



Ascot Heath Primary School

"Preparing our children for all of their tomorrows"

Relationship and Sex Education Policy

Rationale

The teaching of Relationship and Sex Education (RSE) at Primary School is an important aspect of a pupil's education. RSE includes planned topics which inform children honestly and age appropriately about their bodies and relationships. RSE aims to help pupils understand the range of networks which contribute to the care, love and support they need to enable them to make safe, healthy choices as they grow up so that they can therefore live happily in the wider community.

Definition of RSE

*RSE is 'learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Some aspects are taught in science and others are taught as part of Personal, Social, Health and Economic Education (PSHE). A comprehensive programme of RSE provides accurate information about the body, reproduction, sex and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline.'*¹

Ascot Heath Primary School and the community

At Ascot Heath Primary School, RSE is taught within a moral framework which respect the cultural diversity of our school community and that of the wider community. Children learn about moral values through all aspects of school life and all curriculum areas, not just Relationship and Sex Education.

We want our children to be well informed and healthy - physically, emotionally and in their relationships and interactions with others. We want pupils to leave Ascot Heath Primary School with feelings of self-confidence, self-worth and high esteem, with the life skills necessary to develop positive healthy lifestyles, attitudes and behaviours. This will be encouraged through the progressive and age-appropriate acquisition of the knowledge, understanding, skills and values necessary for such development.

¹ Brook, SEF, PSHE Association, 2014:3



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Sex and Relationship Education, taught within this framework, which gives due regard to moral considerations and the value of family life, will:

- take account of pupil's levels of knowledge and awareness of the issues being addressed
- develop pupil's self-respect through the promotion of assertiveness, self-esteem, and acknowledging the value of each individual pupil
- reflect an understanding of the range of family units that children live in
- develop respect and sensitivity to others through knowledge of difference.

At Ascot Heath Primary School, we encourage pupils to:

- take responsibility for their actions and the consequences of those actions
- develop positive relationships with other pupils and adults within the school community
- ask questions about any issues they may have about growing up and later life.

Policy Development:

This policy was formulated in consultation with input from members of staff, governors, and parents/carers.

The policy reflects the recent RSE guidance and guidance from the PSHE Association, the Sex Education forum and the local authority.

All school personnel, parents' carers and pupils have been made aware of this policy. This policy will be available to parents through the school website.

Members of staff responsible for RSE: Mrs Rachel Bradley, Head teacher/DSL and Mrs Hunter RSE lead.

Aims and outcomes of RSE in the curriculum:

The overall aim of RSE is to foster a positive notion of lifelong learning about physical, moral and emotional development, including how to look after physical and mental health. It aims to support the development of skills and understanding necessary to manage conflict peacefully and learn how to recognise and avoid exploitation and abuse.

Our aims are:

- To acknowledge and compliment the role of parents as key educators, to liaise with, and work in partnership with them.



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- To enable children to develop feelings of self-respect, self-esteem, self-confidence, sympathy and empathy.
- To provide clear and accurate information about the development of the human body increasing in age-appropriate detail
- To generate an atmosphere in which pupils can ask questions and discuss matters without embarrassment, knowing that they will be answered at a level appropriate to their development and understanding, and sensitive to the needs of everyone.
- To counteract misleading myths and information gained from the playground, peers, adults or the media including social media.
- To promote loving and caring relationships and mutual responsibilities within these relationships.
- To develop an understanding of other's beliefs, needs and feelings.
- To develop skills that will enable pupils to make informed choices both now and in the future.
- To provide information on agencies that can provide support on health-related issues.

RSE provides opportunities for pupils to:

- Better understand the nature of human relationships
- Learn about relationships, the importance of communication and assertiveness, including the importance of values such as respect (for self and others), equality, responsibility, care and compassion
- Reflect upon the importance of stable and loving relationship for family life, including the raising of children, this also includes marriage and civil partnership
- Consider and understand the changes that occur to their bodies, minds and emotion as a consequence of growth from childhood to adulthood
- Reflect upon how to make good, informed and safe choices concerning relationships and healthy lifestyles.

Further to this, RSE will support the school's duty to promote the development of pupils' spiritual, moral, social and cultural awareness in line with the 2010 Equality Act and the school's safeguarding and child protection protocols. The RSE programme at the school reflects our ethos and demonstrates and encourages our school values: *Courage, Respect and Hope.*



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Ascot Heath is committed to the provision of RSE to all of its pupils. Our programme aims to respond to the diversity of children's culture, faiths and family background.

How RSE is taught within the curriculum

RSE is not delivered in isolation, but is firmly embedded in all curriculum areas including Personal, Social, Health and Economical (PSHE) education, Citizenship and Science. At Ascot Heath Primary School the main RSE content is delivered from Early Years through to Year Six in the summer terms of each year, as part of the Jigsaw Unit: 'Changing Me.'

At Ascot Heath Primary School, RSE is taught:

- by the class teacher(s) with the support of the SENCO and RSE lead. All staff are committed to delivering the programme and if external agencies are used pupils and parents and carers will be adequately informed and prepared.
- using a balanced range of methods to ensure inclusive learning. As with all purposeful learning a range of teaching strategies is employed for the teaching and learning in RSE. There is an emphasis on active learning methods which involve the children's full participation. Approaches to the lesson will vary according to different materials used and the objectives of the lesson but, generally, will be pupil centred, interactive and involve discussion and group work.
- in single and mixed gender groups. At times it may be appropriate for boys and girls to discuss feelings about growing up together so that they develop an awareness of the development of boys and girls. This strategy promotes a positive attitude to equal opportunities, anti-sexism and wider gender issues. Provision will be made available for single gender groups as appropriate, relevant or requested. Staff are sensitive to an individual's needs, ensuring that resources used will enable equal access to all. Pupils' questions will be answered truthfully, sensitively and with due consideration to the age of the child concerned. Appropriate biological language is used.
- as part of a scheme of work that has been carefully planned and resourced to ensure progression for all.



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- through different aspects of the curriculum, while the main RSE teaching is delivered as part of PSHE sessions, some elements will be exploited through Religious Education and during whole school assemblies.
- following PSHE ground rules and class charters in all PSHE and RSE lessons.

Visitors and External Agencies

At times visitors and external agencies are invited to the school because of their particular expertise or contributions that they are able to make - this is to enhance the provision already in place through the taught PSHE (RSE) curriculum. All visitors will be familiar with and understand the school's RSE policy and safeguarding policy and will work within these documents. All input will be negotiated and agreed with staff in advance - the school's statement regarding the use External Contributors is applied to ensure that provision is timely, needs are met and is appropriate. Visitors will be supervised and supported by a member of staff at all times and the input of visitors is monitored and evaluated by staff and pupils. This evaluation will inform future planning.

Pupils are also taught RSE as part of the statutory National Curriculum for Science as outlined below:

In Key Stage One pupils will:

- learn the names of main body parts and senses
- notice that animals, including humans, have offspring which grow into adults
- describe the importance of human exercise, eating the right amounts of different types of food and hygiene

In Key Stage Two pupils will:

- describe the changes as humans develop to old age
- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function



Content of the RSE programme at Ascot Heath Primary School

RSE lessons and resources have been planned in conjunctions with the Jigsaw Scheme of work, which promotes a 'mindful approach to PSHE.' The Jigsaw Scheme of work is a PSHE Association quality assured resource.

The RSE curriculum overview is outlined below and is taught in the summer term of each year. Further detail on each unit, for each year group is in appendix one.

	Summer One: Relationships	Summer Two: Changing Me
Early Years:	My family and me Make friends, make friends, never, never break friends 1 Make friends, make friends, never, never break friends 2 Falling out and bullying 1 Falling out and bullying 2 Being the best friend we can be	My body Respecting my body Growing up Growth and Change Fun and fears Celebration
Key Stage 1	Year One:	Life cycles Changing me My changing body (since a baby to now) Boys' and girls' bodies Learning and growing Coping with changes
	Year Two:	Families Making friends Greetings People who help us Being my own best friend Celebrating my special relationships
Key Stage 2	Year Three	Life cycles in nature Growing from young to old The changing me Boys' and girls' bodies Assertiveness Looking ahead
	Year Four	Me How babies grow Friendship Keeping myself safe Being a global citizen Celebrating my web of relationships
	Year Five	Family roles and responsibilities Outside body changes Inside body changes Family stereotypes Looking ahead to Year Four
	Year Six	Unique me Having a baby Girls and puberty Circles of change Accepting change Looking ahead to Year Five

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	Year Five	Recognising me Getting on and falling out Girlfriends and boyfriends 1 Girlfriends and boyfriends 2 Relationships and technology 1 Relationships and technology 2	Self and body image Puberty for girls Puberty for boys Conception Looking ahead Looking ahead to Year Six
	Year Six	My relationship web Love and loss 1 Love and loss 2 Power and control Being safe with technology 1 Being safe with technology 2	My self-image Puberty Girl talk/boy talk (taught in gender specific groups) Babies - conception to birth Attracting Transition to secondary school



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Parental Involvement

The school is committed to working with parents and carers and believes that it is important to have the support of parents and the wider community for the PSHE and RSE programme. Parents and carers will be informed before the RSE schemes are delivered to the pupils. Teaching materials and resources used are available for parents to view upon request to a member of the Senior Leadership Team.

To promote effective communication and discussion between parents and their children we will notify parents through school communication links regarding when particular aspects of RSE will be taught. We also encourage an open door policy to help ensure that parents can have discussions with the school staff in a positive, sensitive and proactive manner.

By working in partnership, home and school can combine to provide the most effective RSE possible. Parents/carers and the wider community views and opinions are always welcomed.

Parental Rights to Excuse their child from RSE

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools. The national curriculum for science includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty and reproduction in some plants and animals) is compulsory.

Ascot Heath Primary School has an RSE curriculum that is tailored to the age and the physical and emotional maturity of its pupils. Parents have the opportunity to seek support in talking to their children about RSE and how to link this with what is being taught in school both as part of the Science and RSE curriculum.

Parents have the right to withdraw their child from some or all of the sex education which goes beyond the national curriculum for science. Effective methods to communicate with the school approach to RSE, including the parental right to excuse their child can be found on the school website, at information evenings and the RSE policy. Parents/carers who are considering withdrawing their child from any elements of sex education are invited to



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discuss any concerns or to clarify coverage in a session with their class teacher, the RSE lead or the head teacher.

If pupils who are excused from a sex education lesson, ask questions at other times, questions will be answered honestly by staff, in line with their usual approach to questions from children.

How the school responds to specific issues related to RSE

If the school have any reason to believe a pupil is at risk, we are required to follow our safeguarding and child protection procedures as set out in our policy which is available on the school website.

How the RSE programme is monitored, evaluated and assessed

At Ascot Heath Primary School we ensure that all pupils have equal access to the RSE programme through a thorough process of monitoring, evaluation and assessment which takes into consideration pupil's needs, maturity, age, ability and personal circumstances.

Professional development for staff

- The RSE lead has attended an RSE course and has fed back to staff
- Teachers attended RSE training provided by Jigsaw (Summer 21) and staff receive an annual training update
- The PSHE lead will listen to feedback from staff and organise relevant training
- The RSE and PSHE lead is supported by the Jigsaw scheme of work and its training materials which are shared with all staff

Links to policy and advice

The RSE policy is supported by, but not limited to:

- PSHE Policy
- Behaviour Policy
- Health and Safety Policy
- Safeguarding/Child Protection Policy
- Equality Policy
- Anti-bullying Policy
- Intimate Care Policy
- Sex and Relationship Guidance DfES

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Review of the Policy

This policy is a working document and will be reviewed annually. It may also be reviewed in light of any related issue that may occur such as any new findings arising from educational research, local or national guidance.

Document Management and Control

Review Committee & Approval Date	Approved by FGB 27 Sept 2023
Date of Next Review:	Sept 2024
Amendments Made at Last Review:	Staff receive an annual training update