

Raleigh Infant & Admirals Academies



Relationship and Sexual Health Education (RSHE) Policy

Approved Date: 1st February 2022

Review Date: 31st January 2023

Relationships and Sex Education

Intent

This Relationships and Sexual Health Education policy covers Admirals and Raleigh Infant Academy's approach to teaching Relationships and Sexual Health Education (RSHE). It was produced following consultation with the whole academy community including pupils, parents/carers, staff, the governing body and members of the wider community.

It will be reviewed every year, or sooner if the RSHE curriculum is amended, in response to emerging themes, changing pupil needs, or introduction of new legislation and guidance.

Parents will be informed about the policy through RSHE consultation events, referencing in the academy's prospectus and a link from the academy's website. If a hard-copy of the document is required, the academy will be happy to provide this upon request. The academy will work with parents requiring the policy in an alternative format, ensuring equitable accessibility for all.

Relationships and Sexual Health Education (RSHE) is learning about the emotional, social and physical aspects of growing up, relationships and reproduction. It will equip children and young people with accurate information, positive values and the skills to enjoy healthy, safe and positive relationships, to celebrate their uniqueness and to take responsibility for their health and wellbeing now and in the future.

Implementation

RSHE is taught in a way which is complementary to the wider ethos, values and principles of our academy. RSHE in this academy is learning about the body, feelings, beliefs, relationships, rights and responsibilities and knowing how and when to ask for help if needed. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes.

RSHE empowers children to build self-esteem, offer positive and open views, support mutual respect and celebration of self and others, providing a strong foundation to be successful in life by:

- Providing a spiral curriculum, allowing for the retention and development of knowledge relevant to the age and stage of the learner.
- Providing an inclusive learning environment which is safe and empowering for everyone involved, based on the belief that prejudice, bullying and discrimination is always unacceptable.
- Teaching non-biased, accurate and factual information that is positively inclusive.
- Developing character skills to support healthy and safe relationships, ensure comfortable communication about emotions, bodies and relationships using appropriate terminology.
- Promoting critical awareness of differing attitudes and views presented through society, the media, including raising an awareness of the impact of social media, and peers to enable the nurturing of personal values based on respect.

- Providing protection from shock or guilt.
- Actively involving pupils as evaluators to ensure relevance.
- Ensuring pupils are informed of, and understand, their rights, including the legal framework and how to access confidential help to keep themselves and others safe.

The RSHE curriculum has been planned following pupil consultation. This ensures the needs of all pupils can be met through the delivery of an age and stage-appropriate curriculum. The curriculum addresses traditional and emerging issues, and relevant challenges as identified by pupils. Consultation with pupils will be conducted on a regular basis. This will inform the RSHE curriculum review ensuring it remains responsive to emerging needs.

Roles and Responsibilities

Some elements of the RSHE curriculum are a statutory requirement to teach in order for the academy to meet government RSHE statutory guidance published 2019. It is important to teach RSHE through a spiral curriculum. This means pupils will gain knowledge, develop values and acquire skills gradually by re-visiting core themes to build on prior learning. This developmental approach helps pupils to make informed decisions relevant to their age and stage. RSHE will support the academy's commitment to safeguard pupils, preparing them to live safely in the modern world.

The RSHE programme will be led by the PHSE co-ordinator, and taught by class teachers and supported by professionals, where appropriate, for example school nurses, visitors and outside agencies. All staff involved in the delivery of RSHE have received specialist training, ensuring pupils are taught with consistent approaches to RSHE throughout their time at Admirals and Raleigh Infant Academy.

Legislation (statutory regulations and guidance):

Revised Department for Education's statutory guidance will state that from September 2020 all schools must deliver relationships education (in primary schools) and relationships and sex education (in secondary schools). Parents have the right to withdraw their child from those elements of RSHE (beyond biological/reproductive aspects) that are not already covered within the science curriculum. *'Before granting any such request it would be good practice for the head teacher to discuss the request with parents and, as appropriate, with the child to ensure their wishes are understood and to clarify the nature and purpose of the curriculum. Schools will want to document this process to ensure a record is kept.'* (Relationships Education, Relationships and Sex Education (RSE) and Health Education. Department for Education. 2019)

Documents that inform the academy's RSHE policy

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010)
- Supplementary Guidance SRE for the 21st Century (2014)

- Keeping Children Safe in Education – Statutory safeguarding and guidance (2019) (Re-issued and updated annually)
- Children and Social work Act
- Relationships Education, Relationships and Sex Education (RSE) and Health Education – Statutory guidance (2019)

Curriculum

RSHE lessons at Admirals and Raleigh Infant Academy will be taught in line with government guidance and legislations.

We promote good health and the development of positive relationships throughout our curriculum and across the year. However, specific elements will be taught during a dedicated week of learning which has been reported to parents. During the week teachers will be using targeted resources to build knowledge and understanding. This dedicated week of learning is designed to support and underpin learning about relationships that takes place within PSHE lessons as part of our curriculum. This is in line with a spiral curriculum and in line with our curriculum intent that our pupils should ‘know more and remember more’.

RSHE will be taught using a range of teaching methodologies; including story-telling, drama, discussions, individual private reflection, quizzes, fact finding, value spectrums, debating, independent research and artistic presentations. This wide range of teaching strategies promotes engagement by all pupils, irrespective of preferred learning styles. Distancing techniques, such as the use of characters within RSHE, avoids pupils feeling under pressure to participate or disclose information beyond that which is appropriate or feels comfortable. This strategy makes RSHE more accessible to all pupils, including those who may have experienced unhealthy relationships and/or abuse. The academy’s responsibility to safeguard pupils through a curriculum that prepares them to live safely in the modern world will remain central to curriculum content, teaching methodologies and supporting resources.

Pupils will be taught within the safe classroom environment with which they are most comfortable and by the teachers with whom they are most familiar. Pupils will be provided with opportunities to ask questions as a class and can also ask anonymous questions through the use of an ‘Ask It Basket’. Teachers will answer questions as fully as possible in an age and stage-appropriate manner, based on the level of knowledge demonstrated by pupils during the lesson. Teachers may ask a pupil to wait for a response to a question if they need time to consult with a colleague, or the academy leadership team, to construct an appropriate answer. Teachers can refuse to answer a question that they feel is inappropriate. **Teachers will not answer personal questions about their own body, personal circumstances or lifestyle choices.** If a teacher does not answer a question, the pupil will have the reasons for this decision clearly explained. The teacher will work with the pupil to identify suitable sources of information, where they can safely obtain an answer to their question.

At the end of every lesson, teachers will signpost pupils to information relevant to the topic to ensure safe sources of information, advice and guidance are provided. Teachers will also work closely with the academy’s pastoral team. This will ensure the academy can be responsive to pupils’ pastoral needs, and safeguarding arrangements can be actioned efficiently if required. If the academy has any reason to believe a pupil is at risk of harm, we are required to respond in accordance with the academy’s safeguarding policy.

At Admirals and Raleigh Infant Academy, we actively celebrate the diversity of our pupils, their families and the wider whole academy community. RSHE will always be taught in a non-judgemental,

nonbiased and fully inclusive manner through clear, impartial, scientific information as well as covering the law. Through consultation, continual assessment and regular reviews of the curriculum, we ensure that we continually recognise and respect pupils' different abilities, levels of maturity and personal circumstances including gender identity, faith or culture and that of their family, friends and the wider whole academy community.

Teaching staff will be using resources that have been produced by Educator Solutions and approved by Norfolk County Council and the Senior Leadership Team within Admirals and Raleigh Academy.

Reception and KS1 RSE Solution - Resource for teaching Relationships and Sex Education

KS2 RSE Solution - Resource for teaching Relationships and Sex Education

Healthy living and making healthy choices supports RSHE and is also taught during the academic year as part of our PSHE curriculum (PSHE Association).

Elements of science also supports RSHE and is taught throughout the academic year. For Example, at KS1 pupils are required to 'identify, name, draw and label the basic parts of the human body...''

Assessment

Pupils' learning will be assessed at the end of every topic. This will ensure that pupils are making sufficient progress which builds on prior teaching and learning and that teaching strategies and resources remain relevant and effective. Sessions begin with a recap of prior learning to ensure that understanding is embedded. Assessment activities will be implicit, forming part of a normal teaching activity to ensure that pupils do not feel under pressure. The evaluation of teaching and learning assessments will be shared with pupils and parents as appropriate.

Safeguarding

At Admirals and Raleigh Infant Academy we take the safety and safeguarding of our pupils very seriously and have robust measures in place to implement our safeguarding responsibilities. We are keen to support our pupils against Peer on Peer Abuse and Child Sexual Exploitation. We utilise NSPCC resources and additional training to ensure that our academy community is able to deal with these issues in a robust way. Staff are aware that effective RSHE, which brings an understanding of what is and what is not appropriate in a relationship can lead to a disclosure of a child protection issue. All staff at Raleigh Infant and Admirals are aware of their responsibilities regarding the safeguarding of children in education. Staff are aware of the reporting procedures in place if they have any concerns about the physical, emotional or mental well-being of pupils. Staff know who the Designated Safeguarding Leads are in academy and which of these are on site at any time.

Home/Academy collaboration

RSHE is most effective when it is a collaboration between our academy and home. The academy will provide support to parents and carers through an annual event, providing a valuable opportunity to develop awareness of emerging RSHE topics, review the resources being used and consider ways to build on RSHE at home. Parents will have the opportunity to share their views via a parental questionnaire. The academy operates an open-door policy enabling parents to discuss RSHE at

relevant times throughout the academy year. Due to Covid-19 restrictions, parents will still be invited to remote information events. Supporting information for parents and additional resources are provided on our website.

This policy supports:

Anti-Bullying and Identity Based Incident Policy
Safeguarding Policy
Curriculum Policy
Online Safety Policy
Science Policy
PHSE Policy
Mental Health Policy