



St Cuthbert's Catholic Primary School

God made us all unique
To learn, live and grow
To show care, concern and
friendship
To be the best we can
Showing Christ's love in all we
do.

Relationships and Health Education Policy

Date of policy	September 2021
Date of last review	September 2023
Reviewed by	Local Governing Committee
Date of next review	September 2024

Rationale

At St Cuthbert's Catholic Primary School we value the importance of Relationship and Health education to help and support young people through their physical, emotional, and moral development. This programme is linked closely to the Policy for Personal, Social and Health Education, Relationship and Health Education Guidance and the National Healthy School Standard Guidance. The teaching of RHE is holistic and embedded in our school ethos, underpinned by Christian values.

We recognise the partnership of home and school, of parent and teacher, in this important area of personal development and have consulted parents regarding our RHE curriculum.

RHE is a continuing, developmental process, which includes the exploration of attitudes and values and the development of skills, as well as the presentation of factual knowledge. As with all other learning, it should be gradual and matched to the child's maturity and stage of development.

RHE teaches children to develop an awareness of, and respect for, themselves and others. It aids the development of positive self-esteem, which will help children to cope with the challenges of personal growth. It enables children to be aware of the personal choices they can make and prepares them to make responsible decisions. It is about exploring feelings and emotions and enjoying confidence in one's own ability.

As part of Relationship and Health education framework, pupils are taught about the nature and importance of family life and bringing up children. Pupils will learn about the significance of marriage and stable relationships.

Statutory Requirements

As a maintained primary school we must provide relationships education to all pupils as per section 34 of the Children and Social Work Act 2017.

However, we are not required to provide sex education, but we do need to teach the elements of sex education contained in the science curriculum.

At **St Cuthbert's Catholic primary School** we teach RHE as set out in this policy.

Aims of RHE at St Cuthbert's catholic primary School

RHE is part of the mission of Catholic schools to educate the whole person and we aim to implement it out as part of the holistic education which seeks to form as well as inform young people in preparation for adult life.

The aims of relationships and health education (RHE) at our school are to:

- Provide a framework in which sensitive discussions can take place in a safe environment
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence, and empathy for others
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

At St Cuthbert's Catholic Primary School we aim to ensure that this takes place effectively by:

- Being faithful to the Church's vision of human wholeness whilst recognising the contemporary context in which we live today
- Involving parents through consultation
- Providing a positive view of human sexuality and dignity of the human person
- Equipping our children with the ability to make practical judgments about the right thing to do in particular circumstances
- Exploring and promote virtues which are essential to promoting respect and dignity
- Delivering the content in an age appropriate way which reflects the development of the child
- Being sensitive to the needs of the individual pupil and recognising the mix of pupils with different sexual orientations, genders and family backgrounds in each class
- Being taken seriously by governors and teachers as an integrated part of the broad and balanced curriculum that Catholic schools offer
- Ensuring that the content is delivered by competent professionals who understand the Church's teaching.

What is Relationship and Health Education?

RHE concerns the emotional, social, and cultural development of pupils, and involves learning about relationships, healthy lifestyles, diversity, and personal identity.

RHE involves a combination of sharing information and exploring issues and values. RHE is not about the promotion of sexual activity.

RHE is about physical, moral, and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love, and care.

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

- *Me, My Body, My Health*
- *Emotional Well-being*
- *Life Cycles*
- *Keeping Safe*
- *Living in the Wider World*
- *Religious Understanding*

St Cuthbert's Catholic Primary School Relationships and Health Education Curriculum

Our curriculum is well sequenced and progressive and contains the key knowledge children need to understand and develop positive relationships.

We have implemented the curriculum in consultation with parents, pupils and staff, 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 appropriate manner, so they are fully informed and don't seek answers online.

RHE is statutory in primary schools and we will be covering the following as part of our RHE curriculum.

- Preparing boys and girls for the changes that adolescence brings
- How a baby is conceived and born

Implementation of RHE

At St Cuthbert's Catholic Primary School, RHE is taught with a spiral approach to learning in which pupils will revisit the same topics at an age-appropriate stage through their school life. The programme includes teaching about personal health, physical and emotional well-being, strong emotions, private parts of the body, personal relationships, family structures, trusted adults, growing bodies, puberty, periods, life cycles, the dangers of social media, where babies come from, an understanding of the Common Good and living in the wider world.

The entire teaching is underpinned with a Christian faith understanding that our deepest identity is as a child of God – created, chosen and loved by God. The programme is fully inclusive of all pupils and their families.

RHE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RHE are taught within the science curriculum, and other aspects are included in religious education (RE) All of our RHE lessons are taught by confident teachers with a sound knowledge of the Catholic teaching on health and relationships.

The 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 parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Roles and Responsibilities

Governors

- *To ensure the legal framework is followed.*
- *To consult with parents on the determination of the school's Relationship and Health education policy*
- *To implement the Relationship and Health education policy through the head teacher.*
- *To implement the 'annual' reviews.*

- *To make, and keep up to date, a separate written statement of the school's policy regarding Relationship and Health Education.*
- *To make copies of this statement available for inspection by parents of pupils registered at the school and provide a copy free of charge to any parent who requests one.*
- *To include a summary of the content and organisation of relationship and health education in the School Prospectus.*

Headteacher

- The headteacher is responsible for ensuring that RHE is taught consistently across the school, and for managing requests to withdraw pupils from non-statutory elements of RHE.

Staff Members

- Delivering RHE in a sensitive way
- Modelling positive attitudes to RHE
- Monitoring progress
- Responding to the needs of individual pupils

Staff do not have the right to opt out of teaching RHE. Any member of staff who has concerns about teaching RHE are encouraged to discuss this with the headteacher or line manager.

Dealing with Sensitive Issues

Governors and teachers agree that teachers should answer all children's questions relating to Relationship and Health education in an open and factual way, taking into consideration the family background, culture, religious beliefs, and pupils' differing experiences. The governors expect teachers to use their professional judgement and discretion when faced with, or answering, questions, which they deem to be of a sensitive nature.

The following ground rules have been established.

- Teachers should not enter into discussions about personal issues and lifestyles.
- No one (child or adult) has to answer a personal question.
- Nobody is forced to take part in discussion.
- In discussion, teachers will promote the knowledge and use of 'accepted' names of body parts.
- Meanings of words are explained in a sensible and factual way

Staff Training

- Teaching staff are trained on the delivery of RHE as part of their induction. If staff have concerns or require additional training and support, this must be discussed with the headteacher.
- The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RHE.

Monitoring Arrangements

The delivery of RHE is monitored by Anna Haighton through:

- Lesson observations
- Planning monitoring
- Work Sampling
- Pupil Voice

This policy will be reviewed annually by **Anna Haighton**

Curriculum Entitlement

Relationship and Health education will be taught at St Cuthbert's Catholic primary School within discrete lessons across each phase. Children with Special Educational Needs relating to sex education, will have their needs addressed both within the class, and where appropriate, on a one-to-one basis.

Procedures for Reviewing the Effectiveness of the Programme

Teachers use the planning documents provided in the Diocesan approved scheme 'Life to the Full', adapting these where necessary to meet the needs of the children. Staff and Governors review the Relationship and Health Education Policy annually. Parents are invited to comment on the policy.

Resources and Criteria used for their Selection

The RHE resource 'Life to the Full' is fully recommended and endorsed by the diocese.

Complaints Procedure

If a parent or guardian has any cause for concern about the Relationships and Health Education Policy, they should approach the headteacher and staff. If the concern cannot be resolved, the Governors can be contacted.

Disability Equality Impact Assessment

This policy has been written with reference to and in consideration of the school's Disability Equality Scheme. Assessment will include consideration of issues identified by the involvement of disabled children, staff and parents and any information the school holds on disabled children, staff, and parents.

Any questions or concerns regarding this policy should be made to Anna Haighton or Anne Bullerwell.