



Whitewater Church of England Primary School

Relationships and Health Education Policy

APPROVED

Date: November 2023

Next Review Date: November 2025

Relationships and Health Education Policy

Introduction

The teaching of Relationships and Health Education at Whitewater C of E Primary, is an important aspect of pupils' education. Relationships and Health Education includes supporting young people in developing self-confidence in preparing for physical and emotional changes into adulthood. We believe that the teaching of Relationships and Health Education should be shared with parents and be mutually supportive and complementary. It promotes an understanding of the range of family types and other people who contribute to providing children with the care, love and support they need to grow and develop.

In this document, Relationships and Health Education relates to 'learning about physical, moral and emotional development.' It is about understanding the importance of family life, stable and loving relationships, respect, love and care and promoting the British value of tolerance.

The policy has been developed to ensure that staff and parents or carers are clear about the statutory requirements regarding Relationships and Health Education, and that the pupils receive their educational entitlement. Through implementation of this policy, the school will meet specific aspects of the legal and statutory requirements.

Every child is entitled to receive Relationships and Health Education. It is our intention that all children have the opportunity to experience a programme of Relationships and Health Education at a level which is appropriate for their age and physical development with differentiated provision if required.

The Moral and Values Framework

Relationships and Health Education is required to be taught within a moral framework. Children will learn about moral values through all aspects of school life, in all curriculum areas, not just in Relationships and Health Education. We aim to:

- help pupils develop sensitivity and respect for themselves and others
- provide a friendly and caring environment in which children are able to ask questions and further their understanding
- support pupils in taking responsibility for their actions and the consequences of their actions
- provide equality of opportunity for all children in a caring community in which each individual is encouraged to make a valuable contribution

Aims of Relationships and Health Education

Taking account of the age, maturity and needs of the pupils, Relationships and Health Education aims to:

- provide the knowledge and information to which all pupils are entitled
- help children to develop feelings of self-respect, self-esteem, self-confidence, sympathy and empathy
- provide the confidence to be participating members of society and to value themselves and others

- prepare pupils for puberty and encourage them to take responsibility for their own actions
- give them an understanding of reproduction and sexual development
- give them an understanding of the importance of health and hygiene
- develop and use communication skills and assertiveness skills to cope with the influences of their peers and the media
- teach them to respect and care for their bodies
- answer pupils' questions honestly and sensitively – referring the children to parents where appropriate
- give them information on where individuals and families can get help and support

Context

We teach Relationships and Health Education in the context of the school's aims and values framework. Whilst Relationships and Health Education in our school means that we give children information about sexual behaviour, we do this with an awareness of the moral code and values which underpin all work in school. In particular, we teach Relationships and Health Education with the beliefs that:

- RHE should be taught in the context of loving relationships and family life
- RHE is part of a wider personal, social, spiritual and moral education process
- children should be taught to have respect for their own bodies
- children should learn about their responsibilities to others, and be aware of the consequences of sexual activity
- it is important to build positive relationships with others, involving trust and respect
- children need to learn the importance of self-control

Teaching and Learning including Delivery of the Curriculum

We teach Relationships and Health Education discretely. However, some relationship aspects are covered through our values curriculum, and some of the biological aspects are covered in Science. Most of the RHE content is taught during the second half of the year. The curriculum for RHE at Whitewater maps out lesson objectives for each year group where RHE is taught. These themes progress as children move through the school.

Resources for RHE are mainly kept in an individual class folder, and centrally by the PSHE/RHE leader.

We also teach Relationships and Health Education through other subject areas (for example Science and PE) where we feel that they contribute significantly to a child's knowledge and understanding of their own body, and how it is changing and developing.

Linked with R.E, children reflect on family relationships, different family groups and friendship. They learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved.

Since Relationships and Health Education incorporates the development of self-esteem and relationships, pupils' learning does not just take place through the taught curriculum, but through all aspects of school life including the playground. It is important then that all staff understand that they have a responsibility to implement this policy and promote the aims of the school at any time they are dealing with children.

The Role of the Head of school/Executive head teacher

It is the responsibility of the Head 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 Head's responsibility to ensure that members of staff are given sufficient training, so that they can teach effectively and handle any difficult issues with sensitivity. The Head monitors this policy on a regular basis and reports to governors on the effectiveness of the policy.

The Role of the School and Other Members of the Community

We encourage other valued members of the community to work with us to provide advice and support to the children with regard to health education. Health professionals are expected to work within the school's Relationships and Health Education policy and on the instructions of the Head of school.

The Role of Parents

The school is well aware that the primary role in children's Relationships and Health Education lies with parents and carers. We wish to build a positive and supporting relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective, we:

- inform parents about the school's Relationships and Health Education policy and practice
- answer any questions that parents may have about the Relationships and Health Education of their child
- take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for Relationships and Health Education in the school

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 be involved in sexual activity, or indicates that they may have been a victim of abuse, this will be dealt with in line with our child protection policy.

Answering Difficult Questions

If a child asks an explicit or difficult question, the staff will use their professional judgement in deciding the best way to answer it. This may be through individual work or discussion with the child. If the staff member is concerned, they can refer to the Head of school who can discuss the matter with the parent, or follow other appropriate procedures. All Key Stage 2 classes have an 'RHE Question box' in their classroom during the half term in which they are being taught RHE, so that they can ask questions anonymously.

Procedures for Withdrawal of Pupils

Parents and carers have the right to withdraw their child from some additional Sex Education lessons, but not statutory Science lessons. However, should parents be considering such a step, we ask them to first talk it through with their child and the class teacher, and then, if necessary, contact the Head of school.

Children with SEND

It is up to the school to make sure that the needs of all pupils are met. This may mean more explicit teaching to ensure that children with special educational needs are properly included in RHE. This may mean additional support within lessons, small group or individual lessons and an adapting of resources to enable access. Parents may need to be consulted individually with regard to children with SEND, especially if the pupil has a very low mental and or emotional age.

Monitoring and Evaluating the Policy

Teacher assessment will inform discussion about the successful implementation of the policy. Judgements about the success of the policy can also be made through gathering evidence from school staff about how the policy supports them, from parents and governors about the clarity of the information provided, and from pupils about how Relationships and Health Education provision is meeting their needs.

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