



**MISSION STATEMENT**

*"In the footsteps of Jesus, we strive to achieve excellence in everything we do"*

# **Relationship, Sex and Health Education Policy**

**Policy Date: February 2021  
Approved by Governors: February 2021  
Review Date: February 2023**

**St Michael's Catholic Primary School**  
**Relationship and Sex and Health Education Policy**

**Mission Statement:**

*"In the footsteps of Jesus, we strive to achieve excellence in everything we do"*

St Michael's is a Catholic Primary School within the Diocese of Brentwood and serving the Parish of St Michael's, East Ham.

**Consultations**

In devising and reviewing this policy we have consulted with the following.

- Online questionnaires to parents/carers
- Review of RSHE content with staff and parents
- Following guidance from Brentwood Diocese.
- School governors

**Rationale**

**'I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL' (Jn.10.10)**

At St Michael's we are involved in relationships, sex and health education (RSHE) 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 in a Catholic school. Our approach to RSHE therefore is rooted in the Catholic Church's teaching of the human person and presented within a positive framework of Christian ideals. By using Jesus as our model, St Michaels' shows pupils what it means to live in a healthy and happy relationship with others.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE (and the Welsh Assembly Government) RSHE will be firmly embedded in the PSHE (Personal, Social and Health Education) and Religious Education framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centered on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling an understanding and appreciation of the dangers and risks.

Sex Education is developed through cross-curricular links within Science, RE, PSHE & Computing but essentially Education in Sex and Personal Relationships is concerned with the development of the positive relationships we have with God, ourselves, other people and the world around us with God. Sex education will be taught in accordance with the Church's moral teaching. It will emphasize the central importance of marriage and the family.

All RSHE will be in accordance with the Church's moral teaching. It will emphasize 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. RSHE contributes towards our pupils' preparation for life in modern Britain.

**Values and Virtues**

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 the 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.

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.

### **Education**

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 him or her 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 with adults.” This would include the topics of families and the people of who care for me, caring friendships, respectful relationships, online relationships and being safe.

### **Statutory Curriculum Requirements**

We are legally required to teach those aspects of RSHE which are statutory parts of National Curriculum Science.

### **Aims**

At St. Michael’s RSHE is an integral part of the education that we offer to our children. In order to follow in the footsteps of Jesus and strive to achieve our best, we, in partnership with parents and carers, will provide learning which supports the personal, moral and social development of all pupils and allows our children to

- Appreciate the whole of creation as a sign of God’s love.
- Develop a greater understanding of the nature of relationships with families, friends and communities which exist in our multi-racial, multi-faith society
- Develop a greater understanding of the responsibilities of the individual.
- Promote good health and have an understanding of physical development, respect, reverence and wonder of the body.
- Promote a source of self-esteem and well-being.

### **Objectives**

**By the end of the Foundation Stage the majority of pupils should be able to:**

- To recognise and verbalise the way that they are feeling
- To talk about their own family and home life
- To be able to manage their own personal hygiene needs
- To be able to identify whether they are male or female
- To be able to name the major parts of the body

**By the end of Key Stage 1 the majority of pupils should be able:**

- To understand the importance of valuing themselves and others.
- To recognise their membership of the family and recognise the roles of individuals in families.
- To understand growth.

- To recognise that babies have special needs.
- To appreciate relationships, friends, family, caring, working together, sharing and playing together.
- To know about rituals that mark life, and especially, birth, marriage and death.
- To recognise the range of emotions and how we deal with them.
- To know about being safe.
- To have an awareness of personal health and safety and personal hygiene.

**By the end of Key Stage 2 the majority of pupils should be able:**

- To appreciate that life is precious and a gift from God and to use this gift in God's service.
- To value themselves as a child of God, and their body as God's gift to them.
- To understand that they grow and change throughout life.
- To understand what is meant by relationships within families, friends and communities.
- To develop an appreciation of what is involved in bringing up children and what responsibility parents have.
- To become aware of the different patterns of friendship.
- To know the rituals celebrated in Church, marking birth, marriage and death.
- To be aware of their changing emotions and the need to respect the emotions and feelings of other people, valuing their own identity.
- To begin to know about and understand the changes that comes about through puberty.
- To know and understand their own bodies and their need for personal hygiene.
- To know the names for the parts of the body.
- To know the basic biology of human reproduction.
- To become aware of the choices they make and that there are good choices and wrong choices.
- To recognise the importance of forgiveness in relationships.

**Equal Opportunities**

St Michael's Relationships and Sex Education Policy reflects its commitment to the principle of equal opportunities. This ensures the entitlement of all pupils, regardless of race, gender or disability, to develop their self-esteem and self-identity and to enable a confident participation in the curriculum. We intend that the subject be taught so that the equal but different natures of men and women are not compromised.

In teaching Relationships and RSHE, we will ensure that ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. We will ensure that we comply with the Equality Act of 2010, under which sexual orientation and gender reassignment are amongst protected characteristics. Teaching will enable pupils to develop an understanding of how the law applies to different relationships.

**Differentiation**

A differentiated programme of work is offered to the pupils through teachers' planning, activities, resources, outcomes and adult support where appropriate respecting pupil's individual needs and personal circumstances. Lessons will help pupils to realise the nature

and consequences of discrimination: teasing, bullying, and aggressive behaviours (including cyber-bullying), the use of prejudice-based language and how to respond or ask for help.

### **Broad content of RSHE**

At St. Michael's our programme will follow the RSHE Curriculum as recommended by the Catholic Education Service. RSHE is covered in many aspects of the school curriculum for example, Information Technology (On-line safety), some aspects of RSHE will be more appropriately explored in science lessons and some more appropriately explored in RE lessons, each will be informed by the other. Resources used will include ***A Journey in Love; The Come and See programme***; alongside the relevant National Curriculum science and health topics. Each discipline will speak with consistency about the meaning of human love and the virtues that are enshrined in the Church's teaching on human love. A well-planned programme will not just ensure that there is correspondence between phases and across disciplines but will ensure that parents are fully involved in the planning and evaluation of the teaching of relationships, sexuality and health. Pupils' learning and development in RSHE is monitored by class teachers as part of our internal assessment systems. These will include feedback from the staff, parents and pupils.

### **Parents and Carers**

At St Michael's, we recognize 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. We are committed to working with parents and carers and will offer support through materials which can be shared with their children at home. Workshops can be held to help parents/carers should they wish for more information.

Parents/carers will be informed by letter when the more sensitive aspects of RHSE will be covered. This will give parents/carers the opportunity to ask the school questions and prepare themselves for any questions that the child may have on their learning.

Since September 2020, Relationship and Health Education is statutory; however parents continue to have the *right to withdraw* their children from the Sex Education aspect, except in those elements which are required by the National Curriculum science orders. Should parents wish to withdraw their children they are asked to notify the school by contacting the Headteacher. If a child is withdrawn, the school is willing to give support by providing learning material to parents which they can use with their children.

We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed. However, parents must be aware that Sex Education takes place at home, in the school playground, on television and in the media, so withdrawing a child from these lessons may result in the child becoming confused.

### **Organisation**

The PSHCE Subject Leader has the responsibility, along with the Headteacher, to ensure that the planned sex education programme is delivered effectively.

All class teachers will be responsible for delivering their section of the programme to their class. However, every member of staff will be involved in developing the attitudes and values aspect of the RSHE programme since it is part of our everyday lives. RSHE is a whole school issue.

Teachers are expected to teach RSHE in accordance with the Catholic Ethos of the school. If specific training is required, at any point, it will be provided through the school's INSET programme.

Classes will remain mixed (boys and girls) for all elements of the Sex Education Programme, except in Years 5 and 6, where if appropriate, separate gender provision could be available.

### **Specific Issues**

Personal beliefs and attitudes of teachers will not influence the Catholic teaching of sex and relationships education at St Michael's. Teachers see their role as one of supporting parents in their role as primary educators of their children.

### **External Visitors**

At St Michael's we will often call upon help and guidance from outside agencies and health specialists to deliver aspects of RSHE such as puberty and hygiene. Such visits will always complement the current programme and never substitute or replace teacher led sessions. It is important that any external visitor is clear about their role and responsibility whilst they are in school delivering a session. Any visitor must adhere to our code of practice developed in line with CES guidance 'Checklist for External Speakers to Schools. Health professionals should follow the school's policies, minimizing the potential for disclosures or inappropriate comments using negotiated ground rules and distancing techniques as other teachers would. They will ensure that all teaching is rooted in Catholic principles and practices.

### **Controversial or Sensitive issues**

There will always be sensitive or controversial issues in the field of RSHE. These may be matter of maturity, of personal involvement or experience of children, of disagreement with the official teaching of the Church, of illegal activity or other doubtful, dubious or harmful activity. The governors and staff believe that children are best educated, protected from harm and exploitation by discussing such issues openly 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 discussion.

### **Confidentiality**

The staff and governors at St Michael's want to promote a healthy, positive atmosphere in which RSHE can take place. They 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 and young people.

All lessons, taught 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 which are discussed in the programme. Teachers will always help pupils facing personal difficulties, in line with the school's pastoral care policy.

Teachers will explain to pupils that they cannot offer unconditional confidentiality, in matters which are illegal or abusive. Teachers will explain that in such circumstances they would have to inform others, e.g., parents, Head Teacher, but that the pupils would always be informed first that such action was going to be taken.

### **Supporting children who are at risk**

Children will also need to feel safe and secure in the environment in which RSHE takes place. Effective RSHE will provide opportunities for discussion of what is and is not appropriate in relationships. Such discussion may well lead to disclosure of a safeguarding issue. Teachers will be aware of the needs of their pupils and not let any fears and worries go unnoticed. Where a teacher suspects that a child or young person is a victim of or is at risk of abuse they are required to follow the school's safeguarding policy and immediately inform the designated senior member of staff responsible.

### **Role of Governors**

Governors have a legal responsibility to ensure that the RSHE policy is in accordance with other whole school policies and promotes the ethos of the school and our Christian beliefs. Through the establishment of a link governor, there will be consultation with staff and advisors to share in the monitoring and evaluation of the programme, including all resources used.

### **Monitoring and Evaluation**

The RSHE subject Leader will monitor the provision of the various dimensions of the programme by examining plans, schemes of work and samples of pupils work at regular intervals. The effectiveness to the school's approach to Relationship, Sex and Health Education will also be evaluated the monitoring of teachers' delivery of the programme; learning walks and pupil voice.

This RSHE policy is to be delivered as part of the PSHE framework and will be reviewed annually. It includes guidelines about pupil safety and is compatible with the school's other policy such as:

- PSHE Policy
- Science Policy
- Child Protection Policy
- RE Policy
- Anti-bullying Policy
- Behaviour Policy