



CHRIST CHURCH C.E. PRIMARY SCHOOL

Personal, Social, Health Education

Relationships and Health Education

PSHE/RHE Policy

Vision

"As God loves us all, our vision at Christ Church is for everyone in our family to feel equal, valued and prepared for life in modern British society. While walking humbly with our God, our children will become wise, compassionate, independent and resilient learners in an inclusive and safe environment. We strive for success, spiritual fulfilment and a life lived 'in all its fullness'.

Believe and Achieve!"

'What does the Lord require of you? To act justly, and to love mercy and to walk humbly with your God' Micah Verse 6:8.

Mission: Serving God's Community

In developing a greater understanding of Christian and other faiths within the community, we seek to develop the personality and potential of all, and to understand that we are created equally by God.

We are committed to providing an outstanding education to prepare our children for adult life in modern Britain in our locality by living in harmony before God.

By developing the social, moral and cultural and spiritual dimensions of pupils the school seeks to equip them to make a positive contribution to the community.

In finding time to be still and reflect, we seek to foster spirituality and a deeper relationship with God.

How our PSHE/RHE links with our School Vision:

Our Christian vision, mission statement and values underpin our ethos; every child is equally valued and encouraged to achieve their full potential. Every member of our school community is encouraged to respect and value each other. We also celebrate individuality and achievements through mutual respect and high aspirations wherever possible we make close links between our values, worship and PSHE/RHE curriculum.

Our PSHE/RHE Objectives, teaching and learning are set within a context that is consistent with the school's Christian ethos and values: enabling children and young people to make responsible and informed decisions about their health and well-being, as supported in our mission statement and school aims.

The policy is based on inclusive Christian principles and values emphasising respect, compassion, loving care, being safe and forgiveness, shown through family set ups and friendships which in turn is reflected in our Bible verse.

PSHE/RHE is sensitive to the circumstances of all children and shows inclusivity of all, it is mindful of the expressions of family life in our community culture, yet it should also uphold the Christian values regarding relationships and marriage.

PSHE/RHE Curriculum

Young people are entitled to the opportunity to develop the knowledge, understanding, skills and attitudes needed to lead confident, healthy and independent lives, and to become informed, active and responsible citizens. Christ Church C.E Primary School believes that it has a central role to play in the

fulfilment of this entitlement. PSHE/RHE therefore underpins and infiltrates the whole curriculum to contribute to the ethos of Christ Church C.E Primary school.

We as a school consider RHE as an integral part of the PSHE curriculum. The RHE curriculum is embedded within our PSHE curriculum. We aim to offer pupils a carefully planned programme on human development, relationships, sexuality and family life within a safe, comfortable atmosphere and in a relaxed relationship between teacher and pupil. The programme is set within a moral framework and is matched to the pupils' level of maturity.

We have developed the RHE curriculum, taking into account the age, needs and feelings of pupils.

If pupils ask questions outside the scope of this policy, teachers will respond in an age appropriate and caring manner, so they are fully informed and don't seek answers online. Parents will be informed of any sensitive issues discussed with their child.

Aims and objectives of PSHE/RHE

- To create a safe and emotionally healthy learning environment reflecting our school ethos, where pupils can learn effectively and sensitive discussions can take place.
- To develop an understanding of health and hygiene related issues, a sense of responsibility towards personal health and lifestyle and prepare pupils for puberty.
- Teach pupils the correct vocabulary to describe themselves and their bodies.
- To raise and develop pupils feelings of self-esteem, confidence, self-worth, empathy and self-respect.
- To provide a positive culture around issues of sexuality and relationships, including the importance of family for the care and support of children.
- To increase pupils understanding of their community and their role within it.
- To provide pupils with the skills, knowledge and confidence to make informed decisions and resist peer pressure and influence.
- To allow pupils to recognise stereotyping and to tackle prejudice.
- To create opportunities for pupils to develop communication skills leading to development of positive relationships and the formation of an atmosphere of co-operation.
- Help children to understand the consequences of their actions and behave responsibly within in relationships.
- To be able to recognise unsafe situations, protect themselves and ask for help and support.
- To complement the RE dispositional based framework.

Moral and Values Framework

The PSHE/RHE programme will reflect the school's Christian philosophy and ethos in encouraging the following values:

- Honesty
- Positive attitudes
- Caring for themselves and others
- Caring for the world around them
- Respect for themselves and others
- A sense of self belief

Delivery of RHE

As part of the RHE curriculum, pupils will be taught about the nature and importance of marriage for family life and bringing up children. They also need to understand that there are strong and mutually supportive relationships outside marriage. Either of these can include heterosexual or same-sex relationships.

We ensure no stigma is placed on children based on their home circumstances. We aim to provide appropriate information to help develop skills to enable them to understand differences and respect themselves and others. We hope to prevent and remove prejudice and stay safe both on and offline. PSHE/RHE promotes the spiritual, moral, culture, mental and physical development of pupils at school and within society, thus preparing them for the responsibilities and experiences of adult life. We will work closely with parents and carers to achieve this.

PSHE/RHE is delivered throughout the school both in the taught curriculum and through the everyday life of the school within the appropriate religious and moral framework in order to;

- Promote tolerance and understanding in a multicultural society
- Broaden the expectations and experiences of pupils
- Develop an appreciation of wider opportunities and aspirations
- Prepare pupils for adult life and the decisions and choices they will encounter
- Meet the statutory requirements of the PSHE/RHE framework.

Content of Programme

The PSHE/RHE curriculum will be delivered through, PSHE lessons, cross curricular opportunities and will be supported by our PATH's programme.

PSHE/RSE objectives for the year have been drawn up to support the planning. They are divided into three areas:

Autumn Term-Health and Wellbeing.

Spring Term-Relationships.

Summer Term-Living in the Wider World.

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

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parents, same sex parents, families headed by grandparents, adoptive parents/carers amongst other structures)

Along with reflecting sensitivity that some children may have a different structure of support around them for example, looked after children or young carers.

Health education focuses on children making good decisions about their own health and mental wellbeing. By the end of primary school, pupils will have been taught content on:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Facts and risks associated with drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

All staff will deliver PSHE/RHE on a weekly basis as appropriate. The curriculum will be informed by our agreed programme and delivery will be planned by Class Teachers. Use is made of external agencies to support our work, including the Police, Fire Service and Puberty workshops for year 5, whose involvement is integrated into the planned programme.

The content of our programme is based on the PSHE Association guidance with explicit links to the PATH'S programme to support and enhance teaching and learning.

From September 2012 the PATHS Programme (Promoting Alternative Thinking Strategies) has been taught across the school. This curriculum helps children to recognise emotions and make sensible

choices about their own behaviour and that of others. Every day a child is chosen randomly in each class to be the PATH's child of the day. This child is given important jobs to do during the day. Compliments are given to this child by children and staff across the school.

Organisation and Methods of Teaching

The PSHE Co-ordinator will support, monitor and evaluate the delivery of this subject throughout the school.

Delivery will be through a variety of teaching methods and through the utilisation of cross-curricular opportunities. Planning across the curriculum will clearly indicate where PSHE/RHE is being delivered cross curricular, and work will be recorded where appropriate. The cross curricular element will be taught through:

- Regular Circle Time Activities,
- Whole class and small group discussion,
- Role play and drama
- Big Books and Shared texts
- Educational visits and visitors
- Themed events
- Healthy school programme

Resources are kept in the PPA room. Where possible resources are chosen to reflect a variety of role models and challenge stereotypical images.

Foundation Stage: Provision will be informed, planned and delivered through the EYFS and PATHS programme.

Further Policies

This policy links with the following school policies:

Behaviour, Anti Bullying, Equal Opportunities, SRE, Drug Education, Science, Child Protection, Safeguarding, RE and PE.

Confidentiality

Pupils will be informed that 100% confidentiality cannot be assured and guaranteed. We aim to ensure that pupils' best interests are maintained and try to encourage pupils to talk to their parents or carers to provide support. If there are any suspected Child Protection concerns the school will follow the LA policy and procedure.

Dissemination of Policy

The school is aware that the primary role in children's RHE lies with parents and carers. We want to build a positive and supporting relationship with the parents of children at our school, through mutual understanding, trust and co-operation. Parents will be supplied with a full copy on request.

The policy will be available to all staff through the intranet and agreed by governors.

Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education.

Parents do have the right to withdraw their children from the non-statutory components of sex education within RHE. As a school we have agreed not to teach the more complex components of sex education, we focus entirely on the puberty content.

Monitoring and Evaluation of PSHE/RHE

Monitoring of the schools PSHE/RHE programme will be through a combination of lesson observations, learning walks, evaluations, pupil and staff evaluation forms which will inform future development of this curriculum area.

Special Educational Needs and Equal Opportunities

Pupils with special educational needs will be given the opportunity to fully participate in PSHE/RHE lessons and a differentiated program will be provided where necessary, to ensure that all pupils gain a full understanding. Staff will ensure appropriate quality of access for all pupils, regardless of gender, race or disability.

Statutory Requirements

As a school we must provide relationships education to all pupils. We are not required to provide sex education. However, we will teach relevant elements, for instance in KS2, we will teach the children about the parts of the body and how they work, including the correct terminology for body parts, this also is linked with the Science topic in Yr5. Children will further learn about child and foetal development.

We also explain what will happen to their bodies during puberty and what menstruation is and how it affects women in Yr5. We teach this with due regard for the emotional developments of the children.

Further Government guidance can be obtained via the DFE website.

At Christ Church C.E Primary School we teach PSHE/RHE as outlined in this policy.

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