



Tweedmouth West First School

Personal, Social and Health Education/Relationships, Social and Health Education

January 2020

Introduction

This policy provides information on how we plan and implement PSHE and RSHE.

Parents will have access to this policy on the school website.

Translation into other languages than English will be made available on request.

Rationale

PSHE/RSHE is an entitlement of young people which will enable them to live safe, fulfilled and healthy lives.

For our younger children this involves laying the foundations of understanding about growth and change as well as respect for oneself and other people. For some of the older children this may include preparation for the changes caused by puberty.

Any parents wishing to discuss this curriculum with the class teacher or Head Teacher are welcome to do so.

The DfEE Relationships Education, Relationships and Sex Education, and Personal, Social, Health and Economic Education (2017) recommends that all primary schools should have a sex and relationship education programme appropriate for the age and physical and emotional maturity of the children.

Aims of our PSHE/RSHE Policy

Our school's overarching aims and objectives are to create an inclusive happy, caring, stimulating and secure environment with the necessary opportunities in which each child is encouraged to develop his/her own natural abilities for learning academically, aesthetically, socially, physically and morally.

The school will promote a healthy lifestyle where children are encouraged to value themselves and others.

The whole ethos of our school is based on promoting self-respect, high self-esteem, a sense of responsibility and resilience.

In terms of PSHE/RSHE we aim to offer guidance and information on all areas of PSHE/RSHE in school for staff, parents/carers and governors.

In school we aim

- To provide pupils with the knowledge and skills to enable them to make informed and responsible choices now and in the future. Taking into account their physical, moral, cultural and mental development.
- To create a climate where pupils and adults have the freedom to talk openly and honestly. (Issues raised by children will be dealt with, taking into account the maturity of the child and the nature of the issue.)
- To ensure there is a fair and equal balance in our teaching of PSHE/RSHE for both girls and boys.
- To ensure that children with special educational needs are properly included in PSHE/RSHE.

Objectives

- To promote pupils' self-esteem and confidence.
- To give accurate information about changes in the body.
- To promote the skills needed to build positive personal relationships
- To provide pupils with the opportunity to clarify some of their misconceptions / attitudes towards friendships, sexuality and gender.
- To explore and respect the views of others and understand that they may differ from their own,
- To develop their communication and decision making skills, from an informed basis.
- To help young people resist unwanted pressure.
- To give pupils the opportunity to explore ideas about family, stable relationships and parenting.
- To be responsive and aware of differing needs and backgrounds.
- To prepare young people for transitions in later life.
- To fulfil statutory requirements.

Partnership with parents / carers

Any parents wishing to discuss this curriculum with the class teacher or Head Teacher are welcome to do so.

Moral & values framework

The PSHE/RSHE policy encourages respect for self and others, taking responsibility for their own actions, and respect and responsibility for their family, friends, school and local community.

The learning experiences offered will help children to develop their own set of moral values by reflecting on a variety of issues and viewpoints, dilemmas, situations and case studies.

We work to equip the pupils with the language, strategies, skills and confidence required to behave according to their own moral values in new situations.

Our values are promoted in the context of Family life which may differ from family to family.

Relationships Education within the Curriculum

RSHE is taught within the context of the PSHE curriculum

Core theme 1: Health and Wellbeing

In **Key Stages 1 and 2**, pupils are taught:

- What is meant by a healthy lifestyle?
- Our bodies and how we take care of them.
- How to maintain physical, mental and emotional health and wellbeing.
- Ways of keeping safe.
- About managing change.
- How to make informed choices about health and wellbeing and to recognise sources of help with this.
- How to respond in an emergency.
- To identify different influences on health and wellbeing.

Core theme 2: Relationships

In **Key Stages 1 and 2**, pupils are taught:

- How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts.
- How to recognise and manage emotions within a range of relationships how to recognise risky or negative relationships including all forms of bullying and abuse.
- How to respond to risky or negative relationships and ask for help.
- How to respect equality and diversity in relationships.

PSHE/RSHE will be delivered through a combination of planned curriculum activities and whole school approaches. Such as:

- Discrete curriculum sessions: through planned PSHE/RSHE sessions

- Cross Curricular links: through other areas of the curriculum such as Science
- Through activities and events: pupils supporting each other, taking responsibility, looking after pets and addressing issues and concerns, and developing relationships
- External Agencies e.g. Operation Encompass, NSPCC

Pupil consultation

We will involve pupils by exploring their prior learning. Consultation will depend on age and level of maturity and on the needs of individual pupils.

In line with the school's inclusion policy we will recognise and respect differing abilities, levels of maturity and emerging sexual orientation. We will respect their unique starting points and treat their family circumstances with sensitivity, teaching all children to respect everyone regardless of race, gender, sexual orientation and culture.

This will be done in assemblies and through lessons such as Philosophy, PSHE/RSHE and RE.

Specific Issues, Confidentiality & Child Protection

The school will work closely with the children's services and Health professionals such as doctors and nurses (especially the school nurse) for support, advice and up to date information.

Our child protection, safeguarding and Child Sexual Exploitation policies link to this policy and will be followed whenever concerns arise including:

Female Genital Mutilation

We recognise that this is illegal and is a form of child abuse. Staff must remain vigilant to signs of abuse which must not be ignored, including:

- Where girls come from communities known to practice FGM
- Where an older sibling has been a victim
- When a girl talks about a special ceremony
- Where a girl is taken abroad or is absent for a long time
- Physical signs such as: frequent visits to the toilet, inability to cross legs when sitting on the carpet, in assembly, avoidance of PE, urinary tract infections, pain

Where suspicions arise normal child protection procedures will be followed.

NSPCC helpline 0800 028 3550

Staff, parents and pupils need to be aware that teachers cannot offer or guarantee absolute confidentiality, but their best interests will be maintained. Teachers recognise we owe a duty to maintain the child's confidentiality. However any child protection issues should be reported to the Designated Person for Child Protection immediately.

Changing for PE lessons and clubs

At Key Stage 2, boys and girls will get changed separately if they wish.

Monitoring

The provision of PSHE/RSHE will be monitored, evaluated and reviewed by the Head Teacher and PSHE/RSHE co-ordinator.

The PSHE/RSHE co-ordinator will be responsible for monitoring and evaluating this policy, provide or seek sources of guidance and support for staff implementing it. He / she will also be responsible for evaluating the effectiveness of the teaching and learning of the curriculum.

It should be reviewed annually. Next review January 2021

Chair of governors: Joe Rutherford

Head Teacher: Anne Robertson

PSHE/RSHE Co-Ordinator: Patricia Fairnington