



# Waterhouses CE Primary Academy and Nursery

“Let your light shine”

*Make your light shine, so others will see the good you do and will praise your Father in heaven. Matt 5 v 16*

## PSHE and RSE at Waterhouses CE Primary Academy:

### Information for parents:

At Waterhouses CE Primary Academy and Nursery, we want all of our pupils through PSHE and RSE learning to understand the characteristics of safe, positive and healthy relationships and learn how to assess risks and keep themselves safe from harm. We want the children to develop the knowledge and skills to make positive, healthy and financial choices through their lives. Our PSHE and RSE curriculum celebrates diversity and supports the pupils’ spiritual, moral, social and cultural development through the school’s vision:

‘Let your light shine!’

*Make your light shine, so others will see the good you do and will praise your Father in heaven Matthew 5:16*

PSHE is well embedded into the ethos and daily running of our school, although we have PSHE and RSE learning, we believe that the wider school community is where the teaching of PSHE really happens. The clear and informative messages we share about mental health, relationships and our wider world are what matter most at Waterhouses CE Primary Academy and Nursery and we take every opportunity to support children’s understanding of themselves and others.

Our curriculum allows children to revisit and consolidate their knowledge, understanding and language associated with relationships, emotions and health. Our curriculum has been designed to include opportunities to link British Values and Spiritual, Moral, Social and Cultural (SMSC) development, to prepare the children for life in Modern Britain. We deliver lessons that allow children to talk and share ideas in a safe and non-judgemental environment, where they can discuss current situations and issues that are directly linked to their lives.

The children learn key vocabulary and develop a deep knowledge within the PSHE and RSE curriculum that can be applied across the wider curriculum. In doing so, they reflect on their own experiences and understand how they are developing personally and socially, tackling many of the issues that are part of growing up as they develop into a reflective and responsible citizen.

### Parental support:

If your child comes home with questions about their PSHE and RSE learning don’t worry it’s all perfectly normal.

What children learn at school is only part of the curriculum, and children can continue to learn from you at home.

For some parents/carers, it can feel totally natural to discuss relationships and puberty at the appropriate age with their child, while for others it can seem uncomfortable.

### Either way, it is important to remember these key points:

- We all want children to be safe, healthy and happy.
- We need to consider their needs and the world they live in.
- We need to normalise talking about relationships and puberty to ensure children feel they can talk to parents/carers about any concerns or worries they may have.

Here are some tips for talking to your child:

- Be honest. If you don't know the answer to a question, be honest and say so. Tell your child that you will need to find out and that you will get back to them with more soon.
  - Remember that children are curious and want to know and understand. We tend to place our adult perspective on children's questions and comments, when actually a child just wants (and needs) a very simple, age-appropriate, matter-of-fact answer. This answer will not involve an 'adult' understanding of a topic – it needs to be at a child's level, with opportunity given for the child to be able to ask further questions if needed.
- Give yourself time to respond by asking something like, "What do you think that means?" or "Why do you ask?"
- Keep lines of communication open. Having an open and honest relationship with your child can really help make conversations easier, so make sure that you are always willing to talk when your child needs you; if you can't, explain why and find another time when it is more mutually convenient.
  - Use correct terminology whenever you can, especially for body parts. This is hugely important for safeguarding too.
  - Respond to what children say they need. Bear in mind that children's lives today are very different from when you were growing up. Therefore, the education they receive needs to reflect this.
  - Answer questions and don't be afraid to say, 'I really don't know – let's work it out or look it up together'.
  - If it all feels too personal, try talking about people in books, films and favourite television programmes.

PSHE and RSE at Waterhouses CE Primary Academy and Nursery:

Please see below for the appropriate information and links to:

PSHE / RSE Policy: <https://waterhouses.staffs.sch.uk/wp-content/uploads/sites/2/2024/09/pshe-relationships-and-health-education-policy-September-2024.pdf>

RSE Policy: <https://waterhouses.staffs.sch.uk/wp-content/uploads/sites/2/2024/09/RSE.pdf>

PSHE / RSE Long Term Plan: <https://waterhouses.staffs.sch.uk/wp-content/uploads/sites/2/2024/09/Main-PSHE-and-RSE-LTP-2024-2025.pdf>

Parents' guide to Kapow: [https://www.kapowprimary.com/featured\\_documents/rse-parent-guidance-breakdown-by-year-group/](https://www.kapowprimary.com/featured_documents/rse-parent-guidance-breakdown-by-year-group/)

Parent Surveys:

Parent feedback is incredibly important to us at Waterhouses CE Primary Academy and Nursery. We value working in partnership with parents and carers and recently we have updated our PSHE and RSE policies please see links above. After reading the policies and the information please fill in the questionnaire and return it via

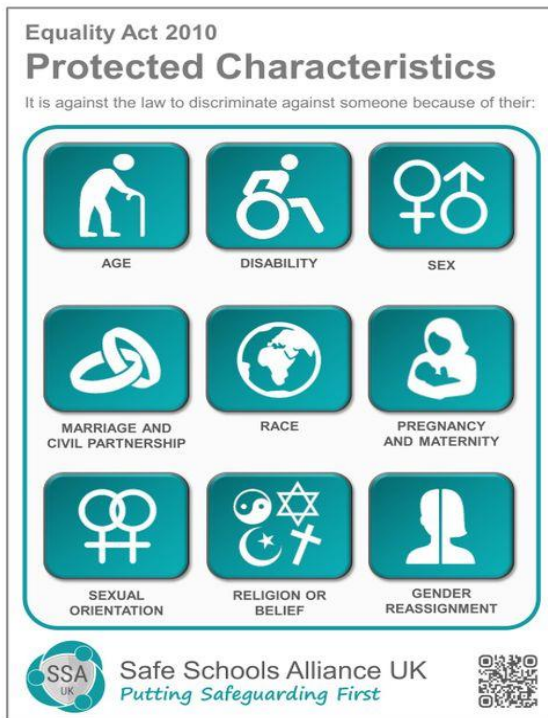
[https://forms.office.com/Pages/ResponsePage.aspx?id=oFPTdCBIHEq0TpZoV37BWyo\\_2ZYiRqVJnKL-tue8kBhUNVpNU1BSNVI5TUhURFA1WjJDNU3NU5GRC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=oFPTdCBIHEq0TpZoV37BWyo_2ZYiRqVJnKL-tue8kBhUNVpNU1BSNVI5TUhURFA1WjJDNU3NU5GRC4u)

Protected Characteristics:

We believe that all young person from any background deserves an equal chance to be successful in whatever they choose to do. We believe that children should be aware of the protected characteristics and show respect to those who share the protected characteristics.

There are 9 protected characteristics under the 'Equality Act 2010' and all schools should be able to demonstrate that no form of discrimination is tolerated and respect is shown to everyone.

*The 9 Protected Characteristics are:*



We ensure that our children are given opportunities to develop age-appropriate knowledge and understanding through a well-planned and delivered curriculum and celebrate key events such as:

Children's Mental Health week, Black History Month, Anti Bullying Week, E. Safety and Road Safety Week, Religious Festivals and Celebrations etc.

We have input from the NSPCC and their Speak Out, Stay Safe programme.

We believe that this prepares our children to protect themselves and others to be protected. This ensures that we are always promoting equality and diversity in our school.

*Promoting Fundamental British Values:*

In accordance with The Department for Education we aim to actively promote British values in school to ensure our children leave school prepared for life in modern Britain. Pupils are encouraged to regard people of all faiths, races and cultures with respect and tolerance and understand that while different people may hold different views about what is 'right' and 'wrong', all people living in England are subject to its law.

*The Key Values are:*

- Democracy
- Rule of law
- Individual liberty
- Mutual respect
- Tolerance of those of different faiths and beliefs