



ST LAURENCE CHURCH
JUNIOR SCHOOL

Relationships, Sex and Health Education Policy

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To be reviewed : September 2027

(To be reviewed on a two-year cycle)

'Learning, Loving and Sharing, guided by Jesus'

Statement of Values and Ethos

This policy covers St Laurence Church Junior School's approach to Relationships, Sex and Health Education (RSHE). The purpose of this education is to equip pupils with the knowledge, skills and positive attitudes to grow up as members of society who are empowered to make decisions about their own lives, understanding and being respectful of beliefs and lifestyles different to their own, whilst recognising what constitutes respectful and positive relationships with others.

'We seek to provide a Christian ethos and education which promotes the all round development of each child and enables them to achieve success and gain a sense of self worth.'

We acknowledge 'Valuing all God's children' – giving pupils opportunities to value themselves and their bodies. Relationships and sex education being inclusive, nurturing and respectful and taking into account LGBTI+

Legal Framework and national guidance

The Department for Education statutory guidance, issued under Sections 34 and 35 of the Children and Social Work Act 2017, makes it a requirement for all primary schools to teach Relationships and Health Education from September 2020. It is advised that schools have a Sex education programme in place but this is not statutory.

This guidance does not form a National Curriculum but instead gives schools guidance on age-appropriate compulsory subject content whilst giving schools "flexibility to shape their curriculum according to the needs of their pupils and communities". In primary schools this is defined as "the key building blocks of healthy, respectful relationships, focussing on family and friendships, both on and offline".

As a Church of England school, we will approach RSHE in a faith sensitive and inclusive way.

Curriculum Content Overview

We view the delivery of quality RSHE as a tool to safeguard children. We will ensure that teaching and resources meets the needs of all pupils, including those with special educational needs and disabilities and those identified as living with a specific vulnerability or safeguarding concern. Our curriculum is designed to promote gender equality and LGBT+ equality and this is threaded through the PSHE (Personal, Social and Health Education) and RSHE curriculum rather than taught as a one-off event. If any taught content leads to the disclosure of a child protection issue, staff have been made aware of how to deal with this, including consulting with the Designated Safeguarding Lead.

At St Laurence Church Junior School, RSHE plays a very important part in fulfilling the statutory duties outlined in the guidance provided in the "Relationships and Sex Education, and Health Education" DfE guidance (2019). This is taught as part of a broad and balanced curriculum through the Jigsaw PSHE scheme of work, with RSHE topics covered as outlined below:

- Half term 4: Healthy me (taught from Y3- Y6) covers two main areas of health: Emotional health (relaxation, being safe, friendships, mental health skills, body

image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid) in order for children to learn that health is a very broad topic.

- Half term 5: Relationships (taught from Y3- Y6) The Relationships unit, taught in half term 5, has a wide focus, looking at diverse topics such as families, friendships, pets and animals, and love and loss. A vital part of this Puzzle is about safeguarding and keeping children safe; this links to cyber safety and social networking, as well as attraction and assertiveness; children learn how to deal with conflict, their own strengths and self-esteem. They have the chance to explore roles and responsibilities in families, and look at stereotypes. All Jigsaw lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.
- Half term 6: Changing me (Sex education content taught only in Y5 and Y6) It deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, self-respect and safeguarding. Self and body image, puberty, attraction and accepting change are diverse subjects for children to explore. Each year group thinks about looking ahead, moving year groups or the transition to secondary school. Life cycles and how babies are made and grow are treated sensitively and are designed to meet children's needs. Children will learn about how people and bodies change. This Puzzle links with the Science curriculum when teaching children about life cycles, babies and puberty.

In addition to RSHE, the National Science Curriculum (which is compulsory in Key stages 1 – 4) includes the following:

- 'All children need to know about puberty before they experience the onset of physical changes' (1.13)
- Children should learn 'how a baby is conceived and born' before they leave primary school (1.16)

How it will be taught

The curriculum content will be taught by class teachers as part of our wider Jigsaw PSHE curriculum, using a range of resources and teaching methods. Pupils are taught, not only factual knowledge about the curriculum area, but also to reflect on, and develop, their skills and attitudes to subject matter. This may include challenging stereotypes and learning to resist peer pressure.

Teaching staff will receive training on the content of the curriculum and best practice for teaching these topics, in order to best support pupils. This training will take place before the lessons commence and will be reviewed regularly.

Ground rules will be agreed by pupils and teachers prior to commencement of the lessons. No personal information will be shared and distancing techniques such as using fictional case studies and the third person will be used.

Pupils will have the opportunity to ask any questions they have both during the lesson and via the use of a question box at the end of lessons (pupils will be required to put their initials

on any question in the box as a safeguarding measure). Any safeguarding concerns will be dealt with according to our safeguarding policy. If pupils have questions which are outside of the typical content for their age and stage of development teachers will use their professional judgement to determine whether the question will be answered in the whole class setting, in a private conversation with the pupil involved or whether the topic is deemed to be outside of the appropriate content for that pupil's age and development in which case the question will not be answered and the pupil will receive feedback as to why.

Some lessons will be taught in classes, as a year group and some lessons will be taught to girls and boys in separate groups.

Where it is known that a situation in a pupil's personal life may affect their engagement with a particular topic within RSHE (for example some specific safeguarding issues), staff will work with pupils in advance to prepare them for the topic area.

Information for parents

Parents/carers will be informed about the policy and lesson content through a parental workshop held before the Changing Me unit. Parents/carers will therefore have the opportunity to be fully aware of what is taught, to see a sample of resources used and are invited to ask any questions they have.

Parents have the right to withdraw their child from any Sex Education content taught in RSHE which falls outside of the Science National Curriculum requirements and outside of the Relationships Education guidance. Any requests to withdraw should be made to Mr Murphy. Pupils will be taught that parents/carers share the responsibility with school and are a vital source of support and learning for RSHE.