



Heatherside Infant School Relationships and Sex Education (RSE)

POLICY TYPE	REVIEWED BY	APPROVED	REVIEW CYCLE	NEXT REVIEW
Curriculum	Head teacher Staff	<i>Autumn 2021</i>	1Year	Autumn 2022

Rationale

At Heatherside Infant School we believe that education is a holistic process and that the development of the whole child is central to their wellbeing and achievement. Relationships and Sex is a lifelong process that begins informally in the home with parents and carers long before their journey through school commences. In school we aim to build upon the foundations laid within the home.

As with any area of learning, our teaching is aimed sensitively to the age and level of understanding of the children. The objective of the Relationships and Sex Policy is to:

- Help and support pupils through their physical, emotional and moral development,
- Learn to respect themselves and others and move with confidence through their lives to achieve their potential.

Sex and relationships is therefore developed within the context of Personal, Social and Health Education, Citizenship, and Science and RE, including the online programme 'My Happy Mind' and P4C. Other subjects also play a part in the delivery of RSE such as PE, computing, and DT. The whole school ethos is key in supporting the development of the subject.

Aims

- To develop confidence in talking, listening and thinking about feelings and relationships.
- To ensure that opportunities are provided for children to develop their social skills.
- To promote children's confidence through the development of communication, decision making, personal relationships and strategies for managing change.
- To enable children to develop a positive self-image and encourage individual self-esteem.
- To enable children to explore the values and attitudes of themselves and others.
- To assist children in their development as responsible members of the community.

- To enable children to acquire basic awareness and knowledge about health and development of plants, animals and themselves.
- To enable children to have a basic concept of first aid.
- To develop children's awareness of how to stay safe in the modern world in different contexts, including online and when using the internet.
- To increase children's understanding that mental well being is a normal part of everyday life In the same way as physical health, and to support them in recognising and talking about their emotions.

Teaching and Learning

All teaching staff will be responsible for the teaching of RSE, but the whole staff will play a part in developing the school ethos, which underpins the development of RSE.

The teaching of Sex and Relationships Education at Heatherside Infant School will be through curriculum areas and the context of Year group themes. The teaching of PSHE, RE and Science will be the key vehicles for the teaching of Sex Education and for the development of an understanding of fairness and moral responsibility within the context of citizenship.

e.g.

Foundation Stage

- Myself
- People in my Life
- Feelings
- Friendships
- Keeping Safe
- My Body-similarities and differences, including gender and race
- The Beginning of Life- Plants, Animals and Me
- Ageing-Living and non living things, old and young
- Babies- Animals and humans and what they need
- Observation – growth of animals in our environment
- My Happy Minds programme
- KUW- Knowledge and Understanding of the World

Key Stage One

- Relationships – how we get along with each other, listening, sharing, respecting, etc
- Feelings – what makes us happy, sad, etc
- How to recognise and manage our feelings
- Change- What we need as we grow
- Families – What makes a family, how they care for us, differences,
- Social Emotional Aspects of Learning Themes (SEAL)
- Keeping Safe – saying no
- Health Care – Hygiene, exercise, food, sleep.
- People who help us to care - Doctor, Nurse, Dentist etc
- Cultural Differences – gender roles, families, traditions and customs
- Lifecycles of animals in our environment
- My Happy Minds programme
- ICT
- Caring friendships

- Respectful relationships
- Online relationships
- Being safe

PHYSICAL HEALTH AND MENTAL WELLBEING

- Mental well being
- Internet safety and harms
- Physical health and fitness
- Healthy eating

Roles and Responsibilities

The School

The School will ensure that parents are kept informed of the curriculum. Teaching of Relationships and Sex Education is not explicit but rather it is embedded within different subject areas.

Governors

In accordance with the Education Act 1996, The Governing Body will keep the School's policy for Relationships and Sex Education up to date and published, in consultation with parents. The School recognises that Parents are the primary educators of their children and seek to support them in this task so that a firm foundation is laid in the children's knowledge and understanding of themselves in preparation for Key Stage 2.

Teachers

At Heatherside Infants we believe that the nurturing of the whole child is very important and that for a child to achieve academic potential it is important to nurture their physical, moral and spiritual well being. Staffs' beliefs and attitudes will not influence the teaching of the relationships and sex education curriculum. Teaching will be matched sensitively whilst children's questions will be answered sensitively and honestly, partnership with parents is essential and staff will consult with parents where appropriate. The delivery of the content will be accessible to all pupils including those with SEND. Parents do not have a right to withdraw pupils from Relationships Education but do have a right to withdraw pupils from Sex education However at infant level sex education is not taught but rather the Foundations are laid in the childrens understanding of life cycles of animals.

Monitoring and Evaluation

The Head teacher will monitor the implementation of the Relationships and Sex Education Policy. The policy will be reviewed and evaluated to ensure the contents of the policy have been covered

and the aims met, resources are appropriate and up to date and any necessary changes are made to ensure continuous development and improvement.

Equal Opportunities

The school endeavours to provide equal opportunities to all children regardless of age, gender, ethnicity, and ability including SEN and for those whom English is a second language so that the needs of each child are considered when planning the curriculum to ensure an inclusive environment so that each child reaches his/her potential.

Safety and Care

The school is aware of the need to prepare children for their future lives. Their health and safety will be monitored through all aspects of school life

Other related policies

The policy should be read in conjunction with:

- PSHE and Citizenship
- RE
- Science
- Single Equality Policy
- SEN Policy
- Child Protection Policy
- Safeguarding Policy