



**Policy R.4 RSHE Policy
(Incorporating RSE, Health Education and PSHE)**

Policy Number	R.4	Review Cycle	3 year	Reviewer
Date Created	20/10/2017	Review Date(s)	20/10/2020	CEO/ Admin. Lead
Original Author	CEO		20/10/2023	
			20/10/2026	
			20/10/2029	
			20/10/2032	

A PLACE TO CALL OUR OWN

RSHE Policy

Incorporating RSE, Health Education and PSHE

Policies that may link to this policy:

- Anti-Bullying Policy
- Equality Policy
- Healthy Eating Policy
- ICT Policy
- Safeguarding and Child Protection Policy



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RSHE at APTCCO

At APTCCO we recognise the value and importance of Relationships and Sex Education (RSE) and Health Education. We are committed to providing a safe, engaging learning environment for our pupils, where they can flourish. This forms the basis of our vision for all children to Believe, Belong and Achieve. We believe it allows our pupils to become healthy, safe, independent and responsible members of our school and the wider community.

This policy outlines our school's commitment to provide effective Relationships, Sex and Health Education for all pupils in support of that offered by parents, who are the first educators of their children in this area. It has been written with regard to the DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education guidance 2019 and other relevant guidance documents and statutory requirements.

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019 made under sections 34 and 35 of the Children and Social Work Act 2017 make Relationships and Health Education compulsory for children receiving primary education. To meet the needs of our pupils we will also deliver sex education.

The RSHE teaching in this school contributes to our statutory duty to safeguard children and prepare them for the responsibilities and experiences of adult life. RSHE is taught in an age-appropriate manner throughout the school.

The aims of our RSHE Curriculum

RSHE is lifelong learning about physical, moral and emotional development. Through RSHE children learn about relationships, diversity, respect, healthy lifestyles, safety, the body and how it changes, reproduction and birth in a sensitive and age-appropriate way. In primary school we are building the foundations of skills and knowledge that will be developed further at secondary level. Our key aim in providing RSHE throughout the school is to safeguard our pupils.

During their time at this school children will learn key knowledge and skills to help keep them safe and prepare them for adult life. Through our curriculum we aim to:

- Develop thinking skills
- Build positive relationships with their peers and adults
- Enable children to make safe and responsible choices
- Provide opportunity for children to learn about drugs, alcohol and smoking and the dangers and how to make responsible decisions
- An understanding of eating healthy
- To develop an understanding of money and finance
- An understanding of bullying/cyber-bullying, what the signs are and who to go to for support
- To develop an understanding of how to stay safe on the internet.

Teaching

The RSHE program is based on the needs of pupils in the school with learning outcomes appropriate to their age, ability and level of maturity. RSHE will be firmly embedded within our broader curriculum areas, including Science and PE, in addition to more focused learning through RSHE sessions and assemblies. Pupils will be helped to appreciate difference and to respect themselves and others.



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LEARNING

RSHE AT APTCOO IS BROKEN DOWN INTO 15 SPECIFIC AREAS OF LEARNING:

1. Families and people who care for me
2. Caring Friendships
3. Respectful relationships
4. Mental well-being
5. Internet safety and harms
6. Online relationships
7. Finance
8. Drugs, alcohol and tobacco
9. Basic First Aid
10. Health and prevention
11. Being safe
12. Changing adolescent bodies
13. Physical health and fitness
14. Moving on
15. Becoming an active citizen

All the topics above are taught at age-appropriate level across school. This is to ensure children have an awareness and understanding of the topics.

Equality, Inclusion and Support

We are required to comply with the requirements of the Equality Act 2010. Our school values diversity encourages respect for all and promotes tolerance for, and celebration of, difference. We do not discriminate against pupils because of any protected characteristic (age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation).

At times, when there is an identified need, we may take positive action through our planning and delivery of RSHE to deal with disadvantages facing those with a particular characteristic.

There are many different faith and cultural perspectives on aspects of RSHE. As a school we will deliver RSE in a factual, non-judgmental way ensuring that teachers do not promote one faith or cultural viewpoint but rather provide a balanced approach that acknowledges the wealth of views and opinions of our community and teaches.

Parents and carers are key partners in RSHE and are best placed to support their children to understand how their learning at school fits with their family's faith, beliefs and values. To support this process we will ensure that we are transparent as possible with our RSHE teaching and we are willing to answer any questions regarding a child's RSHE curriculum that a parent/carers may have.

We will use a range of materials and resources that reflect the diversity of our school population and encourage acceptance and tolerance. We want every child and family to feel included, respected and valued.



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Teachers will plan in different ways and use a variety of teaching strategies to meet the needs of individuals. For some children, particularly those with special educational needs and disabilities, a differentiated approach may be necessary to ensure learning outcomes are met.

A range of different families and relationships will be explored within RSHE. All children whatever their identity, developing identity, or family background need to feel that RSHE is relevant to them and sensitive to their needs. This means that resources and books used will show families of all kinds, including mum/dad, two mums, two dads, fostering, adoption, single parent, extended family and others. This reflects both our school community and wider society.

Sex Education

In addition to Relationships and Health Education we also cover sex education. The content of sex education includes learning about reproduction, pregnancy and birth as well as consent. Parents/carers are able to withdraw their child from this learning if they choose to.

Right to withdraw from sex education:

Whilst we always try to work with parents/carers to explore their views, we also accept that parents can exercise their right to withdraw their child from the sex education elements of our programme. There is no right to withdraw from Relationships Education or Health Education (from September 2020). Parents can exercise their right to withdraw their child from sex education by sending a letter to the Headteacher. Teachers will plan appropriate, purposeful education for children who are withdrawn from sex education.

MONITORING, ASSESSMENT AND REVIEW

The Headteacher supports colleagues in the teaching of RSHE, by giving them information about current developments in the subject. Areas for further development are discussed with the Headteacher and colleagues.

Menstrual wellbeing

Some pupils will begin menstruation in primary school. When a pupil starts menstruating in school we will support them on-site and inform parents/carers. If your child has difficulties managing their periods at school please speak to the Headteacher.

Links to other policies:

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APTCOO - A PLACE TO CALL OUR OWN

Policy/Procedure for: Relationship and Sex Education (RSE) Policy

RECORD OF CHANGES

DATE	AUTHOR	PROCEDURE	DETAILS OF CHANGE



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EMPLOYEE RECORD OF HAVING READ THE POLICY

Title of Policy: RSHE Policy (Incorporating RSE, Health Education and PSHE)

I have read and understand the principles contained in the named policy

PRINT FULL NAME	SIGNATURE	DATE