

# Relationship, Sex and Health Education (RSHE) Policy



Cranbrook  
Primary School

Committee with oversight for this policy	_____ Committee
Policy to be approved by	Full Governing Board
Policy last ratified and adopted by Full Governing Board	(Date)
Policy/Document for review	(Date)

## Our School Vision

Equity for all

## Our Mission Statement

An ambitious, inclusive and broad curriculum that develops essential skills and knowledge for lifelong essential skills and knowledge to achieve academic and personal success

## Our School Values

### Equality, Respect, Resilience and Kindness

These values are regularly referred to in discussion with our pupils and validated through the Art curriculum. By doing this we aim to create an ethos and culture that nurtures talent and encourages our pupils and staff to aim high for themselves and each other.

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

This policy has been developed through consultation with: SACRE, Redbridge Faith Forum, an Equality reps working party, A Faith and Belief reps, Youth council, Parent Rep Working parties, Redbridge RSHE outreach services, Parent reps, Governors and trustees and Teachers. Cranbrook Primary School has personalised the policy for its own community following consultation with parents and carers, and adoption by the Governing Body. The policy links closely with our Safeguarding policy, Equality Policy and ethos of our school community, serving a diverse local community. Team responsible for RSHE in school: Cassim Bana, Rachel Kaye and Samantha Patel

## School consultation that has taken place concerning the implementation of the syllabus and resources for September 2021

	Parents/Carers	Teachers	School governors
Date	May 2021	Autumn 2020 Summer 2021	Autumn 2020 Spring 2021 Training
What we did	<p>Set up a small group of volunteer parents with RSHE team and parent governors, to have initial discussion to share ideas and prepare for consultation with the whole of the parent body. The group met on 20th May, 9th June and 23rd June.</p> <p>Summary concerns raised by parents/carers</p> <ul style="list-style-type: none"> <li>• Delivery of age appropriate materials to suitable age group</li> <li>• Use of appropriate vocabulary for suitable age group</li> </ul> <p>Following the three meetings with the working group we drafted the syllabus and consulted all parents on it. 478 responses were received in June 2021.</p> <p>Following feedback we revised our syllabus and shared it with all parents through the website, along with all resources on 1st July 2021.</p> <p>We asked parents what they referred: View resources online</p> <ul style="list-style-type: none"> <li>• Attend face to face meetings</li> </ul> <p>Three parent sessions were held on 8th July 2021 in response. Following the consultation we made refinements and finalized our syllabus in week ending 16th July 2021.</p>	<p>The RSHE lead delivered an INSET on key messages on the statutory changes to RSHE, updates in summer 2021, draft policy and Cranbrook syllabus and resources.</p> <p><b>Autumn 2021</b> All staff were kept informed of key issues throughout the consultation period in whole staff weekly briefings. Once the syllabus and resources were finalised following the consultation with parents, these were shared with all staff. Refresher training for all teachers took place before they teach any lessons were taught.</p>	<p>Link governors: Mrs Ansari and Rev. Segal Termly agenda item (identified autumn 2020 to summer 2021 see governing body minutes). Training for all governors (virtual). Initial discussions took place in Autumn 2020. Summer 2021 – Alongside attendance of the consultation meeting, working group by parent governors and link governor at the consultation meeting, resource sharing meeting and adoption of policy at the governors meeting on 15th July.</p> <p>Draft syllabus and policy reviewed by the Standards and Curriculum committee on 25th June 2021. Reviewed and redrafted, to be ratified by the full Governing Body on 15th July 2021.</p>

## Aims and Objectives – RSHE

At Cranbrook Primary School, we want all our children to grow up healthy: mentally, emotionally and physically. We want them to be respectful, tolerant and recognise the similarities that we share and celebrate the diversity in our local and global communities, whilst maintaining their own beliefs and faith.

As a staff team, we want to work with all stakeholders to ensure that our children are safe at school, at home, online and in their local and wider environment. If they feel unsafe in any context, we want them to know how they can seek help and support and draw on self-help strategies taught at school and at home.

We are committed to working with our parents and carers to ensure that our children share positive and healthy relationships with others at school, at home and the wider community, so that they are equipped to make healthy choices in the future as successful adults. We value this partnership and accept that different groups may have different beliefs and views, and as a school we will not promote any particular belief system, but will enable our children to display respect and tolerance.

We want our children to be empowered, challenge discrimination and not condone it by being passive bystanders. We also believe we have a duty to address the contextual safeguarding issues prevalent in our local and wider communities by working in close partnership with parents, carers and multi-agencies. These include knife crime, gangs, peer on peer abuse, sexual harassment, domestic violence, high numbers of teenage pregnancies, online bullying and harassment.

As a school, much of our teaching will remain the same as before at Cranbrook, and will be delivered in a way that is age and developmentally appropriate, whilst being sensitive to the needs of our community. In deciding the content of our syllabus, we value your input and have actively encouraged our parents and carers to do this through online surveys and engagement, as well as and face to face conversations in groups no larger than 30 people.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Making good choices
- Being respectful and tolerant

It is the intention of Cranbrook to teach age appropriate, pupil sensitive, evidence based RSHE that respects the law and all communities that call Redbridge home.

At Cranbrook it is our expectation that RSHE provides a learning space to understand Personal, Social and Health skills, knowledge and understanding, to enable children to navigate the world in which they live throughout childhood but also into adulthood; therefore, we believe RSHE is an important element of the curriculum.

## Statutory Content Primary – RHE

As of September 2020, it is the legal requirement of Primary Schools – both maintained and Academies to teach Relationships and Health Education, alongside the Science National Curriculum and within the context of safeguarding and maintaining a child centred approach in accordance with the ‘Keeping children safe in education document’ (DfE, Sept, 2020).

At Cranbrook we acknowledge and recognise that families are a child’s first and most effective teacher. It is our aim to build on the established foundation of the Redbridge syllabus and consultation of working in partnership with our parents/carers to educate our children about these important subjects.

**Every year at Cranbrook, a meeting will take place to discuss the ‘Growing and changing’ aspect of the topic with Year 5 parent/carers.**

## Definitions

### Relationship Education - Primary

The DfE has defined Relationship Education within the RSHE Guidance 2019. The London Borough of Redbridge has interpreted this definition and acknowledges that by the end of Primary school all children will have learnt about the following topics; Families and people who care for me, Caring Friendships, Respectful relationships, online relationships and Being safe. This will include safeguarding elements including children being able to report concerns or abuse using the vocabulary to do so.

### Sex Education – Primary

The DfE has defined Sex Education within the RSHE Guidance 2019. The London Borough of Redbridge has interpreted this definition and acknowledges that Sex Education within Primary is not compulsory. Sex Education is the teaching of sexual reproduction – how a baby is conceived and born which goes beyond the National Curriculum teaching of reproduction in mammals. At Cranbrook, we will not be teaching this part of the syllabus. Our focus will be on ensuring children are well prepared and understand why the changes affecting their bodies occur at puberty.

## Health Education – Primary

The DfE has defined Health Education within the RSHE Guidance 2019. The London Borough of Redbridge has interpreted this definition and acknowledge that by the end of Primary school all children will have learnt about the following topics; Mental Well-being, Internet safety and harms, Physical health and fitness, Healthy eating, Drugs, alcohol and tobacco, health and Prevention, Basic first aid and changing adolescent body. At Cranbrook we will continue to teach topics related to the menstrual cycle within Year 5. This is in line with the details in the statutory Science KS2 curriculum whereby topics such as the main external body parts of the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals is taught in Upper KS2.

## National Curriculum Science

The Key stage 1 and Key stage 2 National Curriculum states that children’s learning should include teachings about the main external body parts, the growth and development of humans from birth to old age, including the changes experienced during puberty, asexual and sexual reproduction in plants and mammals, the important of exercise and the impacts associated with diet, drugs and lifestyle on the function of the body.

Full Science curriculum context can be viewed in appendix 1.

**There continues to be no right to withdraw from the Science National Curriculum.**

## Health Education

The aim of Health Education is to provide information to children that will empower them to make their own choices about their physical and mental well-being and health. Children will recognise what is usual and what is not, in themselves and others and be equipped to seek support at the earliest opportunity from appropriate sources.

Puberty, including menstruation, will be covered as part of the ‘Growing and changing’ topic in Health Education and will be taught to girls in the summer term of Year 4, and to girls and boys in Year 5. See appendices for full list of content. Include a copy of the DfE guidance.

**There is no right to withdraw from Health Education.**

## Relationships Education

The aim of Relationships Education is to provide information to children that will empower them to understand themselves and the world in which they live. The focus at Cranbrook Primary school, will be on teaching the fundamental building blocks and characteristics of positive relationships, with family members, other children and adults, and the wider community as outlined in the guidance and how to seek support and guidance from appropriate sources. Lessons will be evidence based, age appropriate, and based on the law and sensitive to the needs of children, particularly in relation to local contextual safeguarding areas, such as domestic violence, knife crime and gang influence etc.

See appendices for full list of content. Include a copy of the DfE guidance.



**There is no right to withdraw from Relationships Education.**

## Safeguarding

Safeguarding is an important aspect of all the lessons taught as part of RSHE in our school. Our safeguarding policy will be implemented to and supported by all aspects of RSHE and any disclosures or issues arising as part of RSHE, will be dealt with in line with our safeguarding policy see appendix 4.

## Non - Statutory RSHE

We will not be teaching non-statutory Sex Education lessons.

## Parent/Carer right to withdraw their children from non – statutory Sex Education

Parents/Carers continue to have the right to withdraw their children from non-statutory Sex Education.

## Equality

The school will comply with the relevant requirements of the Equality Act 2010 and the Public Sector Equalities Duty (2014): schools must not unlawfully discriminate against pupils or allow children to be bullied because of their age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (Protected Characteristics)

The delivery of the content of RSHE will be made accessible to all pupils, including those with SEND.

At Cranbrook we celebrate difference and diversity. The bullying or discrimination of anyone for any reason is not acceptable. It is expected that our Relationships Education curriculum will lead to a stronger sense of community, mutual respect and give pupils a sense of responsibility. This will help, to keep Cranbrook a safe, inclusive and caring place for all, upholding the core values and ethos of the school.

## Organisation of Teaching, Assessment & Review

It is our intention that RSHE sessions will meet our high standard of teaching and learning. Therefore, planning will be supported by and accessible to the RSHE lead Samantha Patel and team to review, discuss and develop CPD opportunities where appropriate.

RSHE lessons will be included in our whole school approach to monitoring and observation. Teachers will be responsible for assessing the children's learning and progress. At Cranbrook teachers will identify prior learning by quizzes and mind map exercises, and will assess children's learning and progress through book monitoring, lesson study, pupil voice, quizzes.

We have chosen this approach as it best suits the needs of our children at Cranbrook.

When will RSHE will be taught and by who?

RSHE topics such as Relationships, Health and Growing and changing will be taught throughout the year and intertwined within the PSHE curriculum. Puberty lessons including the menstruation cycle will be taught in upper key stage 2 and a follow up session in Year 6 both in the second half of the academic year.

See appendix on 2 for details of the lessons on puberty and the menstruation cycle. Children will be able to ask questions, responses should be evidence based, age appropriate, and based on the law and sensitive to the needs of children. Home and School Partnership and communication and an understanding of the school's approach to safeguarding disclosures is important. Any issues of concern will be shared with parents/carers, who will know in advance when these lessons will be taught.

### What training will staff be given?

All teaching staff will be trained on the RSHE curriculum through sets of CPD offered within weekly INSET sessions.

The staff training on RSHE will be delivered by the trained RSHE team.

### Resources

Our RSHE team has worked with year group teams to choose educational resources and materials that are age appropriate and enhance the teaching of RSHE exercising their professional judgement and that are in line with our legal duty in relation to impartiality.

These educational resources could include PSHE Association as well as other quality assured resource links.

In the event of external agencies/tools/resources being used Cranbrook will ensure the materials comply with our RSHE policy, the Teaching Standards, the Equality Act 2010, the Human Rights Act 1998, the Education Act 1996 and align to the teaching requirements set out in the statutory guidance.

We will share some of these resources at our annual Parent/Carer RSHE meeting for Years 5 and 6.

### RSHE Team

The names of the RSHE lead team at Cranbrook are Samantha Patel, Cassim Bana and Rachel Kaye. If you have any question(s) regarding this policy or RSHE please contact Samantha Patel-RSHE Lead, Cassim Bana Headteacher and and Rachel Kaye.

Children and staff will know about the role of the RSHE team through training from INSETS.

Information for parents/carers will be available on the school's website.

## Appendix 1

### Science National Curriculum

[Science programmes of study: key stages 1 and 2 National curriculum in England](#)

## Appendix 2

### Cranbrook Primary Draft Syllabus for RSHE

<https://www.cranbrookprimaryschool.com/rshe-consultation>

## Appendix 3

### DfE Guidance for teaching Relationships, Sex and Health Education 2019

[Relationships Education, Relationships and Sex Education \(RSE\) and](#)

[Health Education](#)

## Appendix 6

### Equality and Safeguarding policies

[Equality policy Safeguarding Policy](#)