

Our Lady of Compassion

Catholic Primary School



*Relationships, Sex and Health Education
(RSHE)*

February 2023

Policy for Relationships, Sex and Health Education *(RSHE)*



Living in the Light of God's Love and Compassion.

Rationale

We are involved in Relationships, Sex and Health Education (RSHE) precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSHE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity. RSHE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE (and the Welsh Assembly Government) RSHE 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 pupils. It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All RSHE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

Values and Virtues

Our programmes Come and See and Journey in Love enshrines Catholic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential in responding to the God's call to love others with a proper respect for their dignity and the dignity of the human body. The following virtues will be explicitly explored and promoted: faithfulness, fruitfulness, chastity, integrity, prudence, mercy and compassion.

Aims of Relationship Sex and Health Education (RSHE)

Our Mission Statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural, emotional) and we believe that RSHE is an integral part of this education. Furthermore, our school aims state that we will endeavour to raise pupils' self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes. It is in this context that we commit ourselves in partnership with parents, to provide children and young people with a "positive and prudent sexual education" which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the human person.

Our school aims

To encourage pupils' growth in self respect, acknowledging we are all created in the image and likeness of God.

To help pupils develop an understanding that love is the central basis of relationships.

To help pupils to understand the nature of relationships and to encourage them to reflect on their own relationships and respect differences between people.

To develop pupils' confidence in talking, listening and thinking about feelings and relationships.

To help pupils acquire the skills necessary to develop and sustain relationships.

To offer sex education in the wider context of relationships.

To ensure that pupils protect themselves and ask for help and support when needed. To ensure that pupils are prepared for puberty.

To help pupils to develop a healthier, safer lifestyle.

To prepare pupils to play an active role as citizens and to understand the Catholic vision of what it means to be citizens of the Kingdom/reign of God.

Our school objectives

To develop the following **attitudes and virtues**:

reverence for the gift of human sexuality and fertility;

respect for the dignity of every human being – in their own person and in the person of others;

joy in the goodness of the created world and their own bodily natures;

responsibility for their own actions and a recognition of the impact of these on others;

recognising and valuing their own sexual identity and that of others;

celebrating the gift of life-long, self-giving love;

recognising the importance of marriage and family life;

fidelity in relationships.

To develop the following **personal and social skills**:

making sound judgements and good choices which have integrity, and which are respectful of the individual's commitments;

loving and being loved, and the ability to form friendships and loving, stable relationships free from exploitation, abuse and bullying;

managing emotions within relationships, and when relationships break down, with confidence, sensitivity and dignity;

managing conflict positively, recognising the value of difference;

cultivating humility, mercy and compassion, learning to forgive and be forgiven;

developing self-esteem and confidence, demonstrating self-respect and empathy for others;

building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups and so developing the ability to assess pressures and respond appropriately;

learning to recognise the appropriate stages in the development of relationships;
assessing risks and managing behaviours in order to minimise the risk to health and personal integrity.

To know and understand:

the Church's teaching on relationships and the nature and meaning of sexual love;
the Church's teaching on marriage and the importance of marriage and family life;
the centrality and importance of virtue in guiding human living and loving;
the physical and psychological changes that accompany puberty;
the facts about human reproduction, how sexual love is expressed and how love plays an essential and sacred role in procreation;

Resources

We acknowledge that parents and carers are the key persons for children learning about Relationships and Sex - the foremost educators. Our role and our programme simply complement their role in nurturing their children's human wholeness. However, the role of parents and our day-to-day interactions in school are currently supported by the following curriculum resources:

A Journey in Love (Early Years-Year 6) - A developmental programme for children in the primary years.

At Key Stage 1 children will be given the opportunity to:

Understand the importance of valuing themselves and others.
Recognise their membership of the Catholic family and the roles of individuals in their families.
Understand growth and know themselves as male or female.
Be able to name the main external parts of the body.
Recognise that babies have special needs.
Appreciate relationships, friends, family, working together, sharing, playing together.
Know about rituals marking life, especially birth, marriage and death.
Recognise the range of emotions and how we deal with them.
To know about being safe.
To know the difference between good and bad touching.
To appreciate that some diseases are infectious.
To have an awareness of personal health, safety and personal hygiene.

At Key Stage 2, children will be given the opportunity to:

Value themselves as a child of God and their body as God's gift to them.
Understand that they grow and change throughout life.
Understand what is meant by relationships within families, friends and communities.
Develop an appreciation of what is involved in bringing up children and what responsibilities parents have.
Become aware of the different patterns of friendship.
Know the rituals celebrated in Church marking birth, marriage and death.
Be aware of their changing emotions and the need to respect other people's emotions and feelings.
Begin to know about and understand the changes that come about through puberty.
Know and understand their own bodies and their need for personal hygiene.
Know the names for the parts of the body.
Know the basic biology of human reproduction.
Appreciate that life is precious and a gift from God.
Become aware of the choices they make and that there are good choices and wrong choices, e.g.drugs.
Recognise the importance of forgiveness in relationships.

No Outsiders in Our School (All are Welcome) - Early Years-Year 6

To support our teaching of RSHE, we follow the programme 'No Outsiders'. This programme focuses on teaching the equality act in school and targets main areas of PSHE and supports many of our school values by addressing relationships, equality, culture, respect for others, diversity, justice and fairness.

This programme is taught from years Nursery-Year 6. The programme is taught through 3 relatable life stories for each year group. This programme gradually progresses each year in greater depth and covering a wider variety of issues.

A Confident Me (Mental Health and Wellbeing)

'A Confident Me' is a programme that we are beginning to introduce and use as an early intervention, to raise the inner confidence and resilience levels of children and young people. The focus of this programme is to make a difference to the lives of individuals from the inside out. It consists of 8 sections, which aim to empower children with a new found level of self-belief. This is carried out through fun and engaging activities, either on a 1-1 basis, in group work or as a whole class.

Every Mind Matters (Mental Health and Wellbeing)

The 'Every Mind Matters' suite of RSHE lesson plans and resources from Public Health England (2021) help to promote the health and wellbeing of our Year 6 pupils. These resources will be taught throughout the year in Year 6 only, to support common issues that this age of children may face.

This includes:

- the link between physical and mental wellbeing
- strategies for improving physical and mental wellbeing
- ways to help those who need support with their wellbeing

Luna – Our School Dog

Luna is a Cockapoo. Cockapoos are crossbreeds of Cocker Spaniels and Poodles, which are known to be very intelligent, outgoing and friendly, making them great companions. Cockapoos are extremely low shedding and therefore classed as hypoallergenic, which means they are less likely to cause an allergic reaction in humans.

We would like to welcome Luna into our OLOC family as our very own school dog!

What are the benefits of having a school dog?

- They can have a calming effect on pupils, particularly those with emotional needs.
- They can encourage expressions, participation and shared attention.
- They can help foster a sense of responsibility.
- They can improve behaviour, attendance and concentration, reduce stress and improve self-esteem.
- They can motivate pupils to think and to learn, as most children have high level of natural interest in, enthusiasm for, and enjoyment of animals.
- They can encourage respect, thereby improving pupils' relationships with each other, parents and teachers.
- They can help children build confidence in reading.

How has the school planned for this?

- A full risk assessment has been completed and is available on our website.
- All contact with children will be carefully supervised and children will not be left unsupervised with Luna.
- When not 'working' Luna will be based in the school office.

Delivery of Relationships, Sex and Health Education

Relationships, Sex and Health Education is taught through our life style in school and through the subjects of Religious Education, Science, PSHE and by way of a cross-curricular, integrated approach as a fundamental part of the Catholic Life of the school. All children have their own RSHE book, which progresses with them each year as they pass through the school. This allows children to look back and consolidate previous learning, before moving forward.

All elements of PSHE and Citizenship, whilst non-statutory at Key Stage 1 and 2, are covered. Significant aspects of Relationship, Sex and Health Education remain part of the National Curriculum for Science. These will be taught to all pupils.

Key Stage 1 (5-7)

That humans move, feed, grow, use their senses and reproduce;
To name the main external parts of the body;
That humans grow from babies into children and then into adults, and that adults can produce babies;
To recognise similarities and differences between themselves and other pupils

Key Stage 2 (7 – 11)

That the life processes common to humans and all animals include nutrition, growth and reproduction
The main stages of the human life cycle.

We acknowledge that every area of school life can potentially contribute to Relationship, Sex and Health Education as the school, of its very nature operates through positive human relationships. We recognise, value and greatly appreciate the contribution made by all members of staff in deepening the quality of our Christian community. Teachers will use their professional judgement when addressing issues in Relationship, Sex and Health Education. Careful consideration will be given to the wide and varied experience and backgrounds of the pupils in their care. While we operate a whole school approach to Relationship, Sex and Health Education through our RSHE Programme, pupils in Year 5 will learn about the emotional and physical changes of puberty. For this particular part of the curriculum, children will be taught together. A similar approach will operate in in Year 6 when pupils will cover the life cycle and sexual intercourse.

Assessment Recording and Reporting

A record is kept in teacher's planning of the delivery of Relationships and Sex Education. The programme is assessed, monitored and evaluated by the co-ordinator in accordance with the school's monitoring and evaluation policy. Pupils are given the opportunity for self-evaluation at an appropriate level for each year group. Reporting is made in individual pupil's reports under 'General Development'.

Outside Agencies

The expertise of outside agencies may be used appropriately to support but not at the expense of the school's delivery. The school is particularly thankful of the help available from local diocesan agencies and

charities such as Nugent. The school has access to a nurse who visits weekly to support parents and pupils with any needs they require.

Curriculum Continuity

The RE Co-ordinator, PSHE Co-ordinator and Science Co-ordinator have ongoing dialogue with each other as appropriate to ensure that; Relationships, Sex and Health Education, RE, Collective Worship, Spiritual, Moral, PSHE and Science policies complement each other as appropriate.

Safeguarding Procedures

The school has procedures to deal with any sensitive issues or children thought to be vulnerable. Staff will pass on any concerns of this nature to the designated child protection officer in school. The designated persons are T.Houghton (Headteacher) and A.Lawson (Deputy Headteacher).

The Governing Body

The Governing body and Foundation Governors in particular recognise their responsibility to ensure the Relationships and Sex Education programme follows Diocesan principles and reflects the Church's teaching as outlined in "Learning to Love" the Bishops of England and Wales document 2016. The designated governor for RSE is Mrs Dickinson.

The Role of Parents

The Church has always recognised that it is the privilege and the responsibility of parents to educate and inform their children in all matters pertaining to personal growth and development particularly in the sensitive area of their moral education and sexual development. The Church also recognises that many parents require help and support in this task from both schools and parishes.

The Governing body fully subscribes to the views expressed by the Bishops' Conference and will always ensure that:

- Parents are supported in their task.
- Parents are consulted and kept informed of the Relationships and Sex Education Programme; its contents, evaluation and review and any subsequent developments.

Right of Withdrawal

It is our hope that parents would wish their children to be involved in the schools positive and prudent programme of Relationship and Sex Education, following annual consultation regarding the school's approach.

However, we recognise parents have the right to withdraw their children from such lessons (not included in National Curriculum Science) after discussion with the head teacher.

Monitoring and Review

This policy will be monitored annually by the Relationships and Sex Education Coordinator and will be reviewed annually by the Governing Body. Parents will be consulted before any proposed changes.

This Policy will be reviewed in February 2025.

Signed: (RSHE Coordinator)

Signed: (Head teacher)

Date:

This policy has been formally adopted by the Governing Body of Our Lady of Compassion Catholic Primary School. It will be reviewed by the Governors and headteacher in conjunction with all the staff annually from the date below.

Signed..... (Chair of Governors)

Date.....

See also:

Spiritual Development Policy

Moral Development Policy

Social and Cultural Policy

Religious Education Policy