



# **James Peacock Infant & Nursery School**

## **Personal, Social and Health Education Policy & Relationships and Sex Education Policy (PHSE/RSE)**

**Review date: September 2024**

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### **Introduction**

'Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.' (DfE, Department of Education 2019)

The relationship education, RSE and health education regulations 2019 have made Relationships Education compulsory in all primary schools. The focus being on teaching the fundamental building blocks and characteristics of positive relationships with particular reference to friendships, family relationships and relationships with other children and with adults.

As a school we are clear that parents and carers are the prime educators for children on many of these matters. At James Peacock School we complement and reinforce what pupils learn at home, we aim to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy. Teaching about mental wellbeing is central to these subjects, with children's happiness as priority.

We know that children and young people are increasingly experiencing challenges. The new subject content will give them the knowledge and capability to take care of themselves and receive support if problems arise. The content of the curriculum will help children to have sound physical and mental wellbeing and develop resilience and character that we know are fundamental to being happy, successful and productive members of society. Central to this is children's ability to believe that they can achieve goals, both academic and personal; to stick to tasks that will help them achieve those goals, even when the reward may be distant or uncertain; and to recover from knocks and challenging periods in their lives. This will be complemented by the development of personal attributes including kindness, integrity, generosity, and honesty. Our whole school 'Proud as Peacocks' values and attitudes are central to everything we do at James Peacock Infant and Nursery School and are woven throughout the curriculum. They provide the guidance for our children to develop key personal,

social and relationship skills and opportunities to reflect on their own attitudes and beliefs and those of others.

### **Content PSHE**

The Government's PSHE **education** review of PSHE Education (March 2013) stated that the subject would remain non-statutory in Key stage 1 and that no new programmes of study would be published. The DfE specified as part of its National Curriculum guidance that 'All schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice'. The review also detailed: "PSHE remains an important and necessary part of all pupils' education. We believe that all schools should teach PSHE, drawing on good practice, and have outlined this expectation in the introduction to the new National Curriculum" (Written Ministerial Statement: Review of Personal, Social, Health and **Economic education**, March 2013). Within the Early Years Foundation Stage, (EYFS), PSHE sessions and PROUD are used to support the development of PSED, (Personal, Social, Emotional Development), and PD, (Physical Development), ensuring children make progress towards and beyond.

Relationships and Sex Education is defined by the PSHE Association as 'learning about the emotional, social and physical aspects of growing up, relationships, human reproduction, human sexuality and sexual health'. This content is delivered in an age appropriate way in our school with regard to the age and stage of pupil development.

### **PSHE Intent**

We aim to:

Develop self-confidence and responsibility

Develop a sense of purpose

Value self and others

Make informed decisions

Work with others

Respond to challenge

Communicate effectively

Embed the PROUD ethos within everything our children do

Become healthy and fulfilled individuals

Develop the ability to form healthy and positive relationships

Learn to respect people's similarities and differences

Provide children with strategies and tools to understand and manage a range of emotions

Support children in playing an active role within school and the wider community  
Explore issues related to living in a democratic society

RSE Intent:

The aim of Relationships Education in our school is to equip children with the information, skills and values they need to have safe, fulfilling and enjoyable relationships and take responsibility for their health and wellbeing. We recognise the central importance of relationships in supporting children and young people's mental health and wellbeing, academic achievement and future success. We aim to put in the key building blocks of healthy respectful relationships, focussing on family and friendships, in all contexts, including online. Our programme also aims to support pupils in their personal development with regard to attributes such as kindness, integrity, generosity and honesty. These approaches support our wider work of building resilience in our pupils.

### **We will achieve these aims through PROUD**

The overarching aim for PSHE is to promote greater understanding and knowledge of ourselves and others.

All of our PROUD targets are embedded within our teaching and learning of PHSE and Relationships Education.

- We persevere with building and maintaining relationships and friendships even if things are difficult
- We respect our equipment, the environment and each other
- We take the opportunities to be kind, live a healthy lifestyle and take care of ourselves and others
- We are united in friendships and relationships, encouraging and supporting others
- We are determined to achieve our best

### **Moral and Values Framework**

Relationships Education will reflect the values of the PSHE curriculum, and will be taught in the context of relationships. In addition Relationships Education will promote self-esteem and emotional health and well-being and help children to form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, school, work and in the community.

## Objectives for Relationships Education

The objectives of Sex and Relationship Education are;

- To provide the knowledge and information to which all pupils are entitled;
- To clarify/reinforce existing knowledge;
- To raise pupils' self esteem and confidence, especially in their relationships with others;
- To help pupils' develop skills (language, decision making, choice, assertiveness) and make the most of their abilities;
- To provide the confidence to be participating members of society and to value themselves and others;
- To help gain access to information and support;
- To develop skills for a healthier safer lifestyle;
- To respect and care for their bodies;

At James Peacock School, our scheme is taught following the government statutory guidance for Relationships Education under the following headings:

Families and People who care for me

Caring friendships

Respectful relationships

Online Relationships

Being safe

By the end of primary school pupils should know:

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

- That secure, stable and loving families are important
- The characteristics of healthy, family life, commitment to each other, care, protection and the importance of spending time together
- That all families are different and should be respected
- That stable and caring relationships are at the heart of happy families
- That marriage represents a formal and legal commitment of 2 people which is intended to be lifelong
- How to recognise if family relationships are making them feel unhappy or unsafe and how to seek help or advice if needed

### *Caring friendships*

- How important friendships are in making us feel happy and secure
- How people choose and make friends

- The characteristics of friendships including respect, truth, trust, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties
- That healthy friendships are positive and welcoming
- That most friendships have ups and downs which can be worked through and resolved without the use of violence
- How to recognise who to trust and not to trust, managing conflict, how to judge when a friendship is making them feel unhappy

### *Respectful relationships*

- The importance of respecting others
- How to improve and support respectful relationships
- Courtesy and manners
- The importance of self-respect
- That in school and wider society they can expect to be treated with respect by others and respect back in return, including those in positions of authority
- About different types of bullying
- About stereotypes
- The importance of permission seeking and giving in relationships with friends, peers and adults

### *Online Relationships*

- That people sometimes behave differently online
- The importance of respect for others online
- The rules for keeping safe online
- How to critically consider online friendships and information
- Awareness of the risks associated with people they have never met
- How information and data is shared and used online

### *Being safe*

- What sorts of boundaries are appropriate in friendships
- The concept of privacy and the implications of it for both children and adults
- That each person's body belongs to them
- How to respond safely and appropriately to adults they may encounter whom they do not know
- How to recognise and report feelings of being unsafe
- How to ask for help for themselves or others
- How to report concerns and where to get advice

At James Peacock School we start the children's Relationships Education journey by covering the following topics:

Myself

Families and people who care for me

Friendships

Relationships

Online

Being safe

Some of these topics will be taught through other curriculum areas such as Information Technology, Religious Education, Physical Education and PSHE

### **The organisation of Relationships Education**

Relationships Education is taught through a sequence of lessons delivered throughout the PSHE scheme of work as well as through Science, RE, and IT activities. Relationships Education is taught by classroom teachers and teaching assistants.

### **Equality and Equal Opportunities**

James Peacock School encourages respect for all regardless of gender, ethnicity, ability, faith, culture, sexuality, sexual orientation, disability, home background or other personal circumstance.

We recognise the fact that there are children of widely different geographical abilities in all classes and we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this by:

- setting common tasks which are open-ended and can have a variety of responses
- setting challenge extension tasks of increasing difficulty, some children not completing all tasks
- providing resources of different complexity according to the ability of the child
- using classroom assistants to support the work of individual children or groups of children.

All pupils will be given equal opportunities to access this area of the curriculum, but we accept that on some occasions parents may wish to exercise their right of withdrawal. However, the class teachers and/or Head teacher should discuss the matter sensitively with any parent who wishes to exercise their right to withdraw their child.

## **Parents and Carers**

We recognise that parents are key partners in our delivery of a comprehensive SRE programme for pupils at the school. The SRE we deliver is designed to support the important role of parents in this area. Relationships education is a statutory requirement therefore parents do not have the right to withdraw children from this unit of learning.

## **Child Protection / Confidentiality**

Teachers need to be aware that effective relationships education, which brings an understanding of what is and is not acceptable in a relationship, may lead to disclosure of a child protection issue.

The staff member will inform the Head Teacher / Designated Child Protection person in line with the LEA procedures for child protection.

A member of staff cannot promise confidentiality if concerns exist.

## **Links with other policies**

This policy is linked with the following policies:

PSHE

Equal Opportunity

Child Protection

Behaviour / Anti Bullying

IT

PE

These policies can be found in school and on the school website

## **Children with special needs**

Teaching and resources will be differentiated as appropriate to address the needs of these children in order for them to have full access to the content of Relationships Education.

## **Monitoring and Evaluation**

Monitoring is the responsibility of the head teacher, named governor and teacher with responsibility for relationships education. (Miss Holland-Smith)

All policies are subject to periodic evaluation and update.



The school will assess the effectiveness of the aims, content and methods in promoting pupils' learning by lesson observation, sampling teachers planning, questionnaires to teachers and children and feedback from parents.

**Non-Negotiables**

- PSHE taught each week, in addition to the continuous 'drip-feed' of our PROUD ethos.
- Provide regular opportunities for children to get involved in National and community events, such as Anti-Bullying Week, NSPCC Speak Out, Stay Safe and Healthy Schools Week.
- Ensure opportunities are given for children to express their feelings and opinions freely

This policy will be reviewed in September 2025

Signed by Chair of Governors ..... Date.....