



# Relationships, Sex & Health Education Policy

Date of approval: July 2021  
Review by: July 2023

*Review and updates may occur prior to June 2023 if there are statutory changes or changing guidance to the National Curriculum.*

Chair of Governors: Ian Thompson  
Headteacher: Joanna Dimmock

## Vision

Our school community is inspired by the Parable of the Sower (Matthew 13) where we are encouraged to think about and understand that the smallest things have the greatest potential when they are provided with the best environment for growth. This is exactly what we all strive for at St James'; a learning environment where all our children can flourish and grow in their own unique way.

Matthew 13 [Parable of the Sower]

That same day Jesus left the house and went to the lakeside, where he sat down to teach. The crowd that gathered around him was so large that he got into a boat and sat in it, while the crowd stood on the shore. He used parables to tell them many things.

“Once there was a man who went out to sow grain. As he scattered the seed in the field, some of it fell along the path, and the birds came and ate it up. Some of it fell on rocky ground, where there was little soil. The seeds soon sprouted, because the soil wasn't deep. But when the sun came up, it burned the young plants; and because the roots had not grown deep enough, the plants soon dried up. Some of the seed fell among thorn bushes, which grew up and choked the plants. But some seeds fell in good soil, and the plants bore grain: some had one hundred grains, others sixty, and others thirty.”

We undertake to follow the principles in the Church of England *Charter for faith sensitive and inclusive relationships education, relationships and sex education (RSE) and health education (RSHE) in addition to ensuring that it reflects the Equalities Act 2010.*

## Definition

RSHE is about the emotional, social and cultural development of pupils and involves learning about relationships, sexuality, healthy lifestyles, diversity and personal identity. RSHE involves a combination of sharing information, and exploring issues and values. It also gives children and young people essential skills for building positive, non-exploitative, enjoyable relationships.

## Context & Rationale

*'In Church of England schools and in all schools we want young people to flourish and to gain every opportunity to live fulfilled lives.*

*For Church schools, relationship education is about the emotional, social and physical aspects of growing up, healthy relations, sex, human sexuality and sexual health.*

*It is also about the spiritual and moral aspects of relationships within a context of a Christian vision for the purpose of life.'*

*Church of England Education Office*

At St James' we whole-heartedly want all our pupils to flourish. We believe that RSHE helps to give pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become well-informed active and responsible citizens. Effective RSHE can make a significant contribution to the development of personal skills needed by pupils if they are to establish and maintain positive relationships. It also enables young people to make informed decisions about their health and well-being. The teaching of RSHE should start in the home and continue at school; this should happen in partnership with parents.

Care will be taken that there is no stigmatisation of children based on the differences of their family and home circumstances. Teachers will promote inclusion and aim to reduce discrimination.

### Delivery of the RSHE Curriculum

- **Relationships Education**

*'Relationships education...should seek to develop understanding that there are a variety of relationships and family patterns in the modern world.'*

*Valuing All God's Children, 2018*

By the end of their time at St James' the children will have visited and re-visited the following topics:

**Families and people who care for me.** This includes that families often look different but those differences should be respected and that families are characterised by love and care.

**Caring friendships,** in all contexts

**Respectful relationships.** This includes privacy and boundaries

- **Health Education**

By the end of their time at St James' the children will have visited the following topics:

**Mental wellbeing.** This includes emotions, the benefits of exercise, self-care and how to seek support.

**Internet Safety & harms.** This includes both the positive and negative content online, recognising danger online, social media, seeking support and reporting concerns.

**Physical health & fitness**

**Healthy Eating**

**Drugs, alcohol and tobacco**  
**Health and prevention**  
**Basic first aid**  
**Changing adolescent body**

At St James' we use the 'One Decision' PSHE scheme. This is an interactive bank of life skill resources which is used to support PSHE, SMSC development and safeguarding. 'One Decision' offers flexible and easy to use resources. 'One Decision' has been quality assured by the PSHE Association and is recommended by the LDBS.

Biological aspects of RSHE are taught within the science curriculum.

National Curriculum for Science includes:

Key Stage One (5-7 years old)

Accurate naming of body parts

Recognising that animals, including humans have off-spring that grow into adults

Understanding the importance of exercise eating the right amount of different goods and hygiene.

Key Stage 2 (7-11 years old)

Describing the life process of reproduction in some plants and animals

Understanding the changes as humans develop to old age

Recognise that living things produce offspring of the same kind and normally vary and not identical to parents

### **Monitoring and Evaluation**

Monitoring of the delivery and effectiveness of RSHE is the responsibility of the PSHE lead, the Leadership Team and the Governing Body. Evidence will be collated through lesson observation, learning walks and gathering feedback from both pupils and teachers.

We are very aware that the primary role in children's RSHE lies with parents and carers. However, parents do not have the right to withdraw their children from relationships education as this is part of the National Curriculum. Parents do have the right to withdraw their children from the [non-statutory/non-science] components of sex education with RSHE which is only taught in Year 6.

As a maintained primary school we must provide relationships education to all pupils as per section 34 of the Children and Social Work Act 2017. However, we are not required to provide sex education but we do need to teach the element of sex education contained in the science curriculum.

Requests for withdrawal should be put in writing.

### **Review of Policy**

This policy will be reviewed for compliance annually by the Leadership Team.