



Date Approved by Governing Body	September 2024
Next Review Date by Governing	September 2027

'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

Waterhouses CE Primary Academy and Nursery

PSHE Policy (Including Relationships Education)

Introduction

At Waterhouses Primary Academy and Nursery, we believe that PSHE helps to give pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives, in order to become informed, active and responsible citizens.

PSHE and RSE education makes a significant contribution to safeguarding children and young people. It also supports children and young people's Spiritual, Moral, Social and Cultural Development and is guided by the school's vision:

Make your light shine, so others will see the good you do and will praise your Father in heaven.

Matthew 5:16

and our core values of: Love, Hope, Trust and Respect.

PSHE and RSE education is enhanced by a supportive school ethos, where all children and adults are valued and encouraged, positive relationships are seen as important and there is a safe and secure school environment that is conducive to learning.

Statutory requirements

Under the guidance issued by the DfE September 2020, Relationships Education at all primary schools is compulsory. At Waterhouses we believe that, to be effective, RSE should always be taught within a broader PSHE education programme. RSE enhances and is enhanced by learning related to themes including anti-bullying; keeping safe on and off line; keeping physically and mentally healthy, learning about drugs, alcohol and tobacco; and the development of skills and attributes such as communication skills, managing peer pressure, risk management, resilience and decision making.

We have a separate '*Relations and Sex Policy*' on our website.

At Waterhouses CE Primary Academy and Nursery Personal, Social, Health and Economic (PSHE) Education is an important and necessary part of our pupils' education and Relationships and Sex Education (RSE) is an important part of PSHE education. PSHE and RSE lessons will prepare our children to become healthy and responsible members of society, as well as preparing them for life and work in modern Britain.

Intent:

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 all our pupils to develop the knowledge and skills to make positive, healthy and financial choices, look after themselves and others 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

Teachers use the PSHE and RSE lessons from the Kapow scheme of work which aims to equip pupils with the knowledge, skills and attitudes that they need to effectively navigate the complexities of life in the 21st Century.

We have four core values at the heart of our school: Love, Hope, Trust and Respect. The vision and values support our children to let their light shine in their daily activities; within PSHE, we encourage children to develop spiritually and to be reflective learners.

Through our strong values, we nurture our children to become proud of themselves and to uphold the best of British Values in their attitudes and behaviour.

Implementation:

We believe that PSHE & RSE plays a vital part in the curriculum at Waterhouses CE Primary Academy and Nursery and needs to be taught weekly; although there will also be opportunity to make cross-curricular links and these opportunities should not be missed. This enables staff to ensure full coverage of the Kapow scheme of work which is a whole school approach that consists of three areas of learning in EYFS:

Reception (to match the EYFS Personal, social and emotional development prime area) and five areas of learning across Key stages 1 and 2.

EYFS:

- Self-regulation
- Building relationships
- Managing self

Key stage 1 and 2:

- Families and relationships
- Health and wellbeing
- Safety and the changing body
- Citizenship
- Economic wellbeing

There are always occasions where staff may feel it necessary to teach PSHE because of an issue which has arisen in their own class or within school.

Impact:

Our core school values of: Love, Hope, Trust and Respect support our children to be safe and happy within all aspects of school life.

When children leave Waterhouses CE Primary Academy and Nursery we would like them to be able to:

- Have the skills and experiences to have healthy, positive, and appropriate relationships with friends and family throughout their life and to have a healthy lifestyle, both physically and mentally.
- To collaborate with friends and peers as part of a team.
- To have an understanding of safety at home and in the wider world, including online safety.
- To be a good citizen and respect people and the environment around them and demonstrate and apply the British Values of Democracy and Rule of Law.
- Through the delivery of our PSHE and RSE curriculum, we believe that we prepare children for the next stage in their education as well as preparing them, during this vital stage of their life, for the adult world.

The aims of PSHE and RSE at Waterhouses are to:

- Support children's development as human beings
- Enable children to understand and respect who they are
- Allow pupils to acknowledge and appreciate difference and diversity
- Promote the spiritual, moral, cultural, mental and physical development of all pupils
- Prepare pupils to be positive and active members of a democratic society
- Give pupils the knowledge and develop the self-esteem, confident and self-awareness to make informed choices and decisions
- Promote responsible attitudes towards the maintenance of good physical and mental health, supported by a safe and healthy lifestyle
- Support children in relationships and developing a caring attitude towards others and the environment
- Help our pupils understand and manage their emotions and feelings
- Provide a framework in which sensitive discussions can take place
- Promote safety in forming and maintaining relationships
- Provide pupils with the opportunities to consider issues which may affect their own lives and/or the lives of others
- Help pupils to identify the characteristics of healthy relationships, how relationships may affect mental and physical health; and how to stay safe online
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Empower children to have a voice and to equip them for life and learning

Parents:

As a school we are aware that the primary role in children's PSHE and RSE education lies with parents and carers and through our Open-Door policy we aim to build positive and supporting relationships with the parents of children at Waterhouses through respect, mutual understanding, trust and co-operation.

In promoting this we:

- Inform parents about the school's PSHE and RSE policy and practice updates
- Answer any questions that parents may have about the RSE education of their child
- Take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for PSHE and RSE education in the school
- Aim to work collaboratively with parents, in order to prepare children adequately for the next steps in their learning journey, and enable them to form safe, healthy relationships

Relationships education has always formed part of our PSHE curriculum and RSE is part of lifelong learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health.

As a school, we have reviewed our curriculum for Personal, Social, Health and Emotional (PSHE) Education and Relationships and Sex Education (RSE) and we are now teaching lessons through the scheme Kapow. The Kapow Primary scheme is a whole school approach that consists of three areas of learning in EYFS: Reception (to match the EYFS Personal, social and emotional development prime area) and five areas of learning across Key stages 1 and 2.

Content:

The lessons provide a progressive programme and each lesson of Kapow is revisited to allow children to build on prior learning.

The learning is based upon the statutory requirements for Relationships and Health Education, but where the lessons go beyond these requirements (primarily in the Citizenship and Economic wellbeing areas) they refer to the '*PSHE Association Programme of Study which are recommended by the DfE*'.

Sex education has been included in line with the DfE recommendations and is covered in Year 6 of the Kapow scheme please see our separate RSE policy on our website.

The scheme supports the requirements of the 'Equality Act' <https://www.gov.uk/guidance/equality-act-2010-guidance> with direct teaching, for example learning about different families, the negative effect of stereotypes and celebrating differences.

If you would like more information, please follow the link for 'RSE Guidance for parents' from Kapow. https://www.kapowprimary.com/featured_documents/rse-parent-guidance-breakdown-by-year-group/

The document outlines:

How the scheme is structured, the statutory requirements for each year group, how RSE is taught in lessons approaches to puberty and reproduction, updates on addressing sexual harassment and tips for parents to support their child at home.

There is also information on our school website under Curriculum: Personal, Social and Health Education (PSHE) including Relationship and Sex Education (RSE).

Assessment:

Assessment is built into the learning from Kapow. The children access a quiz and Knowledge Catcher. The quiz contains 10 questions, nine of which are multiple-choice and can be used either at the end of the unit or at both the start and the end to help measure progress and identify any gaps in learning.

The Knowledge catchers list some of the lesson titles in mind-map or table format and can be used at the start of a unit to see what the children already know and to inform planning, and then pupils can revisit the same version of the Knowledge Catcher at the end of the unit to add what else they now know, further demonstrating their progression in learning.

Other assessment may take the form of a mind map, brainstorming the children's knowledge at the beginning and end of a unit of lessons or by portraying different scenarios.

Once taught the full scheme, children will have met the objectives set out within the Relationships and Health Education statutory guidance and can utilise their learning within their daily lives, from dealing with friendship issues to resilience to making healthy choices and knowing where and how to get help when needed.

Right to withdraw from sex education:

Parents have the right to withdraw their child from all or part of the RSE programme, except for those parts included in the statutory National Curriculum. If a parent wishes their child to be withdrawn from RSE lessons, they should discuss this with the Head Teacher, in person, by prior appointment, and make it clear which aspects of the programme they do not wish their child to participate in.

Where a child is withdrawn from all or part of the programme this will be managed discretely and with sensitivity. The school always complies with the wishes of parents in this regard.

Parents are informed that the RSE curriculum is an essential vehicle in supporting the School's statutory duty to:

- Safeguard and promote the wellbeing of their children
- Advance the 2010 'Equality Act'
- Encourage the spiritual, moral, social and cultural development of pupils
- Foster British values
- Prepare children and young people for the challenges, opportunities and responsibilities of adult life

Teaching PSHE and RSE to children with SEND:

All pupils, regardless of their needs must be part of PSHE & RSE lessons, as it is an important part of developing healthy relationships with their peers. We will respect pupils' unique starting points by providing learning opportunities that are matched to the individual needs of all children, including those who have learning difficulties. When teaching PSHE and RSE we consider targets set for children who have an Education Health and Care Plan (EHCP), some of which may be directly related to PSHE and RSE targets.

Equality and Diversity:

At Waterhouses Primary Academy and Nursery, PSHE and RSE is accessible to every pupil. Teaching will take into account the ability, age, readiness, religious and cultural backgrounds of our young people and those with English as a second language to ensure that all can fully access our PSHE education provision, in accordance with the 'Equality Act 2010'.

Confidentiality

Teachers conduct RSE lessons in a sensitive manner and in confidence. However, if a child makes a reference to being involved in, or being likely to be involved in sexual activity, or exhibits sexualised behaviour, including the use of language that is not age and stage appropriate then the teacher will deal with it as a matter of child protection by following the school's agreed protocols for Safeguarding.

Teachers will respond in a similar way if a child indicates that they may have been experiencing abuse. If the teacher, or any other adult, has concerns, they will bring these to the attention of the Designated Safeguarding Lead (DSL) Mrs. Joy Hulme or the (DDSL) Mrs. Rachel Linton. The DSL or DDSL will deal with any matters in line with the school's Safeguarding Policy and protocols.

Sexual Identity and Sexual Orientation

Waterhouses Primary Academy believes that RSE should meet the needs of all pupils regardless of their developing sexuality and be able to deal honestly and sensitively with questions about sexuality, sexual orientation etc. whilst offering support and understanding. The school will signpost pupils, and/or parents (carers), to relevant support agencies if this is deemed appropriate. Homophobic, bi-phobic or transphobic remarks will be dealt with strongly, yet sensitively, and the Head Teacher will liaise with parents regarding such matters as appropriate.

Monitoring and Review:

The PSHE subject leader monitors the delivery of PSHE and RSE in order to review good practice and update policies as necessary.

The Governing Body will review the School's PSHE and RSE policy once every three years, or more regularly if legislative or policy changes necessitate an earlier review.

Date Reviewed:

Date Ratified: