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## **Relationships, Sex and Health Education Policy (RSHE)**

### **Parent Consultation**

7<sup>th</sup> June 2021

Dear Parents / Carers,

From September 2020, the Department for Education made Relationships and Health Education (Primary) and Relationships, Sex Education and Health Education (Secondary) compulsory in all schools. To ensure that we further promote the personal wellbeing and development of all children, whilst meeting new statutory requirements, we have worked hard to integrate any proposed changes in our RSHE policy and curriculum content.

We have placed our draft RSHE policy on our school website and we are inviting parents to contribute to the consultation process for our policy. The main body of the policy is a Trust wide policy for all PDET schools. Appendix 1 provides details that are relevant for Silverstone CE Primary.

#### **How can I be involved in the consultation process?**

1. A simple approach is to email back to the school office ([office@silverstoneprimary.org.uk](mailto:office@silverstoneprimary.org.uk)) with any comments you wish to make with regards to the draft policy
2. If you would like to have a greater involvement then please put your name forward to the school office to join the consultation meeting on **Thursday 1<sup>st</sup> July at 2:30pm**

#### **How is RSHE delivered at Silverstone CE Primary?**

As a part of your child's education at Silverstone CE Primary School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

Over the next six weeks, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. We work hard to ensure all our children are taught how to be healthy and safe in their lives and in the choices, they make; this includes recognising and forming positive life sustaining relationships with others both in the real and virtual world.

Our curriculum aim is to provide children with meaningful learning experiences that will equip them with the skills required to live healthy, safe, productive and fulfilled lives, both now and in the future. The DfE also recommend that all primary schools have a sex education programme.

**Lessons in Reception will include pupils learning about:**

Seasons, Life stages – plants, animals, humans, Getting bigger, Me and my body – girls and boys.

**Lessons in Year 1 will include pupils learning about:**

Inside my wonderful body, Taking care of a baby, then and now, Who can help?, Surprises and secrets, Keeping privates private.

**Lessons in Year 2 will include pupils learning about:**

A helping hand, Sam moves away, Haven't you grown, My body, your body, Respecting privacy, Basic first aid.

**Lessons in Year 3 will include pupils learning about:**

Relationship Tree, Body space, Secret or surprise?, My changing body, Basic first aid.

**Lessons in Year 4 will include pupils learning about:**

Moving house, My feelings are all over the place, All change, Preparing for periods, Secret or surprise, Together.

**Lessons in Year 5 will include pupils learning about:**

How are they feeling?, Take notice of our feelings, Changing bodies and feelings, Growing up and changing bodies, Stop, start, Stereotype, Help! I'm a teenager - get me out of here!

**Lessons in Year 6 will include pupils learning about:**

Managing Change, I look great! Media Manipulation, Is this normal?, Making babies, What is HIV?

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

**Can parents request for their child not to take part?**

Parents cannot request 'the right to be excused' from any parts of the Relationships or Health Education. They also cannot be excused from any elements of sex education that is in the Science National Curriculum – this includes these elements of the Y5 curriculum: describe the life process of reproduction in some plants and animals (which can include humans) & describe the changes as humans develop to old age.

However, parents can request 'the right to be excused' from any additional sex education offered. Here at Silverstone CE Primary School, we define this element as the teaching of 'sexual intercourse which can lead to reproduction and conception' which will be taught in Year 6.

**What resources are used at Silverstone CE Primary?**

We follow the SCARF PSHE curriculum, which will help ensure all children have fun and meaningful lessons that meet all the new government requirements. SCARF provides a comprehensive spiral curriculum for RSHE education, including mental health and wellbeing. Using SCARF across all age groups will ensure progression in knowledge, attitudes and values, and skills – including the key skills of social and emotional learning, known to improve outcomes for children.

**SCARF is mapped to the new DfE guidance for Relationships Education and Health Education, The PSHE Association's Programmes of Study Learning Opportunities, the National Curriculum, Curriculum for Excellence and Ofsted's requirements.**

[www.coramlifeeducation.org.uk](http://www.coramlifeeducation.org.uk)

### **What is Relationships Education?**

- Relationships Education in primary schools should teach the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults. At Silverstone CE Primary we believe that children should learn about relationships as well as the emotional, social and physical aspects of growing up, human sexuality and sexual health, in an age-appropriate way. This goes beyond learning about relationships, to include puberty, how a baby is conceived and born, body ownership, and safeguarding. Although we refer to our resources as our Relationship Education programme, they also include elements of Health Education as well as non-statutory sex education. Therefore, we often refer to the content as RSE: Relationships and Sex Education.
- Our RSE lessons are a key part of SCARF – our programme and resources for schools which provides much more than a PSHE scheme of work. SCARF provides the framework for a whole-school approach to improving children's wellbeing and attainment, based on the five SCARF values of **safety (S), caring (C), achievement (A), resilience (R) and friendship (F)**.
- **Our Relationships and Sex Education resources help children and young people to be safe, healthy and happy as they grow, and in their future lives.** Delivered as part of PSHE or Science, they help schools meet their current SMSC development, safeguarding, and emotional wellbeing requirements, as well as ensuring that they meet the requirements of the DfE Primary Relationships, Sex and Health Education Curriculum, and National Curriculum Science from 2020. The SCARF programme builds each year, introducing each theme in an age-appropriate way.

You can read about these changes in the DfE guide for parents here:

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

Yours sincerely

Lisa Hampson (Subject lead for PSHE) and James Bloomfield (Headteacher)