



CATHOLIC AND  
CHURCH OF ENGLAND  
PRIMARY SCHOOL

## Relationships and Sex Education/PSHE Policy

*I have come that they may have life and have it to the full (John 10:10)*

<b>Policy Overview Info</b>	
Policy	Relationships and Sex Education policy
Author	PSHE/RSE lead
Approval at	Full Governing Body Meeting
Date of approval	September 25
Review period	Every 2 years

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**School curriculum mission statement**

*To inspire and nurture our learners to feel empowered and able to become responsible citizens in the community and the wider world, whilst motivating them to aspire and achieve the highest standard.*

**Introduction**

At Christ the King, we believe that the Relationships Education Curriculum provides pupils with the knowledge, skills and attributes they need to manage life's challenges and make the most of life's opportunities. As part of our RSE curriculum we will be learning about the many strands of relationships and growing up. The term 'relationship' includes; family relationships, relationships with our friends, relationships we have with peers and adults, healthy and unhealthy relationships, the characteristics of a positive relationship, relationships online and the emotional, social and physical aspects of growing up.

Through the delivery of our age appropriate, open and honest Relationships Curriculum, we will give our pupils the skills and understanding to become a healthy, spiritual, cultural, secure, independent and responsible member of society.

Through our PSHE and RSE Curriculum, pupils will develop the knowledge, skills and attributes they need to keep themselves safe, healthy and prepared for the life and work.

### Aim

At Christ the King, we ensure that the wellbeing, happiness and safety of pupils is our number one priority. Relationships and Sex Education informs an important part of the board and balanced curriculum that we deliver, and we endeavour that children will be provided with a curriculum that allows pupils to have:

- *A sound understanding of risks and, with the knowledge and skills necessary, to make safe and informed decisions.*
- *To understand the importance of promoting a healthy and safe lifestyle and a responsible attitude towards physical and mental health.*
- *To have respect for others and develop a positive attitude to building effective relationships.*
- *To understand the diverse society and our rights and responsibilities.*
- *To have the ability to manage and express feelings appropriately.*
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### Consultation

This policy has been created in consultation with staff, governors and parents/carers. At Christ the King we have; provided parents with an opportunity to inform and consult them of this policy, reviewed the RSE and PSHE curriculum content with teaching staff and discussed the learning of the RSE and PSHE with School Council members.

## Christian faith

Our approach to RSE allows us to develop a good understanding of our Christian faith and beliefs about God and the positive relationships we have. Through both the Church of England and Catholic teachings on relationships, we have created a programme of study that will ensure that RSE will be firmly embedded and delivered in a positive way that promotes the Christian ideals.

Using **Life to the Full** is Scheme of Work in Relationships and Health Education (RHE) embraces and fulfils the new statutory curriculum. Pupils will revisit the same topics at an age-appropriate stage through their school life, the programme includes teaching about personal health, physical and emotional wellbeing, strong emotions, private parts of the body, personal relationships, family structures, trusted adults, growing bodies, puberty, periods, life cycles, the dangers of social media, where babies come from, an understanding of the Common Good and living in the wider world. The entire teaching is underpinned with a religious understanding that our deepest identity is as a child of God - created chosen and loved by God. The programme is fully inclusive of all pupils and their families.

Through PSHE, RSE and our Christian faith we can promote and develop the physical, spiritual, emotional, moral, social and intellectual development of all our pupils at Christ the King.

The delivery of RSE will take place through a Ten Ten Catholic programme of study Life to the Full which will teach Relationships Education and Health Education within the context of a Christian understanding of human sexuality rooted in the wisdom and teaching of the Catholic Church. This learning will take place in accordance with the Church's moral teaching of family and relationships whilst acknowledging, understanding and respecting the beliefs and family backgrounds homelife of all our pupils.

“Following the guidance of the Bishops of England and Wales and as advocated by the DFE, RSE will be firmly embedded in the PSHE framework, as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of all pupils” (CES)

At Christ the King, our RSE programme enshrines the Christian values relating to the importance of stable relationships, marriage and family life.

## Teaching and learning

The delivery of the RSE and PSHE curriculum will be undertaken by the class teacher with support from subject leader and outside agencies. The spiritual, moral, social and cultural development of pupils will be promoted through the delivery of a well-rounded curriculum.

Relationships and Sex education will be taught through the use of Ten Ten scheme of work. This scheme of work will follow a two-year rolling programme from Year One to Year Six. There are three modules that will be undertaken throughout the two years by Key Stage One, Lower Key Stage Two and Upper Key Stage Two

### **Module 1- Created and Loved by God**

Units: Religious understanding, Me, My Body, My health, Emotional Well Being and Life Cycles

### **Module 2- Created to Love Others**

Units: Religious Understanding, Personal Relationships and Keeping safe

### **Module 3- Created to Live in the Community**

Units: Religious Understanding and Living in the wider world.

When delivering the PSHE curriculum, RSE will be firmly embedded in the lesson objectives too. Our PSHE curriculum is chosen and tailored to suit the needs of our pupils. We believe that this chosen curriculum will allow us to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make informed choices. At Christ the King we will focus on teacher our pupils about:

- Our school charter, the importance of rules and understanding the Law
- Growth Mindset
- Black History Month
- Anti-bullying and cyber bullying
- Road and Rail safety
- Internet safety

- Diverse Britain
- Life on our planet and how to protect it.

Teachers will use their own knowledge of the class and judgement when selecting resources and lesson materials. The PSHE Lead will have responsibility of making available resources which will help and support class teachers in their delivery of these topics. Teachers will have the freedom to adapt and change lessons based on the needs of their class.

Pshe and RSE will be delivered within a whole school approach and enhanced through:

- Dedicated PSHE/RSE class lessons that are timetabled for 2 x 30 minute sessions a week.
- Daily PSHE focus time of class issues that have arisen
- Through cross curricular links to Science, RE and English
- Assemblies
- Specialist Teams/External PSHE providers/Speakers
- Circle Time and guidance as situations arise
- School planned PSHE Events and Extra Curricular Activities
- School Council and Pupil Voice

### Inclusion and differentiated learning

The delivery of the content of RSE will be made accessible to all pupils, including those with SEND. At Christ the King, we will ensure that the curriculum is sensitive to the different needs of every pupil and delivered in a respectful way taking into account different abilities, levels of maturity and personal circumstances; for example, their own sexual orientation, faith or culture and is taught in a way that does not subject pupils to discrimination. Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber-

bullying), use of prejudice based language and how to respond and ask for help.

### Equalities Act 2010

Under the Equality Act 2010, we will ensure that school strives to do the best for all pupils, irrespective of disability, educational needs, race, nationality, ethnic or national origin, maternity, sex, gender identity, religion or sexual orientation or whether they are looked after children.

### Assessment

RSE is monitored and assessed as part of Christ the King's monitoring proforma. Class teachers, with support from their pupils, will be responsible for evidencing the delivery of this curriculum in floor books. A digital element will also take place with a dedicated Twitter hashtag for each class which can be uploaded and stored on the school Twitter feed. The PSHE lead will have the responsibility of assessing the delivery of this curriculum and its impact on the pupils. Pupil voice will also take place with pupil questionnaires being completed termly. Assessment of pupils will take place through self-assessment of the pupils and teacher observations.

### Parents and Carers

We understand the crucial role that parents play in the teaching of their children and the significant influence they have on developing the social, cultural, moral and spiritual growth. Parents are the first educators of children and by working in close partnership together, we can ensure that we have a collaborative approach to teaching Relationships education. We will closely communicate with parents when delivering these subjects and keep them informed of any changes to the curriculum. Parents will be informed that the delivery of relationships and health education is part of the national curriculum and is compulsory for all pupils in both Key Stage One and Key Stage Two.

Parents continue to have the right to withdraw their children from Sex Education except in those elements which are required by the National Curriculum science orders. Should parents wish to withdraw their children they are asked to notify the school by contacting the headteacher. The school will provide support by providing material for parents to help the children with their learning.

### **Key Decisions**

KS1: At Christ the King, the pupils in Key Stage One will be taught the names of the main body parts, including correctly naming the genitalia (testicles, penis, vagina and vulva) We have chosen to include this at Key Stage One because it enables us to talk about the differences between boys and girls, and, more importantly, safeguarding advice is that children who can name their body parts are more able to confidently articulate is feelings of discomfort if abuse is taking place. Parents who wish to teach their child the names of the genitalia themselves, are able to withdraw their child from the session (Module 1, unit 2, session 2 Boys and Girls) Please contact [admin@christtheking.cheshire.sch.uk](mailto:admin@christtheking.cheshire.sch.uk) if you wish for your child to be withdrawn from this one session.

Year 4: We will teach pupils about puberty, what puberty is, what will happen to their bodies and the changes that boys and girls will face.

Upper Key Stage 2: At Christ the King, pupils will cover the topic “making babies” which is split into two lessons. The first lesson deals with how a baby develops in the womb. The second lesson includes basic scientific facts about sexual intercourse between a man and a woman. This lesson upholds and supports the teaching of the Catholic Church on sex and marriage whilst also discussing other types of relationships. This is not part of the statutory curriculum but many of our pupils are ready for this content and/or are asking questions/talking about it. Parents who would rather have these conversations at home can withdraw their children and we will provide the resources for the conversation to take place at home. Please inform the school by contacting [admin@christtheking.cheshire.sch.uk](mailto:admin@christtheking.cheshire.sch.uk) if you wish to withdraw your child for this one session of the programme.

### **Supporting children and young people at risk**

Effective RSE will provide opportunities for discussion of what is and is not appropriate in a relationship. This conversation and delivery will be done in a safe and secure environment. Such discussion may lead to a disclosure of a safeguarding issue. Where a teacher suspects that a child or young person is a victim or at risk of abuse, they are required to follow the school's Safeguarding policy and immediately inform the designated safeguarding lead.

### **Professional development for staff**

RSE will be reviewed throughout the academic year by the PSHE Lead in order to identify professional development needs; staff will be supported accordingly. Staff INSETS and training to be planned into the academic year to ensure best practice.

This policy will be given to all members of the governing body, all teaching and non teaching members of staff. Copies of the document will be available on the school website for parents and will be available at the school office.

Implementation of the will take place after consultation with governors and parents in September 2020. This policy will be reviewed every two years by the Head teacher, PSHE/RSE co-ordinator, the governing body and staff.

