



The aim of this policy is to clarify the content and the manner in which Relationships, Sex and Health Education is delivered at St Just Primary School.

School Ethos

At St Just Primary School, we pride ourselves on building strong, open and honest relationships between staff and children and know that this is vitally important when the theory of this particular policy becomes practice.

We endeavour to ensure that our children feel safe and secure and know that they can rely on and trust in the confidentiality and integrity of our discussions.

From September 2020, the Department of Education says that all pupils must teach their pupils:

RELATIONSHIP EDUCATION
HEALTH EDUCATION.

Changes to the curriculum have brought content into the 21st century, which ensures that the content is relevant to the children today and will equip our children with knowledge to make informed decisions about their health and relationships.

Our school in context

St Just Primary is a school for girls and boys aged between 4 and 11 years. Our children come from very mixed socio-economic backgrounds and have both single and dual parent families. We are committed to equal opportunities in all aspects of school life.

The rights of staff

In the delivery of the curriculum, we rely on the sensitivity of each member of staff to assess what is suitable for their cohort of children. We also recognise the right of each member of staff to answer only the questions they feel comfortable answering, knowing who to refer the child on to and how to report any concerns they may have arising from discussions in line with our Child Protection policy. We ensure that we work according to the latest Government guidelines and within the parameters of the recommended curriculum.

The rights of parents

“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 Education compulsory for all pupils receiving primary education...They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education(PSHE) continues to be compulsory in independent schools.”

DfE Guidance p.8

As a parent you cannot withdraw your child from Relationships or Health Education. It is important that all children receive this content, covering topics such as friendships and how to stay safe. At St Just Primary School, puberty is taught as a statutory requirement of Health Education and covered by our Lifewise scheme.

“Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education” DfE Guidance p.17

If you do not want your child to take part in some or all of the lessons taught in our Sex Education topic, you can ask that they are withdrawn. For example:

Year 5: My Body Changes

Year 6: My Amazing Body

If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. You will be informed before these sessions take place and should approach the Headteacher to request that your child does not take part. We ask our parents to be aware however, that not all discussions between pupils will take place during these sessions and in the presence of adults, and that we cannot be held responsible for their child overhearing child to child discussions.

Morals and values

The Relationships Sex and Health Education programme will reflect the school's ethos and demonstrate and encourage the following values:

- Respect for self
- Respect for others
- Responsibility for our own actions
- Responsibility towards our family, friends, school and the wider community.

Ethnic and cultural diversity

Different ethnic and cultural groups may have different attitudes to Sex and Relationships Education. At St Just we will endeavour to take account of such different views and needs and promote respect for, and the understanding of, the views of different ethnic and cultural groups.

Curriculum content – a developmental process

At St Just Primary School we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. This gives the children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. It is within this subject that we cover the statutory topics associated with the Department for Education (DfE) statutory requirements for Relationships and Sex Education (RSE) and Health Education.

At St Just Primary School we use the Lifewise and PSHE activity scheme. The content is organised into Year Groups for: Key Stage One, Lower Key Stage Two and Upper Key Stage Three and the activities cover the requirements of the National Curriculum.

We also use the CIOS PSHE Curriculum, where key themes exploring relationship and health education are taught throughout the school. (See appendix 1 for topics covered in each year group). These are statutory lessons and pupils can not be withdrawn from the sessions. Parents can withdraw pupils from sex education but not relationship or health education.

The school uses a spiral approach in the teaching of the sessions to build on prior learning. The pedagogy of the sessions:



SRE

St Just School uses the Lifewise RSHE and Activity programme (see appendix 3 for overview) and resources for our PSHE and Sex Education.

Our SRE programme will support and encourage the following skills in our children:

- The ability to develop confidence in talking, listening and thinking about feelings and relationships
- The ability to name parts of the body using the proper biological names and to describe how their bodies work (This begins in year 2 as part of the Science curriculum.)
- To be informed about body differences and changes
- The ability to recognise right from wrong
- The ability to try and understand the views and choices of others
- To be prepared for puberty
- To keep their bodies safe
- To empower them to communicate concerns they may have about their own health and safety.
- To prepare children from transition to secondary school.

There are many recurring themes which will be visited and re-visited each year. These will include:

- People in my life
- My moods and feelings
- Friendships
- Loss and mourning
- Keeping safe
- My body and other people's bodies
- The beginning of life – me, plants and animals
- Growth in people, plants and animals
- Ageing and changes as we grow
- Different types of families
- What helps people to get on

- Caring for myself – hygiene, sleep, exercise
- Inside my body –the functions of different parts
- Teasing and bullying
- Differences in others
- Making decisions – influences on me
- Risk taking
- Celebrations in different cultures
- Things that go into my body – medicines, drugs, diet

The Science curriculum introduces the children to the fertilization process of plants and the function of male and female in reproduction.

More specifically, certain topics will be taught and discussed with children in KS2 during specific timetabled sessions. These will include:

- Changes in my body and in those of others
- How babies begin and how they are born
- Changing schools and other changes specific to yrs 5 and 6
- Puberty
- Sexuality –what it is and what words describe it
- The Law regarding sexuality and ages of consent
- Messages about health and sexuality from TV, films etc...
- Words and vocabulary surrounding sex and sexuality
- The menstrual cycle

All sessions are underpinned with the ethos of flexibility making it impossible to dictate the content of all sessions. Teachers will respond as honestly as they can and within their own comfort zones, to questions asked by the children which may include questions regarding homosexuality, gender, contraception etc. Sessions will provide a mix of single gender discussions and mixed gender discussions.

This policy will be reviewed every two years or before if curriculum changes are introduced.

APPENDIX 1

Year group	Autumn		Spring		Summer	
	1	2	1	2	1	2
Year 1	Welcome to School	People who care about us	Healthy friendships	Our health	We all have feelings	Managing our time safely whilst online
	Emergencies and getting help	Rights, responsibilities and respect	Our bodies and boundaries	Healthy food choices	Good and not good friendships	
Year 2	Respecting uniqueness	Everyday safety	Learning about work	Sharing photos online	Online friends	Keeping our teeth healthy
	Our communities	Basic first aid	Hand hygiene	Online interaction and information sharing	Big feelings	
Year 3	World of work	Road safety	Physical activity	The internet and everyday lives	Expressing feelings	Sun safety
	Spending and saving money	Individual and collective strengths	Drugs	Everyday feelings	Strategies to support positive mental wellbeing	
Year 4	What makes a good friend	Resolving conflict and managing negative pressures	Money choices	Safely enjoying the online world	Understanding that not everyone is who they say they are online	The environment
	Respecting others	Everyday safety and basic first aid	Volunteering and citizenship	Keeping personal information safe and private online	Managing feelings	
Year 5	Diverse communities	Illness	Puberty – bodies and reproduction	Online content	Mental health and keeping well	Exploring risk in everyday situations
	Respectful relationships	Nutrition and healthy eating	Puberty - changes	Online contact	Managing challenges and change	
Year 6	Different types of families	Keeping your body safe	Spending decisions	Online friendship and keeping safe	Social media	Changes from primary to secondary school
	Healthy and harmful relationships	Consent	Exploring risk in relation to gambling	Skills for using the Internet safely	Feelings and common anxieties when changing schools	

APPENDIX 2

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

DFE Guidance Relationships Education Primary 9/7/2021

APPENDIX 3

[PSHE LifeWise - The UK's No.1 PSHE Platform. | LifeWise](#)

