

Information about how and why RSHE (Relationships, Sex and Health Education) will be taught at Star Primary School

Q1. Why are we teaching RSHE?

RSHE is such an important topic. Our children are growing up in an increasingly complicated world with new opportunities, but also new challenges. We as a school want our pupils to flourish in the world they find themselves in. We also want them to work hard throughout all curriculum areas which will give our pupils the skills and knowledge they need to become the best versions of themselves that they can. RSHE teaching is an important part of equipping our pupils for life in 21st century Britain. It enables them to:

- Embrace diversity.
- Cope with changes (both expected and unexpected) in their life.
- Celebrate differences in themselves and others.
- Make the most of technology.
- Understand the importance of positive relationships.
- Develop the skills to create and keep healthy, positive and strong relationships.

Here at Star, we follow the **Happy Centred School** curriculum for RSHE.

Relationships and health education is a statutory requirement for all primary schools in England which means that all pupils have to participate in these lessons.

In line with this policy, we will be teaching the children about positive relationships. We will be exploring topics such as:

- What is friendship?
- What does family mean?
- What does a positive relationship between friends and family look like?
- Who are the people who support me?

The government, Ofsted and local advisors recommend that sex education (how a baby is conceived and born) is also taught in primary school.

At Star Primary School we have decided to teach sex education, 'how babies are conceived and born' in Year 5 and 6 because young people tell us that the school is a trusted place where they would like to learn RSHE. (Sell 2019). Also, a recent consultation of secondary

school students in Newham has seen 63% of Year 10's say that they think that pupils should learn how a baby is made and born at primary school age.

We believe that by teaching this topic here, it will help to equip our pupils for the transition to secondary school where they may learn about sex from less reliable sources such as friends or older children in the playground. The decision to teach sex education is a Newham wide approach and was taken following consultation with parents/carers and governors.

The teaching of RSHE at Star Primary School is informed by the law, national RSHE guidance and the national curriculum set out by the DfE, as well as the school ethos and policies already developed. Below is a list of some of the documents that have been taken into consideration when preparing this policy.

- Statutory Guidance on RSHE 2019 (*Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers*)
- Equality Act 2010 and The Public Sector Equality Duty 2014
- School ethos and educational aims

The teaching of RSHE at Star Primary School is delivered within and influenced by all relating school policies:

- Positive behaviour policy
- Anti-bullying policy
- Equality policy & statement
- Child Protection and Safeguarding policy
- Computing policy

Q2. How will we ensure lessons are taught sensitively?

Puberty and menstruation and human reproduction are seen as sensitive topics to teach in RSHE and therefore we will put in special measures to make sure that pupils feel at ease when talking about these topics. There will be single sex classes for some lessons in Years 5 and 6 so that children feel less self-conscious and students may be more relaxed and feel able to ask questions. The students will also be able to include questions in anonymous question boxes. Where appropriate, these will be answered by the class teacher.

Q3. When will RSHE will be taught?

Relationships and Health lessons are taught throughout the year under the following headings:

- Positive Relationships
- Coping Skills
- Achievement and Success
- Self-Confidence
- Support

Further information on the lessons and the vocabulary taught can be found on the school website.

Sex education is taught as part of the Support unit in the second half of the summer term in Year 5 and 6. Our sex education curriculum follows Newham guidelines. Before these lessons are taught, the resources and vocabulary will be shared with parents/carers so they are fully aware of what their child will be learning. There will be reminders in the Year 5 and Year 6 weekly newsletter that these lessons will be taught.

Q4. How will we ensure communication with parents/carers?

Star Primary School works with parents/carers and will always communicate what is going on in RSHE. We offer termly PIM (Parent Information Meetings) to explain what will happen in the RSHE curriculum, so that parents/carers can, if they wish, talk to their children ahead of lessons. This allows parents/carers to be ready for any questions that their child may have concerning what they have learnt in school. Our framework for all RSHE lessons is also on our school website. A Google Form will also be sent out, following this document, where parents and carers can say whether they have any concerns or if they would like support in speaking to their child about RSHE topics at home.

All of our RSHE lessons are planned and taught in a way that is sensitive to the background of all our pupils. It is our aim that all children feel comfortable during these lessons. We also want parents/carers to feel comfortable with what is being taught and we welcome any questions and concerns that you might have.

The lessons involving relationships and health are mandatory for all students however parents/carers do have the right to remove their children from sex education lessons if they wish. Our hope is that all children will remain in these lessons so that they learn facts from a teacher rather than second-hand in the playground. However, the school respects the right of parents/carers to remove their children from these lessons. Parents/carers who wish to

remove their children from sex education will need to inform the school in writing, following a meeting with someone from the SLT to discuss any concerns. This process will be documented.

Q5. Who will be teaching RSHE?

Class teachers deliver RSHE teaching with support from the Support Staff, Learning Mentors/RSHE Lead where appropriate.

Q6. What training will staff be given?

The RSHE Lead attends Local Authority training to ensure best practice and so that they can support colleagues as necessary. All class teachers are then trained by the RSHE Lead, SLT and/or an external Laughtology trainer to deliver RSHE.

Q7. What materials will be used to deliver RSHE?

In Star Primary School we primarily use the resources from our Happy Centred Schools curriculum to deliver RSHE and picture books recommended by the Local Authority. The new lessons that deal with online safety are taught in line with the Computing policy. We occasionally use additional materials from other sources including the NSPCC. All external resources are in line with Newham policies and have been recommended by the Local Authority.

It is the aim of Star Primary School to provide all of our pupils with RSHE lessons that are high quality, developmentally appropriate and sensitive to our pupils' backgrounds and needs. If there are any questions about what we teach and why then please contact us via the school info inbox and we will be happy to discuss your questions and concerns.

Approved by: Newham LA; Newham SACRE, NAPH and NASH