



Our Lady and St Philomena's Catholic Primary School Relationships, Sex, Health and Social Education (RSHE) Policy

Approved by:	Governing Body
Last reviewed:	September 2024
Next review due by:	September 2026

Our School is Christ Centred where Gospel values permeate our daily lives. We extend our hand of friendship to the wider community in the spirit of love, peace and justice. We create opportunities to celebrate the uniqueness of every child and nurture them through a stimulating and enriching curriculum. We acknowledge at Our Lady and St Philomena's Catholic Primary School that Relationship, Sex and Health Education (RSHE), is underpinned by a theology of relationship.

We are involved in relationships and health education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSHE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

Stemming from this vision of what it means to be human, at Our Lady and St Philomena's we seek to educate the whole child: spiritually, intellectually, morally, emotionally, psychologically, and physically towards our understanding of Christian maturity.

Following guidance from our own Bishop and Diocese, the Conference of Bishops of England and Wales and as advocated by the DFE, all relationship and health education in our school will be firmly embedded in the PSHE framework as it is concerned primarily with nurturing the human wholeness of our pupils.

All relationship and health education will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household or background they come from and support will be provided to help pupils deal with different sets of values.

Rationale

We support pupils through their physical, emotional and moral development, by including in the school day, opportunities for children to explore related issues. We aim to help each child grow in confidence and self-esteem by promoting responsibility and rewarding good choices. We raise questions about relationships with the children through discussions in RE and PSHE. Parents / carers are involved during Sacramental preparations.

This policy reflects the whole school aims and values and is underpinned by our Mission Statement, "The Love of Christ Shines Here." It should be read in conjunction with our Safeguarding and Child Protection policy, Equal Opportunities, Inclusion, SEND, Anti-Bullying, Online Safety and PSHE policies.

Aims of Relationship, Sex and Health Education

To encourage pupils' growth in self-respect, acknowledging we are all created in the image and likeness of God.



- To help pupils develop an understanding that love is the central basis of relationships.
- To help pupils to understand the nature of relationships and to encourage them to reflect on their own relationships and respect differences between people.
- To develop pupils' confidence in talking, listening and thinking about feelings and relationships.
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- To help pupils acquire the skills necessary to develop and sustain relationships.
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- To offer sex education in the wider context of relationships.
- To ensure that pupils protect themselves and ask for help and support when needed.
- To ensure that pupils are prepared for puberty.
- To help pupils to develop a healthier, safer lifestyle.
- To prepare pupils to play an active role as citizens and to understand the Catholic vision of what it means to be citizens of the Kingdom/reign of God.

Delivery of RSHE

RSHE is taught through our life style in school and through the subjects of Religious Education, Science, and PSHE and by way of a cross-curricular, integrated approach. A floor book will be kept in each of the classes throughout the school for evidencing of work.

All elements of PSHE are covered through the school's use of the KAPOW scheme of work. Significant aspects of sex education and reproduction remain part of the National Curriculum for Science. These will be taught to all pupils.

Key Stage 1 (5-7)

- That humans move, feed, grow, use their senses and reproduce;
- To name the main external parts of the body;
- That humans grow from babies into children and then into adults, and that adults can produce babies;
- To recognise similarities and differences between themselves and other pupils

Key Stage 2 (7 – 11)

- That the life processes common to humans and all animals include nutrition, growth and reproduction
- The main stages of the human life cycle.

We acknowledge that every area of school life can potentially contribute to RSHE as the school, of its very nature, operates through positive human relationships. We recognise value and greatly appreciate the contribution made by all members of staff in deepening the quality of our Christian community.

Teachers will use their professional judgement when addressing issues in RSHE. Careful consideration will be given to the wide and varied experience and backgrounds of the pupils in their care.



While we operate a whole school approach to RSHE, in the summer term of Year Five and Six pupils learn about the emotional and the physical changes of puberty.

Resources

We acknowledge that parents/carers are the key persons for children learning about relationships and sex; the foremost educators. Our role and our programme simply complement their role in nurturing their children's human wholeness. However, the role of parents/carers and our day to day interactions in school are currently supported by the following curriculum resources:

Journey in Love

KAPOW PSHE programme

No Outsiders in Our School – Andrew Moffat

Assessment & Recording

A record is kept by each teacher which shows the planning and delivery of RSHE. The programme is assessed, monitored and evaluated by the co-ordinator in accordance with the school's monitoring and evaluation processes. Pupils are given the opportunity for self evaluation at an appropriate level for each year group.

Outside Agencies

The expertise of outside agencies may be used appropriately to support the school's delivery.

Safeguarding Procedures

The school has procedures to deal with any sensitive issues or children thought to be vulnerable. Staff will pass on any concerns of this nature to the designated safeguarding lead (Mrs Beesley).

The Governing Body

The Governing body and Foundation Governors in particular recognise their responsibility to ensure the programmes for teaching RSHE follow Diocesan principles and reflects the Church's teaching.

The role of Parents

The Church has always recognised that it is the privilege and the responsibility of parents to educate and inform their children in all matters pertaining to personal growth and development particularly in the sensitive area of their moral education and sexual development. The Church also recognises that many parents require help and support in this task from both schools and parishes.

The Governing body fully subscribes to the views expressed by the Bishops' Conference and will always ensure that:

- Parents are supported in their task.
- Parents are consulted and kept informed of the RSHE Programme; its contents, evaluation and review and any subsequent developments.

Right of Withdrawal

As of September 2020, it is compulsory that all pupils in primary school take part in relationships and health education. Parents/carers have the right to request that their child be withdrawn from some or all sex education which is taught as part of RSHE.

It is our hope that parents/carers would wish their children to be involved in the schools positive and prudent programme of relationship and health education, following annual consultation regarding the school's approach. However, we recognise parents/carers have the right to withdraw their children from



such lessons (not included in National Curriculum Science) after discussion with the headteacher. They will be asked to put their decision in writing.

Monitoring and Review

This policy will be monitored annually by the RSHE Co-ordinator PSHE Subject Lead, Miss Nielsen, and will be reviewed bi-annually by the Governing Body. Parents will be consulted before any proposed changes.