

# St Alban's Catholic Primary School



## Relationships, Sex and Health Education (RSHE) Policy

Agreed by:

Date:

To be reviewed June 2022

*Inspired by God's love, we celebrate our gifts as we learn and grow together.*

*St Alban Pray for Us.*

# **RSHE Policy**

## **Introduction**

According to Pope John Paul II, "Love that leads to marriage is a gift from God and a great act of faith toward other human beings"

The purpose of this policy is to set out the intentions with regard to Relationships, Sex and Health Education here at St Alban's Catholic Primary School. Within a primary school it is important to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, including online.

In this policy, and after consultation with Governors and staff, in partnership with pupils and their parents, we set out our rationale for, and approach to, the teaching of RSHE in our school.

This policy covers RSHE (Relationship, Sex and Health Education) and it supersedes and incorporates the key elements of the previous PSHE policy and should be read in conjunction with the current British Values Policy, the Spiritual, Moral, Social and Cultural Policy and the Religious Education Policy.

## **Our school vision and mission statement**

St Alban's Catholic Primary School is a happy, vibrant and proud Catholic school where diversity and individuality is celebrated. We are passionate in our pursuit of excellence in all aspects of school life. We nurture and inspire children to develop confidence and resilience in an environment where efforts are valued and all children are given a variety of opportunities to flourish.

*"Inspired by God's love, we celebrate our gifts as we learn and grow together. St Alban pray for us"*

## **Implementation and review of policy**

Implementation of this policy has taken place after consultation with the Governors during the Spring Term of 2021. This policy will be reviewed every year by the Head Teacher, RSHE Subject Leader, the Governing Body and Staff. The next review date is July 2022.

The draft policy was shared with members of the Governing Body and all teaching and non-teaching members of staff. Copies of the ratified document are available to all parents and stakeholders through the school's website. Details of the RSHE curriculum will also be published on our school website.

*Inspired by God's love, we celebrate our gifts as we learn and grow together.*

*St Alban Pray for Us.*

## **Defining Relationships, Sex and Health Education (RSHE)**

The DfE guidance states that 'children and young people need to know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way.' It is about the development of the pupil's knowledge and understanding of her or him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience. In primary schools, the focus should be on 'teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and adults. This includes the topics of families and the people who care for me, caring friendships, respectful relationships, online relationships and being safe. We continue to develop the children's sense of self-worth and we teach them how society is organised and governed. We believe that it is important the children experience the process of democracy and that they learn about their rights and responsibilities. The teaching of RSHE (incorporating the objectives set out within PSHE) help to meet the objectives set out in the Children's Act 2004 (Every Child Matters) "to be healthy , stay safe enjoy and achieve, make a positive contribution and achieve economic wellbeing" The DfE guidance can be found here: <https://assets.publishing.service.gov.uk>

### **Statutory curriculum requirements**

It is a legal requirement that we teach those aspects of RSHE which are statutory. It is important to consider however that the importance of the inclusion of RSHE within our curriculum extends beyond the statutory requirements. The mandatory elements within the RSHE Curriculum for primary schools are Relationships and Health Education and Sex Education that is covered in science within the National Curriculum.

### **Rationale**

'I have come that you might have life and have it to the full' (John, 10.10)

We are involved in relationships and sex education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education here at St Albans's Catholic Primary School. Our approach to RSHE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

Our school vision and ethos is strongly supported through, and embedded in, the delivery of our whole school approach to the curriculum. At school we are committed to ensuring that the emotional and social needs of all of our children are met within the school environment, and we support the development of children's health and wellbeing, self-esteem and confidence.

*Inspired by God's love, we celebrate our gifts as we learn and grow together.*

*St Alban Pray for Us.*

At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in a loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's beauty, and share in the divine creativity. RSHE therefore, will be placed firmly within the context of relationships as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DfE, RSHE will be firmly embedded into our curriculum as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All RSHE will be in line with the Church's moral teaching. It will emphasise the central importance of marriage and the family, whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will prepare pupils for life in modern Britain.

## **Virtues and values**

Our programme enshrines Catholic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential in responding to God's call to love others with a proper respect for their dignity and the dignity of the human body. The following virtues will be explicitly explored and promoted; faithfulness, fruitfulness, chastity, integrity, prudence, mercy and compassion.

## **Aims of the RSHE curriculum**

At St Alban's Catholic Primary School, we are committed to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural and emotional) and we believe that RSHE is an integral part of this education. We believe that high quality, age-appropriate teaching of RSHE (Including PSHE and Citizenship) will help prepare pupils for the opportunities, responsibilities and experiences of adult life.

Furthermore, we will endeavour to raise pupils' self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes.

It is in this context that we commit ourselves, in partnership with parents, to provide children and young people with a 'positive and prudent sexual education' which is compatible with their physical, cognitive, psychological and spiritual maturity, and rooted in a Catholic vision of education and the human person.

*Inspired by God's love, we celebrate our gifts as we learn and grow together.*

*St Alban Pray for Us.*

## **Objectives**

### **1. To develop the following attitudes and virtues:**

- 1.1. reverence for the gift of human sexuality and fertility;
- 1.2. respect for the dignity of every human being – in their own person and in the person of others;
- 1.3. joy in the goodness of the created world and their own bodily natures;
- 1.4. responsibility for their own actions and a recognition of the impact of these on others;
- 1.5. recognising and valuing their own sexual identity and that of others;
- 1.6. celebrating the gift of life-long, self-giving love;
- 1.7. recognising the importance of marriage and family life; fidelity in relationships
- 1.8. Respect for others
- 1.9. Being a thoughtful and responsible member of the community
- 1.10. Being active members of a democratic society

### **2. To develop the following personal and social skills:**

- 2.1. making sound judgements and good choices which have integrity, and which are respectful of the individual's commitments;
- 2.2. loving and being loved and the ability to form friendships and loving, stable relationships free from exploitation, abuse and bullying;
- 2.3. managing emotions within relationships, and when relationships break down, with confidence, sensitivity and dignity;
- 2.4. managing conflict positively, recognising the value of difference;
- 2.5. cultivating humility, mercy and compassion, learning to forgive and be forgiven;
- 2.6. developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- 2.7. building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups;
- 2.8. being patient and learning to recognise the appropriate statements in the development of relationships;
- 2.9. assessing risks and managing behaviours in order to minimise risk to health and personal integrity.

### **3. To know and understand:**

- 3.1. the Church's teaching on relationships and the nature and meaning of sexual love;
- 3.2. the Church's teaching on marriage and the importance of marriage and family life;
- 3.3. the centrality and importance of virtue in guiding human living and loving;
- 3.4. the physical and psychological changes that accompany puberty;
- 3.5. the facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation;
- 3.6. what makes a good relationship with others.

*Inspired by God's love, we celebrate our gifts as we learn and grow together.*

*St Alban Pray for Us.*

3.7. How to be safe.

## **Outcomes**

### **Inclusion and differentiated learning**

The RSHE programme delivers a graduated, age appropriate curriculum. We are aware that children of the same age may be developmentally at different stages and therefore we will ensure RSHE is sensitive to the different needs of individual pupils in respect of different abilities, levels of maturity and personal circumstances. Teaching methods will ensure that all learners are supported, including when they are due to specific special educational needs or disabilities.

Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber-bullying), use of prejudice based language and how to respond and ask for help.

### **Equalities Act 2010**

The Governing Body have wider responsibilities under the Equalities Act 2010 and will ensure that our school strives to do the best for all the pupils, irrespective of disability, educational needs, race, nationality, ethnic or national origin, sex, religion or whether they are looked after children.

### **Broad content of our RSHE Curriculum**

Three aspects of RSHE – attitudes and values, knowledge and understanding and personal and social skills, will be provided in three inter-related ways; the whole school/ethos dimension; a cross- curricular dimension and a specific relationships and sex curriculum.

### **Balanced curriculum**

Whilst promoting Catholic values and virtues and teaching in accordance with Church teaching, we will ensure that pupils are offered a balanced programme by providing an RSHE programme that offers a range of viewpoints on issues. Pupils will also receive clear scientific information as well as covering the aspects of the law pertaining to RSHE. Knowing about facts and enabling young people to explore differing viewpoints is not the same as promoting behaviour and is not incompatible with our school's promotion of Catholic teaching.

*Inspired by God's love, we celebrate our gifts as we learn and grow together.*

*St Alban Pray for Us.*

We will ensure that pupils have access to the learning they need to stay safe, healthy and understand their rights as individuals.

The RSHE programme will:

- Provide information that is relevant and appropriate to the age and developmental stage of the children
- Develop skills of assertiveness, communication and effective dialogue in relationships
- Encourage the exploration and clarification of values and attitudes
- Foster self-esteem, positive self-image and confidence

Topics and themes will be revisited from year to year taking account of the children's development and the spiral curriculum concept.

The content of the Sex and Relationships Education Programme, including learning outcomes, will be based on the recommended resources mentioned in this policy plus any LA RSHE curriculum programmes, Life to the Full (by Ten:Ten) RSHE resources as well as Journey in Love' which will explore the 3 themes of *Created and Loved by God*, *Created to Love Others* and *Created to Live in Community* (see Model Catholic Primary RSE Curriculum document on CES website).

Topics will include:

- Feelings and relationships
- My healthy body including physical health and fitness, healthy eating and drugs, alcohol and tobacco.
- Lifestyles and culture
- Growing up including the changing adolescent body
- Being Safe including health and prevention, basic first aid
- Online relationships including internet safety and harms
- Mental wellbeing

Delivery will be as topics:

- Through active learning including discussions, investigations and problem solving activities
- Through planned aspects of science
- Addressed occasionally in assembly time
- Through small group work
- Through story time
- Through sessions delivered by the school nurse in liaison with other school staff
- Through sessions delivered by external speakers

*Inspired by God's love, we celebrate our gifts as we learn and grow together.*

*St Alban Pray for Us.*

## **Relationship, Sex and Health Education (RSHE) in the primary classroom**

In the Foundation stage, RSHE is taught with other curriculum areas, often linked with the teaching of Understanding the World, PSED or R.E. Children may listen to stories about families and how new babies are cared for, baby brothers and sisters may visit school to make the experience more real. Whole class discussions may reflect on how we care for children in our school family. Circle time and class discussions are important within the EYFS to support and address pertinent issues on a timely basis.

From Year 1 through to Year 6, dedicated time will be timetabled for the teaching of RSHE, typically a session of 30 up to 45 minutes per week, which will include some group discussion and group or individual activities. The work taught is based mainly with RSHE resources from Life to the Full (Ten Ten Resources) and the "Journey in Love" framework in addition to other localised school resources.

We recognise that on occasion sensitive teaching may be required, and that groups of children will vary in their needs and concerns. We are aware that we will need to use our knowledge of the children and our professional judgement when addressing issues where there may be a variety of experiences and backgrounds within groups. We aim to be open and honest where possible. The *Journey in Love* scheme for primary schools has a useful glossary to support staff with this.

## **Cross curricular teaching**

We recognise the importance of a broad and balanced curriculum and to this end there is a close working relationship between the lead teachers from RSHE, RE, Science, Computing and PE to ensure that curriculum delivery is complementary and does not duplicate content covered in National Curriculum subjects. There is a large overlap between the programmes of study within Science, Computing, RE and PE and therefore children receive a balanced education.

## **Promoting fundamental British Values**

We ensure that the fundamental British Values are strongly embedded and promoted through our school, our development of SMSC, our RSHE whole school approach, and through our everyday aspects of school life. British Values and Gospel Values work alongside each other.

## **Parents and carers**

At St Alban's Catholic Primary School, we recognise that parents and carers are the primary educators of their children. As a Catholic school, we provide the principal means by which the Church assists parents and carers in educating their children.

*Inspired by God's love, we celebrate our gifts as we learn and grow together.*

*St Alban Pray for Us.*

Therefore, the school will support parents and carers by providing material to be shared with their children at home. Parents and carers will be informed when the more sensitive aspects of RSHE will be covered in order that they can be prepared to talk and answer questions about their child's learning.

Parents have been fully consulted prior to this policy being ratified by Governors. Our aim here at St Alban's Catholic Primary School is that every parent and carer will have full confidence in the school's RSHE programme to meet their child's needs. All parents will have access to the school's RSHE programme (Life to the Full), through an online Parent Portal which provides parents with:

- Information about the programme children will be following;
- Access to resources;
- Suggestions for further activity at home.

Parents continue to have the right to withdraw their children from Sex Education except in those elements which are required by the National Curriculum. Parents wishing to exercise this right are invited to contact the Head Teacher who will explore their concerns and will discuss the possible impact that withdrawal may have on the pupil. Once a pupil has been withdrawn they cannot participate in RSHE until the request of withdrawal has been removed.

The school will provide material for parents to help their child with their learning.

We believe that the controlled environment of the classroom is the safest place for this teaching to be delivered. Please refer to the DfE guidance, page 17, for further details on the right to be excused from Sex Education:  
<https://assets.publishing.service.gov.uk>

## **Responsibility for teaching the programme**

Responsibility for the specific relationships, sex and health education programme lays with the Head Teacher and the RSHE Subject leader. However, all staff will be involved in developing the attitudes and values aspect of the RSHE programme. All Catholic educators must be role models for all pupils with regard to good, healthy, wholesome relationships between staff, other adults and pupils. They will also be contributing to the development of pupils' personal and social skills. Through our whole school approach, we aim to help to develop the important attributes in the children within our care including honesty, kindness, tolerance, courtesy, resilience and self-efficacy.

## **External visitors**

*Inspired by God's love, we celebrate our gifts as we learn and grow together.*

*St Alban Pray for Us.*

Here at St Alban's Catholic Primary School we want to ensure that all children have access to the best opportunities possible and therefore our school will often call upon help and guidance from outside agencies and health specialists to deliver aspects of RSHE. It will be ensured that any external visitor follows school policies, is clear about their role and responsibility and that all teaching is rooted in Catholic principles and practice.

## **Roles and responsibilities:**

### **Governors**

- Draw up the RSHE policy, in consultation with parents and staff;
- Ensure that the policy is available to parents;
- Ensure that the policy is in accordance with other school policies;
- Ensure that parents know of their right to withdraw their children;
- Establish a link governor to share the monitoring and evaluation of the programme;
- Ensure that the policy provides proper and adequate coverage of relevant National Curriculum science topics.

### **Head Teacher**

The Head Teacher takes overall delegated responsibility for the implementation of this policy and for liaison with the Governing Body, parents, the Diocesan Schools' service and the LA.

### **RSHE Subject Leader**

The Subject Leader, with the Head Teacher, has a general responsibility for supporting other members of staff in the implementation of this policy and will provide a lead in the dissemination of information relating to RSHE.

### **All Staff**

RSHE is a whole school responsibility. All teachers have a responsibility of care; as well as fostering academic progress, they should actively contribute to the guardianship and guidance of the physical, moral and spiritual well-being of their pupils. Teachers will be expected to teach RSHE in accordance with the Catholic ethos of the school. Appropriate training will be made available to all staff.

## **Relationship to other policies and subjects**

This RSHE policy is compatible with the school's other policies i.e., Anti-Bullying, Child Protection and Safeguarding Policy. Learning about RSHE will link to/complement learning across the curriculum. This policy should be read in conjunction with the

*Inspired by God's love, we celebrate our gifts as we learn and grow together.*

*St Alban Pray for Us.*

current British Values Policy, the Spiritual, Moral, Social and Cultural Policy and the Religious Education Policy.

### **Controversial or sensitive issues**

There will always be sensitive or controversial issues in the field of RSHE. These may be a matter of maturity, experience of children, of disagreement with the teaching of the Church, of illegal activity or harmful activity. The governors believe that children are best educated and protected from harm and exploitation by discussing such issues within the context of the RSHE programme. The use of ground rules, negotiated between teachers and pupils will help to create a supportive climate for discussions. Some questions may raise issues which it would not be appropriate for teachers to answer during class time.

We want to ensure that pupils can ask questions freely, be confident that their questions will be answered, and be sure that they will be free from bullying or harassment from other children. Staff will ensure that should a child's question pertain to something that goes beyond what is set out for Relationships Education that they will address this in a sensitive way, away from the whole class. We are very aware that, given the ease of access to the internet, children whose questions go unanswered may turn to inappropriate sources of information. Support is available from the Head Teacher should there be a situation where a member of staff is unsure how to support a child's question.

### **Supporting children at risk**

Children need to feel safe and secure in the environment in which RSHE takes place. Effective RSHE will provide opportunities for discussion and if appropriate, any concerns raised will be shared with parents. Such discussion may well lead to disclosure of a safeguarding issue. Teachers will need to be aware of the needs of their pupils and not let any fears or worries go unnoticed. When a disclosure is made, the teacher will follow the school's Child Protection and Safeguarding Policy.

### **Confidentiality and advice**

All stakeholders are aware of this policy.

*Inspired by God's love, we celebrate our gifts as we learn and grow together.*

*St Alban Pray for Us.*

All lessons, especially those in the RSHE programme, will have the best interests of pupils at heart, enabling them to grow in knowledge and understanding of relationships and sex, developing appropriate personal and social skills and becoming appreciative of the values and attitudes which underpin the Christian understanding of what it means to be fully human.

Pupils will be encouraged to talk to their parents/carers about the issues discussed in the programme. Teachers will always help pupils facing personal difficulties in line with the school's pastoral care. Teachers will explain to pupils that they cannot offer unconditional confidentiality and will explain that in such circumstances, they would have to inform others.

### **Monitoring and evaluation**

Staff ensure that lessons are planned to ensure that pupils of differing abilities, including the more able, are suitably challenged. As with all subjects, the teaching of RSHE will build upon the knowledge that pupils have previously acquired, including in other subjects, with regular feedback provided on pupil progress. The RSHE Subject Leader will monitor the provision of the programme by looking at samples of pupils' work at regular intervals, assessment data, learning walks and through pupil voice. Assessment opportunities within the programme will be used to assess outcomes and to identify where children need extra support or intervention.

The programme will be evaluated by pupil voice, staff and parent questionnaires. Governors will consider all such evaluations and suggestions before amending the policy, for which they remain ultimately responsible