

# Dame Ellen Pinsent School Relationship & Health Education Policy (RHE)



*Where children are happy;*

*developing independence and confidence, so that they can be their very best*

<b>Next Review:</b>	Sept 2024		<b>Policy Type:</b>	Statutory
<b>Last Review:</b>	Sept 2023	S.Eaton	<b>Adopted from:</b>	HR Services
<b>Date Ratified:</b>			<b>Governing Body:</b>	Curr
<b>Pages: 3</b>			<b>Review Period:</b>	Annually

## What is RHE?

It is compulsory for all primary schools to teach Relationship Education and Health education in order for children to know how to be safe and healthy and how to manage their academic, social and personal lives in a positive way.

“Relationships education” is defined as teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online.

“Health education” is defined as teaching pupils about physical health and mental wellbeing, focussing on recognising the link between the two and being able to make healthy lifestyle choices.

RHE will 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. Mental wellbeing and happiness is central to these subjects and our aim is to also give pupils the knowledge and capability to take care of themselves and receive support if problems arise. All pupils at our school have a right to RHE, regardless of ability, gender or religion. Because of this, and because the subject is statutory, parents/carers do not have the right to withdraw their child from any aspect of RHE and PSHE/PSED/Independence and community. Dame Ellen Pinsent School will ensure that all content of the compulsory subject is age appropriate and developmentally appropriate, as well as being respectful to the backgrounds and beliefs of pupils and parents whilst abiding by British law.

## Subject Content

Relationship and Health Education (RHE) is taught at Dame Ellen Pinsent School as part of the Personal, Social and Health Education (PSHE) curriculum. This will look different for each pathway with Woodlands following PSHE, Seedlings PSED and Orchards independence and community. In Woodlands pathway RHE/PSHE is delivered, weekly and discretely for an hour a week, through the following subheadings: ‘Feelings and Emotions’ ‘My Family and Friends’, ‘What Makes a Good Friend’, ‘Safety in the Community and Road Safety’, ‘Healthy Eating’ and ‘Puberty’. In Seedlings pathway RHE/PSED is delivered on a daily basis, through the following subheadings: ‘New Routine and Proud to be Me’, Relationships, Celebrations and Events’, ‘Self-Regulation and Safety’, ‘Managing Self’, ‘Healthy Eating’ and ‘Preparation for Transition’. Orchard Pathway will deliver ‘Independence and Community through the same overviews as Seedlings pathway. incorporating and promoting independence throughout. The main aims of our RHE curriculum are to teach children to build and maintain positive and mutually respectful relationships. Also to teach children to understand and respect their own and others bodies, and how to keep themselves safe.

We celebrate diversity through our RHE and PSHE/PSED/Independence and community curriculum and we teach about respect for, and celebration of, differences, including those related to religion, culture, belief, age, gender, sexuality, disability, race or sexual preference, in line with the British Equality Act 2010

For all pathways RHE and PSHE/PSED/Independence and community will be taught through cross-curricular links, our school values, visits and assemblies throughout the school year. RHE will be taught more purposefully through our new overviews for each pathway.. It is the responsibility of all teachers to plan and deliver RHE and PSHE/PSED/Independence and community, with support and guidance from the PSHE co-ordinator (Sophie Eaton ).

RHE planning must be appropriate to the children’s age and stage. RHE is taught in a broad range of methods, including story telling, role play, practical and meaningful

activities, out-of-school visits and written work, as well as using the NSPCC Pants Curriculum and the texts and story books from the 'No Outsiders' curriculum. Teachers are expected to inform parents when they are teaching RHE if they are covering sensitive issues such as bodies and puberty.

## **Aims & Expectations**

- To understand what is/is not a healthy relationship
- To understand how to stay safe, online and offline
- To understand how to maintain a healthy body and mind
- To be able to take part in social relationships
- To understand the term respect
- To understand and celebrate diversity
- To accept and tolerate difference
- To correctly name and identify private body parts
- To develop self-help skills in order to gain confidence and independence
- To understand how to ask for help
- Develop confidence in talking, listening and thinking about feelings and relationships
- To understand how bodies change and to be prepared for puberty when it arises

## **Monitoring & Evaluation**

- The PSHE co-ordinator will monitor planning of the subject each term through learning walks and learning conversations, work trawls, evidence collection, team teaching and fact-finding
- The PSHE co-ordinator will observe some of the teaching of RHE through lesson observations, as well as joining in with lesson planning and lesson delivery alongside teaching staff
- The PSHE co-ordinator will prepare and share a subject report at the end of each term and share with extended and senior leadership, as well as governors

## **Guidance Used**

Statutory guidance- Relationships education, relationships and sex education (RSE) and health education (September 2021)

Equality Act 2010

Keeping children safe in education (September 2023)