



**Goodmayes Primary School**

**Relationships and Health Education (RHE) Policy**

**Agreed by Governors: Spring Term 2023**

**To be Reviewed: Summer Term 2024**



## **RHE Policy**

**See also: Anti-bullying Policy, Community Cohesion Policy, Curriculum Policy, e-Safety Policy, Gender Equality Policy, Inclusion Policy, Keeping Children Safe in Education, Race Equality Policy, Safeguarding & Child Protection Policy**

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## 1. Aims and Expectations

It is the intention of Goodmayes Primary School to teach age appropriate, pupil sensitive, evidence-based RHE, that respects the law and all communities that call Redbridge home.

At Goodmayes Primary School it is our expectation that RHE provides a learning space to understand Personal, Social and Health skills, knowledge and understanding, to enable children to navigate the world in which they live throughout childhood but also into adulthood; therefore, RHE is such an important element of the curriculum.

### 1.1 Statutory Content Primary – RHE

As of September 2020, it is the legal requirement of Primary Schools – both maintained and academies - to teach Relationships and Health Education, alongside the Science National Curriculum. This is within the context of safeguarding and maintaining a child centred approach in accordance with the 'Keeping Children Safe in Education document' (DfE, September 2022). Following Redbridge guidance teaching of RHE began in September 2021.

At Goodmayes Primary School we acknowledge and recognise that families are a child's first and most effective teacher, it is our aim to build on the established foundation of the Redbridge syllabus and consultation of working in partnership with parents/carers to educate our children about these important subjects.

### 1.2 National Curriculum Science

The Key Stage 1 and Key Stage 2 National Curriculum states that children's learning should include teachings about the main external body parts, the growth and development of humans from birth to old age, including the changes experienced during puberty, asexual reproduction in plants and gestation periods in mammals, the importance of exercise and the impacts associated with diet, drugs and lifestyle on the function of the body.

Full Science curriculum context can be viewed in Appendix 1.

### 1.3 Health Education

The aim of Health Education is to provide information to children that will empower them to make their own choices about their physical and mental wellbeing and health. Children will recognise what is usual and what is not, in themselves and others, and be equipped to seek support at the earliest opportunity from appropriate sources.

Puberty, including menstruation, will be covered in Health Education and should, as far as possible, be addressed before children begin puberty. At Goodmayes Primary School we have followed the recommendation of the Redbridge syllabus to teach about the menstrual cycle within Year 4, as an additional parent and child invited session. This is earlier than detailed in the statutory Science KS2 curriculum whereby topics such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in plants and animals is taught in Upper KS2.

See Appendix 2 for full list of content.

**There is no right to withdraw from Health Education.**

## 1.4 Relationships Education

The aim of Relationships Education is to provide information to children that will empower them to understand themselves and the world in which they live. The focus in Primary schools should be on teaching the fundamental building blocks and characteristics of positive relationships, with family members, other children and adults along with encouraging the development of their own positive personal attributes such as: a belief that they can achieve and persevere towards tasks and long-term rewards, honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice, as outlined in the guidance. It also aims to teach how to seek support and guidance from appropriate sources. Lessons will be evidence-based, age-appropriate, based on the law and sensitive to the needs of all children.

See Appendix 2 for full list of content.

**There is no right to withdraw from Relationships Education.**

## 1.5 Safeguarding

Safeguarding is an important aspect of all the lessons taught as part of RHE in our school. Our Safeguarding Policy will be applied to, and supported by, all aspects of RHE. Any disclosures or issues arising as part of RHE will be dealt with in line with our Safeguarding Policy. The aim of including Safeguarding within the syllabus enables consistent, age-appropriate fact-based vocabulary to report any concerns of abuse including physical, emotional, sexual and neglect. Details of the Designated Safeguarding Lead (DSL) are available on the school website.

## 2. Definitions

### 2.1 Relationship Education - Primary

Relationship Education is the teaching of families (which can include single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures). *In British law it says that people have a right to live in families of their own choosing. The most important thing is that we always make sure to respect the way that people choose to live their lives.* Relationship Education will also include core safeguarding elements including children being able to report concerns or abuse using the vocabulary to do so. In Key Stage 1, we will use the NSPCC 'PANTS' resources, to support the teaching of safeguarding. As a school, we will provide optional workshops for children and their parents who wish to learn the scientific vocabulary in relation to safeguarding. In Key Stage 2, we will incorporate the use of consistent scientific names for main external body parts including penis, vulva, buttocks and breasts.

### 2.2 Sex Education – Primary

The Government and local advisors strongly recommend primary schools teach sex education beyond that taught within the science curriculum. However, Goodmayes Primary School has decided, after consultation with parents/carers, not to teach sex education and will not teach 'how a human baby is conceived and born'. Reproduction in mammals and plants will still be taught as part of National Curriculum Science in Year 5.

### **2.3 Health Education – Primary**

Health education is the teaching of mental wellbeing, internet safety and harms, physical health and fitness, healthy eating, drugs, alcohol and tobacco, health and prevention, basic first aid and changing adolescent body.

## **3. Equality**

The school will comply with the relevant requirements of the Equality Act 2010 and the Public Sector Equalities Duty (2014): schools must not unlawfully discriminate against anyone or allow bullying because of age, sex, race, disability, religion or belief, gender reassignment, pregnancy or maternity, marriage or civil partnership, or sexual orientation (Protected Characteristics). Please see the link for the Equality Act 2010:

<https://www.gov.uk/guidance/equality-act-2010-guidance#equalities-act-2010-legislation>

The delivery of the content of RHE will be made accessible to all pupils, including those with SEND.

At Goodmayes Primary School we celebrate difference and diversity. The bullying or discrimination of anyone for any reason is not acceptable. It is expected that our Relationships Education curriculum will lead to a stronger sense of community, mutual respect and give pupils a sense of responsibility. This will help to keep Goodmayes Primary School a safe, inclusive and caring place for all, upholding the core values and ethos of our school.

### **3. 1 Faith sensitivity**

Some religious people/faiths will see some family structures as a preferred way of living. British Law says that people have a right to live with whoever they choose. The most important thing is that we always make sure to respect the way that people choose to live their lives. Teachers are aware of and can acknowledge in RHE lessons that some children/young people may have beliefs about the content to be taught, whilst noting that the purpose of the lesson is to give information. Children and young people will also be reminded of the ground rules where they can choose not to participate in discussion of anything that they do not want to. We will only teach elements regarding the human body and body anatomy linked to Science and Safeguarding.

## **4. Organisation of Teaching, Assessment & Review**

It is our intention that RHE sessions will meet our high standard of teaching and learning. Therefore, planning will be accessible to the RHE Lead to review, discuss and develop CPD opportunities where appropriate.

RHE lessons will be included in whole school learning walks and monitoring.

Teachers will be responsible for assessing the children's learning and progress. At Goodmayes Primary School teachers will identify prior and continued learning through baseline assessments and ongoing teacher assessment.

This learning will be evidenced through floor books, Topic books, Science books as well as class discussions and pupil voice.

#### **4.1 Content outline**

Following the Redbridge syllabus, RHE will be comprised of three themes: Relationships, Social Skills and Safeguarding and Health and Wellbeing. Weekly RHE lessons will be taught by class teachers.

Aspects of the RHE curriculum have been linked to other subjects in the National Curriculum. These include Science, RE, Computing, PE, DT and PSHE. Shared objectives will be taught through relevant topics in these subjects.

The curriculum overviews can be found on the school website:

<https://goodmayesprimary.school/curriculum/learning-for-life/>

#### **4.2 Teaching organisation**

We are aware that some sessions throughout different age groups are dependent on individual needs. These may be taught with amendments to teaching organisation i.e. in single gender groups or smaller groups and based on the needs of SEND pupils.

#### **4.3 Difficult questions**

Children will be able to ask questions during RHE lessons. Responses will be evidence based, age-appropriate, based on the law, sensitive to the needs of children and in line with the School Values.

To support staff with difficult questions and to maintain objectivity and consistency, teaching staff will seek support from the RHE Lead and the Senior Leadership Team as and when difficult questions arise, ensuring responses are in line with RHE Policy and the syllabus.

#### **4.4 Outside agencies**

Within identified year groups, Goodmayes Primary School will enlist the support from outside agencies where their services can be used to support the teaching of RHE objectives. Some of these include:

- School Nurse
- Community Police
- Narconon UK
- NSPCC

In the event of external agencies/tools/resources being used, Goodmayes Primary School will ensure the materials comply with our RHE Policy, the Teaching Standards, the Equality Act 2010, the Human Rights Act 1998, the Education Act 1996 and align to the teaching requirements set out in the statutory guidance.

#### **4.5 Staff Training**

The RHE Lead has received training from the Borough led by Jo Sell and Claire Clinton. This has been disseminated to all teaching staff. The RHE lead has delivered a number of whole school RHE CPD sessions, which will be ongoing in response to any changes or reviews.

#### **4.6 Resources**

Our RHE lead will continue to work with year group teams to choose educational resources and materials that are age-appropriate and enhance the teaching of RHE, exercising their professional judgement, and that are in line with our legal duty in relation to impartiality.

If you have any questions regarding this Policy or RHE, please visit the school website to access the curriculum overviews for each year group or contact a member of the Senior Leadership Team or the DSL.



## Appendix 1

# Science National Curriculum

<https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>





## Appendix 2

# DfE Guidance for teaching Relationships, (Sex) and Health Education 2019.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/908013/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)