

# Low Furness CE Primary School

'Learning Together Through Faith'

## ***Relationships, Health, Sex Education Policy***

This policy is underpinned by our School Vision;

**'Through our Christian ethos and core values, the school's mission is to provide each unique child with an enriched education, so that they become well-rounded, caring and confident individuals who live life in all its fullness within their communities and God's world.'**

### Introduction

Relationships, Health, Sex Education (RHSE) is concerned with the emotional, health, well-being and welfare of the pupils in our school. RHSE enables pupils to become effective learners and supports them as they move through childhood into adolescence, to become independent young people and effective citizens.

RHSE helps pupils to:

- acquire knowledge and understanding of themselves, of others and of the world they live in.
- develop skills for living;
- understand and manage their emotions;
- take on a range of roles and relationships;
- value themselves and respect others;
- contribute to their community;
- appreciate difference and diversity;
- participate actively in our democracy;
- safeguard the environment;
- act in the wider world in a way that makes the most of their own and others' human potential;

### Aims

- promote a positive sense of the self;
- promote a good friendship/relationship with others;
- promote good attitudes towards others and an understanding of differences between people and their viewpoints;
- provide opportunities to share and explore life experiences/emotions/difficulties in groupings beyond the family;
- equip pupils with knowledge about the world we live in;
- equip pupils with the skills and attitudes to engage successfully in the task of learning;
- encourage reflection about beliefs, choices and values;
- promote a healthy and safe lifestyle;
- provide opportunities, responsibilities and experiences that will prepare pupils for the adult world.

# Low Furness CE Primary School

## 'Learning Together Through Faith'

### Teaching and Learning style

RHSE is taught through interactive learning. Discussion, debate and circle time are used to develop interactive learning and, therefore, implement effective personal, social and health education.

The interactive method is used to encourage:

- the participation of individuals as part of a large group (children are not pressurised into contributing unless they feel comfortable);
- respect for everyone's views;
- talking and listening for all;
- the inclusion of all adults and the sharing of ideas with the whole group;
- role play;
- participation in the School Council, Eco Committee, House Teams, RotaKids, Visions and Values and Courageous Advocates;

### Lessons include time for

- individual reflection on the subject in hand;
- small group decisions and decision-making;
- the sharing of ideas by the whole class;
- opportunities for reporting back;
- planning for implementing what has been learned/decided, where appropriate.

### Planning and the Curriculum

RHSE is taught through a 'spiral curriculum', set out in our whole school 2 year rolling programme. Lessons are taught on a regular basis. A range of resources are used to support teachers including PSHE Association, SUMO and KidSafe resources and complement the existing RHSE curriculum in line with Primary Strategy recommendations rather than as a direct replacement.

The opportunity for confidential discussions to deal with individual concerns is made available by staff as necessary.

RHSE is introduced through other subjects, e.g. when teaching about local environmental issues in geography.

We also develop RHSE through events such as residential visits (Brathay and Liverpool) where there is a particular focus on developing children's confidence and self-esteem, as well as giving them the opportunity to develop leadership and co-operative skills. Many aspects of RHSE across the school are enriched in whole school or Key Stage assemblies, led by the Head Teacher, other teaching staff and other guests (see Low Furness C.E. Primary School Collective Worship Policy).

### Assessment and Recording

Assessment is made using a variety of techniques; children themselves through self-assessment and peer assessment; teachers through observation and assessment of class work; special projects and events; other adults such as teaching assistants and visitors.

# Low Furness CE Primary School

## 'Learning Together Through Faith'

Children's successes and achievements are reported and recorded in a number of ways. For example, merit dojos, stickers, Praise assemblies, certificates etc. More formal reporting happens via the annual report to parents on their child's progress. Certain aspects of RHSE may also be covered during Parents Evening.

### Resources

SUMO and KidSafe resources are kept in the Staff Work Room and are available for any member of staff to use. Access to PSHE association is also available. We also have additional resources in the library and utilise a variety of appropriate websites. Visitors provide various resources particularly for teaching sensitive issues.

### Visits, Visitors and the Use of outside Agencies

The school uses various appropriate agencies to contribute to the RHSE programme, e.g. the School Nurse, Fire Fighters, Community Police Officers and CDEC. These visitors are carefully monitored. Thorough preparation and planning of such visits is undertaken to maximise the benefits of the visit. Visitors are made aware of the school's RHSE policy and expectations with regard to confidentiality. Visitors do not take sole responsibility for classes and class teachers or teaching assistants are always present.

Out of school activities and school trips also add greatly to the quality of RHSE provided. However, it is important that pupils have the time to reflect upon their experiences and the ways in which they and others are affected.

### Equal Opportunities and Inclusion

This policy has been written in accordance with the guidelines laid down in the school's Equal Opportunities Policy. As with all teaching at the school, RHSE is taught in such a way as to include all children irrespective of their ability, gender, race or ethnicity.

### Review

The Head Teacher, subject lead and teaching staff are responsible for monitoring the standards of children's work and the quality of teaching in this subject.

This Policy should be read in conjunction with other policies, such as the Sex Education and Drugs Policies.

Last reviewed in Autumn 2023. This policy is due for review in Autumn 2025 or as required.