Relationships and Heath Education (R.H.E) Policy

Introduction

To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.

Aims

The R.H.E teaching and associated policy at Kearsley West aims to give our pupils an understanding of the rights and responsibilities that are part of being a good citizen and introduces them to the principles of British values.

At Kearsley West we aim to help the children to:

1. Develop confidences and responsibilities and make the most of their abilities.
2. Prepare to play an active role as citizens.
3. Develop a healthy, safe lifestyle
4. Develop good relationships and respect the differences between people and families
5. Make a positive contribution to the life of the school and beyond
6. To give children basic first aid skills.
7. To understand the British Values and how they affect our lives.

Organisation

Kearsley West cover the aspects of our Relationships and Health Education through weekly themes, introduced during whole school assemblies. These themes are then focussed on during class assemblies and evidence of this teaching is collected within each classes' big book and on the Seesaw learning platform.

Relationships Education

The focus of this element of our R.H.E teaching is on the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. Pupils should be taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. Teachers will talk explicitly about the features of healthy friendships, family relationships and other relationships which young children are likely to encounter.

Our Relationships Education creates an opportunity to enable pupils to be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing and will fall under the headings of;

1) Families and people who care for me.

Teaching about families requires sensitive and well-judged teaching based on knowledge of pupils and their circumstances. Families of many forms provide a nurturing environment for children. (Families can include for example, single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures.) Care needs to be taken to ensure that there is no stigmatisation of children based on their home circumstances and needs, to reflect sensitively that some children may have a different structure of support around them; e.g. looked after children or young carers.

This theme will cover the weekly focus of; **love, security, stability** and **commitment.**

2) Caring friendships

This theme will cover the weekly focus of; **truthfulness, loyalty, kindness, generosity** and **collaboration.**

3) **Respectful relationships**

This theme will cover the weekly focus of; **tolerance, respect, trust, authority** and **self-respect.**

4) **Online relationships**

This theme will cover the weekly focus of; **Internet safety, privacy, rules** and **stereotypes**

5) **Being Safe**

This theme will cover the weekly focus of; **personal safety, honesty, bravery** and **boundaries,**

Physical Health and Mental Wellbeing Education

Our focus will be on teaching the characteristics of good physical health and mental wellbeing. Kearsley West will teach pupils that mental wellbeing is a normal part of daily life, in the same way as physical health. Pupils will be taught about the benefits and importance of daily exercise, good nutrition and sufficient sleep, and giving pupils the language and knowledge to understand the normal range of emotions that everyone experiences.

This theme will cover the weekly focus of; **mental well-being, exercise, healthy eating** and **support.**

Health education also includes basis First Aid, covering the objectives;

• how to make a clear and efficient call to emergency services if necessary. • concepts of basic first-aid, for example dealing with common injuries, including head injuries.

First Aid teaching will be evidenced in a whole school big book and cover the following 13 themes. (sourced from Istek UK Limited)

* Staying safe & asking for help
* Communicating with 999
* Allergic reactions
* Asthma
* Bites & Stings
* Bleeding
* Burns & scalds
* Choking
* Fainting
* First aid kit
* The Primary Survey – DR ABC
* Unresponsive – breathing
* Unresponsive – not breathing- CPR

Sex Education

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. **Sex education is not compulsory in primary schools** The DFE guidance (available online) covers everything that primary schools should teach about relationships and health, including puberty.

At Kearsley West we aim to ensure that both boys and girls are prepared for the changes that adolescence brings, drawing on knowledge of the human life cycle set out in the national curriculum for science. The national curriculum for science includes subject content in related areas, such as;

The main external body parts,

Year 1 objective: identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

The human body as it grows from birth to old age (including puberty)

Year 2 objective: notice that animals, including humans, have offspring which grow into adults

Year 5 objective: describe the changes as humans develop to old age

Reproduction in some plants and animals

Year 5 objective: describe the life process of reproduction in some plants and animals.

These objectives are compulsory and all students must take part in these lessons.

Parents/carers have the right to withdraw pupils from sex education. We will consult parents before any specific sex education sessions are taught giving information about the content of what will be taught so that they can make an informed decision on withdrawal.

British Values

In addition to the above outlined teaching themes, our pupils will be taught the British Values of democracy; the rule of law; individual liberty; mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

Time Allocation

Each class teacher will aim to allocate a minimum of 30 minutes each week to R.H.E using the weekly taught themes.

Specific first aid lessons will take place 2/3 per half term.

Monitoring

The coordinator will carry out a programme of monitoring including, staff and children questionnaires and reviewing the use of each class's big book.

Responsibilities

The R.H.E Co-ordinator is responsible for:

- Monitoring the teaching and learning of R.H.E (via the big books)
- Overseeing and implementing the policy.
- Writing an annual action plan to inform The School Development Plan and evaluating progress throughout the year.
- Attending INSET and providing staff with appropriate feedback.

Each class teacher is responsible for delivering the weekly R.H.E theme and the specified First Aid teaching.

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