacher

Signature of chair of governors

Date ratified by Governors: April 2020

When the policy will be reviewed: Summer 2024

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

Pupils	Parents/carers	Community groups	Faith groups	Local councils	Teachers	Ofsted	School governors	L A	Professional Associations
X	X	X	X	X	X	X	X	X	X

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

	Parents/carers	Teachers	School governors
Date	4.3.20 and 17.3.20	2.3.20	26.2.20 and 10.3.20

<p>What we did</p>	<p>Parent meetings: 150 parents attended the first meeting and 50 the second.</p> <p>Teachers: All teaching staff</p> <p>Governing body:</p> <p>We shared the draft policy, explained the aims and rationale behind the new PSHE curriculum which includes RSHE. We explained the statutory content and the non-statutory content. Time was given to look through the draft policy, exemplar lessons and ask questions.</p>
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Policy statement - Aims and objectives of RSHE

It is the intention of Elmhurst Primary School to teach high quality, age appropriate, pupil-sensitive, evidence-based RSHE, that demonstrates a respect for the law and all communities that call Newham home. It is expected that RSHE in Elmhurst Primary School will help pupils to learn about themselves and the world they live in, giving them the skills, understanding and information they need for life. This will help them to stay safe and to flourish, not just in childhood, but into adulthood and for the rest of their lives. This is why RSHE is such an important part of the curriculum.

Statutory content: RHE

By law primary schools are required to teach relationships and health education, alongside national curriculum science and within the context of safeguarding. Here at Elmhurst, we acknowledge that parents/carers are a child's first and most effective teacher and so will ensure that we have annual meetings with parents or carers to present our RSHE curriculum as well as hear from parents/carers about any concerns or questions they have. We are clear that our aim is to educate pupils about these important subjects alongside parents and carers. Click here to view our RSHE curriculum [map](#).

National Curriculum Science

At key stages 1 and 2, the national curriculum for science includes teaching about the main external parts of the body and the changes to the human body as it grows from birth to old age, including puberty, and sexual and asexual reproduction in mammals and plants.

Academies are not compelled to teach science as it appears in the national curriculum, however, they are expected to only use alternatives where it can be demonstrated that the alternatives enable schools to provide a science curriculum of an even higher standard than that offered by the national curriculum. At Elmhurst we therefore choose to teach science in line with the national curriculum.

There continues to be no right for parents to withdraw their children from national curriculum science.

Health Education (Physical Health and Mental Wellbeing)

The aim of Health Education is to give pupils the information that they need to make good decisions about their physical and mental health and wellbeing. Pupils' will recognise what is normal and what is an issue in themselves and others, and how to seek support at the earliest stage from appropriate sources.

Puberty, including menstruation, will be covered in Health Education and should, as far as possible, be addressed before children begin puberty.

See appendices for full list of content.

There is no right to withdraw from Health Education.

Relationships Education

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. Lessons will be evidence based, age and culturally appropriate, based in the law and sensitive to the needs of pupils.

There is no right to withdraw from Relationships Education

Safeguarding

Safeguarding is an important aspect of all of the lessons taught as part of RSHE in our school. Our safeguarding policy will be applied to and supported by all aspects of RSHE and any disclosures or issues arising as part of RSHE, will be dealt with in line with our safeguarding policy.

Non-statutory RSHE

Relationships and health education is statutory. Sex Education that goes beyond the national curriculum science or PSHE is considered non-statutory. Parents have a right to remove their children from sex education in schools, but the curriculum around relationships and health education is compulsory. As you can see in the below sex education curriculum map, the only time non-statutory sex education is taught is in year 6. We will consult parents/carers on this at the start of the Summer term, where you will have an opportunity to review the resources and withdraw your children if you wish. Any agreed sex education lessons at Elmhurst will be taught by trained staff in an age appropriate and sensitive way in same gender classes.

Please [click here](#) to view our sex education curriculum map

The right of parents/carers to withdraw their children from non-statutory RSHE

To reiterate, parents/carers have a right to withdraw their children from non-statutory RSHE, following a meeting with a member of the Senior Leadership Team (SLT) to discuss their concerns. The school will document this process.

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 RSHE will be made accessible to all pupils, including those with SEND.
- Our school celebrates difference and diversity. The bullying 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 Elmhurst Primary School a safe, inclusive and caring place for all, upholding the core values and ethos of the school.

Monitoring evaluation and assessment.

To ensure that the teaching and learning in RSHE in our school is of the highest standard, it will be monitored by our RSHE curriculum leader and leadership person in charge of PSHE. We will identify pupils' prior knowledge and use the Jigsaw scheme of work to teach and assess their understanding.

Resources

The school will use the published scheme: Jigsaw to teach RSHE. It is the role of the RSHE subject leader to ensure that resources are appropriate and up to date for the school's use in teaching RSHE

RSHE curriculum lead teacher

Any queries about this policy should be addressed to: Elmhurst Primary School, Upton Park Road, London E7 8JY

Developed from materials shared with Jo Sell from Tower Hamlets LA and used with permission

Approved by: Newham LA; Newham SACRE, NAPNH and NASH

Appendix 1

Information about how and why RSHE will be taught at Elmhurst Primary School

Why are we teaching RSHE?

Because it is the right thing to do.

- Our children are growing up in an increasingly complex world with new opportunities, but also new challenges. We as a school want our pupils to flourish in the world they find themselves and to work hard throughout all curriculum areas to give our pupils the skills and knowledge they need to do that. RSHE teaching is an important part of equipping our pupils for life in 21st century Britain, enabling them to embrace diversity, make the most of technology; understand the importance of, and develop the skills which lead to them being able to sustain healthy and strong relationships.

- Relationships and health education is a statutory requirement for all primary schools in England. The government, Ofsted and local advisors recommend that sex education (how a baby is conceived and born) is also taught in primary school.
- At Elmhurst we have decided to teach sex education, 'how babies are conceived and born' because young people tell us that the school is a trusted place where they would like to learn RSHE. (Sell 2019). Also, a recent consultation of secondary school students in Newham has seen 63% of year 10s say that they think that pupils should learn how a baby is made and born at primary school age. We believe that by teaching this topic here, it will help to equip our pupils for the transition to secondary school where they may learn about sex from less reliable sources such as friends or older children in the playground. The decision to teach sex education was taken following consultation with parents/carers and governors.
- The teaching of RSHE at Elmhurst is informed by the law, national RSHE guidance and the national curriculum set out by the DfE as well as, the school ethos and policies already developed. Below is a list of some of the documents that have been taken into consideration when preparing this policy.

Statutory Guidance on RSHE 2019

Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers

- Equality Act 2010 and The Public Sector Equality Duty 2014
- School ethos and educational aims.
- The teaching of RSHE in Elmhurst is delivered within and influenced by all relating school policies
 - Behaviour policy
 - Antibullying policy
 - Equality policy or statement
 - Safeguarding policy

How will we ensure lessons are taught sensitively?

- Puberty and menstruation and human reproduction and birth are seen as sensitive topics to teach in RSHE and therefore we will put in special measures to make sure that pupils feel at ease when talking about these topics.
- Single sex classes for all lessons so that children feel less self-conscious and students may be more relaxed and feel able to ask questions
- Use of anonymous question boxes
- Same sex teachers for single sex groups

When will RSHE will be taught?

See appendix 2 - [PSHE Curriculum map](#)

How will we ensure communication with parents/carers?

- In 2020, we consulted parents and agreed on the RSHE curriculum that is taught today.
- Each year, we communicate with parents the curriculum map
- Before Y4 and 5 have their puberty lessons, we hold meeting with parents to share the resources
- If there are to be any changes to the curriculum, we will inform parents ahead of time so that they can be consulted and fully involved.

Who will be teaching RSHE?

- All class teachers will receive training and be able to teach RSHE. Ms Falkenburg and Mrs Islam will oversee the curriculum. We will use other professionals, e.g., the school nurse to support us in the teaching of sensitive topics.

What training will staff be given?

- The curriculum lead Ms Falkenburg receives regular training in the through the PSHE Partnership Network.
- This is then disseminated to the teaching staff at Elmhurst as and when needed.
- A consultant and expert in PSHE, Claire Clinton, has trained the staff on the scheme. This included how to teach sensitive topics, the importance of

ensuring equality and inclusion of all the protected characteristics, and addressed misconceptions and challenging issues.

What materials will be used to deliver R(S)HE?

- In Elmhurst Primary School we have chosen to use the published scheme Jigsaw to deliver RSHE

Scheme of work

[PSHE curriculum map](#)

It is the aim of Elmhurst to provide all our pupils with high quality, pupils sensitive, evidence based and age and developmentally appropriate R(S)E that is sensitive to our pupils background and needs. If there are any questions about what we teach and why then please contact Mrs Islam or Ms Falkenburg.

Approved by: Newham LA; Newham SACRE, NAPNH and NASH (2020)

Policy last reviewed in January 2024

Policy to be reviewed in Summer 2024 and ratified in September 2024