



**Waynflete Infants' School**  
**Academy for Early Learning**

# Relationships and Health Policy

Statutory Policy (Annual Review)

## FULL GOVERNORS

<b>Date next due for review</b>	<b>Date reviewed by Headteacher</b>	<b>Any Changes YES/NO Comments</b>	<b>Date approved by FGB</b>
		New Policy	19 <sup>th</sup> November 2020
September 21			

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**NB.** This policy has been created in line with the draft 'Relationships Education, Relationships and Sex Education, and Health Education' 2019 guidance. As the guidance is still in draft form, it is subject to change – this policy will be amended if any changes are made to the final guidance once it is published.

## Statement of intent

At Waynflete Infants' School, we understand that pupils must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life. A key part of this relates to relationships and health education, which must be delivered to every primary-aged pupil. Primary schools also have the option to decide whether pupils are taught sex education but this is not age appropriate for the children at Waynflete Infants' School.

Relationships education focusses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. Health education focusses on equipping pupils with the knowledge they need to make good decisions about their own health and wellbeing.

We understand our responsibility to deliver a high-quality, age-appropriate and evidence-based relationships and health curriculum for all our pupils. This policy sets out the framework for our relationships and health curriculum, providing clarity on how it is informed, organised and delivered.

Signed by:

\_\_\_\_\_ Headteacher                      Date: \_\_\_\_\_

\_\_\_\_\_ Chair of governors                      Date: \_\_\_\_\_

## **1. Legal framework**

1.1. This policy has due regard to legislation and statutory guidance including, but not limited to, the following:

- Section 80A of the Education Act 2002
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019 (DRAFT)
- Equality Act 2010
- DfE (2019) 'Relationships, Education, Relationships and Sex Education (RSE) and Health Education' (DRAFT)
- DfE (2013) 'Science programmes of study: key stages 1 and 2'

1.2. This policy operates in conjunction with the following school policies:

- Child Protection and Safeguarding Policy
- Behavioural Policy
- SEND Policy
- Inclusion Policy
- Equality Policy
- Anti-Bullying Policy
- Social, Emotional and Mental Health (SEMH) Policy
- E-safety Policy

## **2. Roles and responsibilities**

2.1. The Governing Board is responsible for:

- Ensuring all pupils make progress in achieving the expected educational outcomes.
- Ensuring the curriculum is well led, effectively managed and well planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring teaching is delivered in ways that are accessible to all pupils with SEND.
- Providing clear information for parents on subject content and their rights to request that their children are withdrawn.
- Making sure the subjects are resourced, staffed and timetabled in a way that ensures the school can fulfil its legal obligations.

2.2. The Head Teacher is responsible for:

- The overall implementation of this policy.
- Ensuring staff are suitably trained to deliver the subjects.
- Ensuring that parents are fully informed of this policy.
- Reviewing requests from parents to withdraw their children from the subjects.
- Discussing requests for withdrawal with parents.

- Organising alternative education for pupils, where necessary, that is appropriate and purposeful.
- Reporting to the governing board on the effectiveness of this policy.
- Reviewing this policy on an annual basis.

2.3. The PSHE / Relationships and Health Education subject leader is responsible for:

- Overseeing the delivery of the subjects.
- Ensuring the subjects are age-appropriate and high-quality.
- Ensuring teachers are provided with adequate resources to support teaching of the subjects.
- Ensuring the school meets its statutory requirements in relation to the relationships and health curriculum.
- Ensuring the relationships and health curriculum is inclusive and accessible for all pupils.
- Working with other subject leaders to ensure the relationships and health curriculum complements, but does not duplicate, the content covered in the national curriculum.

2.4. The appropriate teachers are responsible for:

- Delivering a high-quality and age-appropriate relationships and health curriculum in line with statutory requirements.
- Using a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils.
- Ensuring they do not express personal views or beliefs when delivering the programme.
- Modelling positive attitudes to relationships and health education.
- Responding to any safeguarding concerns in line with the Child Protection and Safeguarding Policy.
- Acting in accordance with planning, monitoring and assessment requirements for the subjects.
- Liaising with the SENCO to identify and respond to individual needs of pupils with SEND.
- Working with the Relationships and Health education subject leader to evaluate the quality of provision.

2.5. In line with 2.4, the teachers who will be delivering relationships and health education are outlined below:

Name	Job title
Sally Watson, Amanda Griffiths, Lianne Tilbury, Hayley Sara, Olivia Crawley, Lucy Whiskerd, Helen Lehec, Kelly Roache	Foundation Stage and Key Stage 1 class teachers

Steph Isham	HLTA
Anne Finch	Cover Supervisor

2.6. The SENCO is responsible for:

- Advising teaching staff how best to identify and support pupils' individual needs.
- Advising staff on the use of TAs in order to meet pupils' individual needs.

### 3. Organisation of the curriculum

3.1. Every primary school is required to deliver statutory relationships education and health education.

3.2. For the purpose of this policy, “**relationships education**” is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online.

3.3. For the purpose of this policy, “**health education**” is defined as teaching pupils about physical health and mental wellbeing, focussing on recognising the link between the two and being able to make healthy lifestyle choices.

3.4. The delivery of the relationships education and health education coincide with one another and will be delivered as part of the school's PSHE curriculum although aspects will also be taught during ICT, PE and Science lessons.

3.5. The relationships and health curriculum has been organised in line with the statutory requirements outlined in the DfE (2019) 'Relationships, Education, Relationships and Sex Education (RSE) and Health Education' guidance.

3.6. The relationships and health curriculum takes into account the views of teachers, pupils and parents. We are dedicated to ensuring our curriculum meets the needs of the whole-school community.

3.7. We consult with parents, pupils and staff in the following ways:

- Staff Meetings
- Pupil Progress Meetings
- Training sessions
- Newsletters and letters

3.8. Any parent, teacher or pupil wishing to provide feedback about the curriculum can do so at any time during the academic year by:

- Emailing: [waynfleteoffice@waynfleteinfants.co.uk](mailto:waynfleteoffice@waynfleteinfants.co.uk)
- Emailing: [liannel@waynfleteinfants.co.uk](mailto:liannel@waynfleteinfants.co.uk)

3.9. The school has organised a curriculum that is age-appropriate for pupils within each year group, based on the views of teachers, parents and pupils.

- 3.10. When organising the curriculum, the religious backgrounds of all pupils will be considered, so that the topics that are covered are taught appropriately.

## **4. Consultation with parents**

- 4.1. The school understands the important role parents play in enhancing their children's understanding of relationships and health. Similarly, we also understand how important parents' views are in shaping the curriculum.
- 4.2. The school works closely with parents by establishing open communication – all parents are consulted in the development and delivery of the curriculum, as outlined in [section 3](#) of this policy.
- 4.3. Parents are provided with the following information on request:
- The content of the relationships and health curriculum
  - The delivery of the relationships and health curriculum, including what is taught in each year group
  - The legalities surrounding withdrawing their child from the subjects
  - The resources that will be used to support the curriculum
- 4.4. The school aims to build positive relationships with parents by inviting them into school to discuss what will be taught, address any concerns and help parents in managing conversations with their children on the issues covered by the curriculum.
- 4.5. Parents are consulted in the review of the curriculum and this policy, and are encouraged to provide their views at any time.

## **5. Relationships education overview**

### **Families and people who care for me**

- 5.1. By the end of Year 2, pupils will know:
- That families are important for them growing up because they can give love, security and stability.
  - That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
  - That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.

Pupils will begin to understand:

- The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.

- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

### **Caring friendships**

5.2. By the end of Year 2, pupils will know:

- How important friendships are in making us feel happy and secure, and how people choose and make friends.
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- That most friendships have ups and downs, but that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- How to recognise who to trust and who not to trust.
- How to judge when a friendship is making them feel unhappy or uncomfortable.
- How to manage conflict.
- How to manage different situations and how to seek help from others if needed.

Pupils will begin to understand:

- The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.

### **Respectful relationships**

5.3. By the end of Year 2, pupils will know:

- Which practical steps they can take in a range of different contexts to improve or support respectful relationships.
- The conventions of courtesy and manners.
- That in school and wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
- About the different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying to an adult, and how to seek help.
- What a stereotype is, and how they can be unfair, negative or destructive.

Pupils will begin to understand:

- The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or

backgrounds), make different choices, or have different preferences or beliefs.

- The importance of permission-seeking and giving in relationships with friends, peers and adults.

### **Online relationships**

This content will be delivered as part of the Online Safety scheme of work after discussion with the Online Safety Officer/Computing subject leader.

### **Being safe**

5.4. By the end of Year 2, pupils will know:

- What sorts of boundaries are appropriate in friendships with peers and others – including in a digital context.
- About the concept of privacy and the implications of it for both children and adults.
- That it is not always right to keep secrets if they relate to being safe.
- That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- How to respond safely and appropriately to adults they may encounter (in all contexts, including online) who they do not know.

Pupils will begin to understand:

- How to recognise and report feelings of being unsafe or feeling bad about any adult.
- Where to seek advice, for example, from their family, their school and other sources.

## **6. Relationships education per year group**

6.1. The school is free to determine, within the statutory curriculum content outlined in [section 5](#), what pupils are taught during each year group.

6.2. The school always considers the age and development of pupils when deciding what will be taught in each year group.

6.3. The school plans a progressive curriculum, such that topics are built upon prior knowledge taught in previous years as they progress through school to provide a smooth transition to secondary school.

6.4. **Reception, Year 1 and Year 2**

PSHE, including Relationships Education, is taught using the Jigsaw Scheme of Work and associated resources. There are 6 themes, 1 per short term, and these are:

- Being Me in My World
- Celebrating Difference

- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

These themes are the same for each year group and the content allows each area to be developed and built upon each year in a way that is age appropriate.

PSHE is usually taught for one lesson each week by adults who are familiar to the children.

## **7. Health education overview**

7.1. The focus at primary level is teaching the characteristics of good physical health and mental wellbeing.

### **Mental wellbeing**

7.2. By the end of Year 2 pupils will know:

- That mental wellbeing is a normal part of daily life, in the same way as physical health.
- That there is a normal range of emotions, e.g. happiness, sadness, anger, fear, surprise and nervousness.
- The scale of emotions that humans experience in response to different experiences and situations.

Pupils will begin to understand:

- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- The benefits of physical exercise, time outdoors, community participation, and voluntary and service-based activity on mental wellbeing and happiness.
- Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests.
- That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.

### **Internet safety and harms**

This content will be delivered as part of the Online Safety scheme of work after discussion with the Online Safety Officer/Computing subject leader.

### **Physical health and fitness**

7.3. By the end of Year 2, pupils will know:

- The characteristics and mental and physical benefits of an active lifestyle.
- The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise.

Pupils will begin to understand:

- The risks associated with an inactive lifestyle, including obesity.

### **Healthy eating**

7.4. By the end of Year 2, pupils will know:

- What constitutes a healthy diet, including an understanding of calories and other nutritional content.

Pupils will begin to understand:

- The principles of planning and preparing a range of healthy meals.
- The characteristics of a poor diet and risks associated with unhealthy eating, including obesity, and other behaviours, e.g. the impact of alcohol on diet or health.

### **Drugs alcohol and tobacco**

7.5. Pupils will begin to understand:

- The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking (the focus is on medicines).

### **Health and prevention**

7.6. By the end of Year 2, pupils will know:

- The importance of sufficient good-quality sleep for good health, and that a lack of sleep can affect weight, mood and ability to learn.

Pupils will begin to understand:

- About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- About personal hygiene and germs including bacteria and viruses, how they are spread and treated, and the importance of hand washing.

### **Basic first aid**

7.7. By the end of Year 2, pupils will know:

- How to make a clear and efficient call to emergency services if necessary.

Pupils will begin to understand:

- Concepts of basic first-aid, for example dealing with common injuries, including head injuries.

## 8. Health education per year group

- 8.1. The school is free to determine, within the statutory curriculum content outlined in [section 7](#), what pupils are taught during each year group.
- 8.2. The school always considers the age and development of pupils when deciding what will be taught in each year group.
- 8.3. The school plans a progressive curriculum, such that topics are built upon prior knowledge taught in previous years as they progress through school to provide a smooth transition to secondary school.
- 8.4. **Reception, Year 1 and Year 2**

PSHE, including Health Education, is taught using the Jigsaw Scheme of Work and associated resources. There are 6 themes, 1 per short term, and these are:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

These themes are the same for each year group and the content allows each area to be developed and built upon each year in a way that is age appropriate.

PSHE is usually taught for one lesson each week by adults who are familiar to the children.

## 9. Sex education

- 9.1. The school is free to determine whether pupils should be taught sex education beyond what is required of the national curriculum.
- 9.2. At our school, we **do not** teach pupils sex education beyond what is required of the science curriculum.

## 10. Delivery of the curriculum

- 10.1. The relationships and health curriculum will be delivered as part of our PSHE curriculum as well as during ICT, PE and Science lessons.
- 10.2. Through effective organisation and delivery of the subject, we will ensure that:
  - Core knowledge is sectioned into units of manageable size.
  - The required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work.
  - Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real-life situations.
- 10.3. The curriculum is delivered proactively, such that it addresses issues in a timely way in line with current evidence on children's physical and emotional development.
- 10.4. Teaching of the curriculum reflects requirements set out in law, particularly the Equality Act 2010, so that pupils understand what the law does and does not allow, and the wider legal implications of the decisions they make (N/A at WIS).
- 10.5. The school ensures that all teaching and materials are appropriate for the ages of the pupils, their religious backgrounds, their developmental stages and any additional needs, such as SEND.
- 10.6. Lesson plans will provide appropriate challenge for pupils and be differentiated for pupils' needs.
- 10.7. Throughout every year group, appropriate diagrams, videos, books, games, discussion and practical activities will be used to assist learning.
- 10.8. Inappropriate images, videos, etc., will not be used, and resources will be selected with sensitivity given to the age, developmental stage and cultural background of pupils (N/A at WIS).
- 10.9. Pupils will be prevented from accessing inappropriate materials on the internet when using such to assist with their learning. The prevention measures taken to ensure this are outlined in the school's E-safety Policy (N/A at WIS).
- 10.10. Teachers will ensure that pupils' views are listened to and will encourage them to ask questions and engage in discussion. Teachers will answer questions sensitively, honestly and appropriate to the pupil's age.
- 10.11. Teachers will focus heavily on the importance of marriage and healthy relationships, though sensitivity will always be given as to not stigmatise pupils based on their home circumstances.
- 10.12. Teachers will ensure that lesson plans are centred around reducing stigma, particularly in relation to mental wellbeing, and encouraging openness through discussion activities and group work.
- 10.13. Teachers will ensure lesson plans focus on challenging perceived views of pupils based on protected characteristics, through exploration of, and developing mutual respect for, those different to themselves.

- 10.14. Any resources or materials used to support learning will be formally assessed by the Relationships and Health Education subject leader before use to ensure they are appropriate for the age and maturity of pupils, and sensitive to their needs.
- 10.15. At all points of delivery of this programme, parents will be consulted, and their views will be valued. What will be taught and how, will be planned in conjunction with parents.
- 10.16. Whilst there are no formal examinations for the relationships and health curriculum, the school will undertake informal assessments to determine pupil progress – these include the following:
  - Group activities
  - Informal observations
  - Recorded work

## **11. Working with external experts**

- 11.1. External experts may be invited to assist from time-to-time with the delivery of the programme and will be expected to comply with the provisions of this policy.
- 11.2. The school will ensure all visitor credentials are checked before they are able to participate in delivery of the curriculum, in line with the Visitor Policy.
- 11.3. The school will ensure that the teaching delivered by the external expert fits with the planned curriculum and this policy.
- 11.4. Before delivering the session, the school will discuss the details of the expert's lesson plan and ensure that the content is age-appropriate and accessible for the pupils.
- 11.5. The school will also ask to see the materials the expert intends to use, as well as a copy of the lesson plan, to ensure it meets all pupils' needs, including those with SEND.
- 11.6. The school will agree with the expert the procedures for confidentiality, ensuring that the expert understands how safeguarding reports should be dealt with in line with the Child Protection and Safeguarding Policy.
- 11.7. The intended use of external experts is to enhance the curriculum delivered by teachers, rather than as a replacement for teachers.

## **12. Equality and accessibility**

- 12.1. The school understands its responsibilities in relation to the Equality Act 2010, specifically that it must not unlawfully discriminate against any pupil because of their:
  - Age
  - Sex or sexual orientation
  - Race
  - Disability

- Religion or belief
- 12.2. The school is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum.
  - 12.3. The school understands that pupils with SEND or other needs (such as those with social, emotional or mental health needs) are entitled to learn about relationships and health education, and the programme will be designed to be inclusive of all pupils.
  - 12.4. Teachers will understand that they may need to be more explicit and adapt their planning of work and teaching methods in order to appropriately deliver the programme to pupils with SEND or other needs.
  - 12.5. Provisions under the Equality Act 2010 allow our school to take positive action, where it can be evidenced to be proportionate, to respond to particular disadvantages affecting a group because of a protected characteristic. For example, we could consider taking positive action to support girls if there was evidence that they were being disproportionately subjected to sexual violence or sexual harassment.
  - 12.6. When deciding whether support is necessary to support pupils with a particular protected characteristic, we will consider our pupils' needs, including the gender and age range of our pupils.
  - 12.7. In order to foster healthy and respectful peer-to-peer communication and behaviour between boys and girls, the school implements a robust Behavioural Policy, as well as a Child Protection and Safeguarding Policy, which set out expectations of pupils.

### 13. Curriculum links

- 13.1. The school seeks opportunities to draw links between relationships and health education and other curriculum subjects wherever possible to enhance pupils' learning.
- 13.2. Relationships and health education will be linked to the following subjects in particular:
  - **Science** – pupils learn about the main external parts of the body (including external genitalia) and changes to the body as it grows from birth to old age.
  - **Computing and ICT** – pupils learn about e-safety, including how to use technology safely, responsibly, respectfully and securely, how to keep personal information private and how to access help and support.
  - **PE** – pupils explore various physical activities, are physically active for sustained periods of time, engage in competitive sport and understand how exercise can lead to healthier lifestyles.
  - **PSHE** – pupils learn about respect and difference, values and characteristics of individuals.

### 14. Withdrawing from the subjects

- 14.1. Relationships and health education are statutory at primary and parents **do not** have the right to withdraw their child from the subjects.

## **15. Behaviour**

- 15.1. The school has a zero-tolerance approach to bullying. We aim to foster a culture based on mutual respect and understanding for one another.
- 15.2. Any bullying incidents caused as a result of the relationships and health education programme will be dealt with as seriously as other bullying incidents within the school.
- 15.3. These incidents will be dealt with following the processes in our Behavioural Policy and Anti-Bullying Policy.

## **16. Staff training**

- 16.1. All staff members at the school will undergo training on a regular basis to ensure they are up-to-date with the relationship and health education programme and associated issues.

## **17. Confidentiality**

- 17.1. Confidentiality within the classroom is an important component of relationships and health education, and teachers are expected to respect the confidentiality of their pupils as far as is possible.
- 17.2. Teachers will, however, alert the head teacher about any suspicions of inappropriate behaviour or potential abuse as per the school's Child Protection and Safeguarding Policy.
- 17.3. Pupils will be fully informed of the school's responsibilities in terms of confidentiality and will be aware of what action may be taken if they choose to report a concern or make a disclosure.
- 17.4. Any reports made during lessons, or as a result of the content taught through the curriculum, will be reported to the Designated Safeguarding Lead and handled in accordance with the Child Protection and Safeguarding Policy.

## **18. Monitoring quality**

- 18.1. The Relationships and Health Education subject leader is responsible for monitoring the quality of teaching and learning for the subjects.
- 18.2. The Relationships and Health Education subject leader will conduct subject assessments on a termly basis, which will include a mixture of the following:
- Learning walks
  - Work scrutiny
  - Lesson planning scrutiny
- 18.3. The Relationships and Health Education subject leader will work regularly and consistently with the head teacher and RSE link governor, e.g. through regular

review meetings, to evaluate the effectiveness of the subjects and implement any changes.

## **19. Monitoring and review**

- 19.1. This policy will be reviewed on an annual basis by the Relationships and Health Education subject leader and head teacher. The next scheduled review date for this policy is September 2020.
- 19.2. This policy will also be reviewed in light of any changes to statutory guidance, feedback from parents, staff or pupils, and issues in the school or local area that may need addressing.
- 19.3. The governing board is responsible for approving this policy.
- 19.4. Any changes made to this policy will be communicated to all staff, parents and, where necessary, pupils

## APPENDIX 1: LETTER SENT TO PARENT JUNE 2020

Dear Parents/Carers and Governors,

As you may be aware, Relationships and Health Education (RHE) becomes compulsory to teach in Primary and Secondary schools from September 2020. At Waynflete Infants' School we already teach much of this soon to be statutory content during weekly PSHE lessons as well as during PE, ICT and Science. I understand that you as parents and carers have a very important role in teaching your children about building supportive relationships and living a healthy lifestyle and would like to assure you that the curriculum will build upon the knowledge the children may already have. The Department for Education have published a guide for parents which you can find here on their website: <https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

Your views are also very important in informing the way RHE is taught. For that reason I have attached the RHE Policy, which outlines the content of the curriculum for each year group, and I would very much value your feedback. Normally I would invite you into school to share your views and opinions, but given the current situation I ask that you email me: [liannel@waynfleteinfants.co.uk](mailto:liannel@waynfleteinfants.co.uk) by Friday 26<sup>th</sup> June 2020.

I should point out here that Sex Education will **not** be taught until the children are in Key Stage 2 and so there is no reason why parents should need to remove their children from any PHSE / RHE lessons.

Thank you for taking the time to read the policy and I look forward to hearing from you.

Lianne Tilbury

PHSE / RHE Subject Leader