

RSE AND HEALTH EDUCATION POLICY

Aims

The aim of relationships and sex education (RSE) and health education at our school is to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- To teach the subject in a respectful manner sensitive to our ethos

Policy development*

We have followed current statutory guidance for RSE and Health Education. This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

- 1. Review a staff working group pulled together all relevant information including relevant national and local guidance
- 2. Staff consultation all school staff were given the opportunity to look at the policy and make recommendations
- 3. Parent consultation parents were invited to attend a meeting about the policy
- 4. Pupil consultation we investigated what exactly pupils want from their RSE and Health Education
- 5. Ratification once amendments were made, the policy was shared with trustees and ratified

Definition

RSE and health education is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. RSE and health education involves a combination of sharing information, and exploring issues and values. RSE and health education is not about the promotion of sexual activity.

Curriculum

Our curriculum is set out in Appendix 1 but we may need to adapt it as and when necessary. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed and do not seek answers online.



Delivery of RSE

RSE and health education is taught within the personal, social, health and Citizenship (PSHCE) education curriculum.

RSE and health education focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

For more information about our RSE and health education curriculum, see Appendix 1.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBTQ parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Roles and responsibilities

The Trustees

The trustees has delegated the approval of this policy to the Headteacher.

The Principal

The Headteacher is responsible for ensuring that RSE and Health Education is taught consistently across the school.

Staff

Staff are responsible for:

- Delivering RSE and health education in a sensitive way in line with our ethos
- Modelling positive attitudes to RSE and Health Education
- Monitoring progress
- Responding to the needs of individual pupils

Staff do not have the right to opt out of teaching RSE and Health Education. Staff who have concerns are encouraged to discuss this with the Headteacher.



Pupils

Pupils are expected to engage fully in RSE and Health Education and, when discussing issues related to RSE and Health Education, treat others with respect and sensitivity.

Training

Staff are trained on the delivery of RSE and Health Education as part of their induction and it is included in our continuing professional development calendar.

The Headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE and Health Education.

Monitoring arrangements

The delivery of RSE and Health Education is monitored by the Headteacher through arrangements such as:

- Scrutinising planning
- learning walks, etc.

Pupils' development in RSE and Health Education is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by the RSE and Health Education working group annually, the policy will be approved by the Headteacher.

Date: Sep 2023

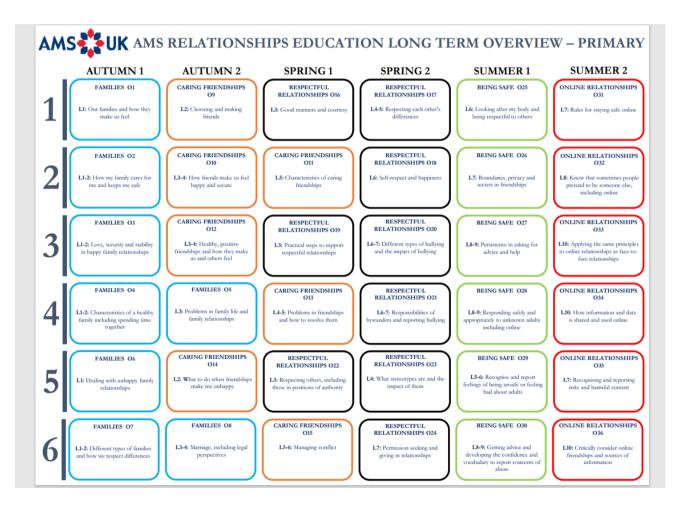
Last reviewed on: Sep 2023

Next review due by: Sep 2024

Appendix 1: Curriculum map

RSE and Health Education curriculum map

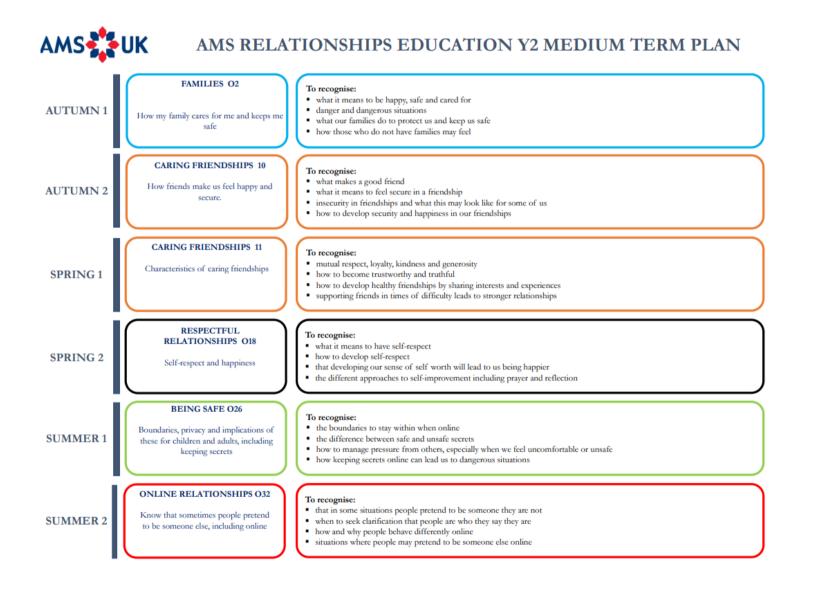






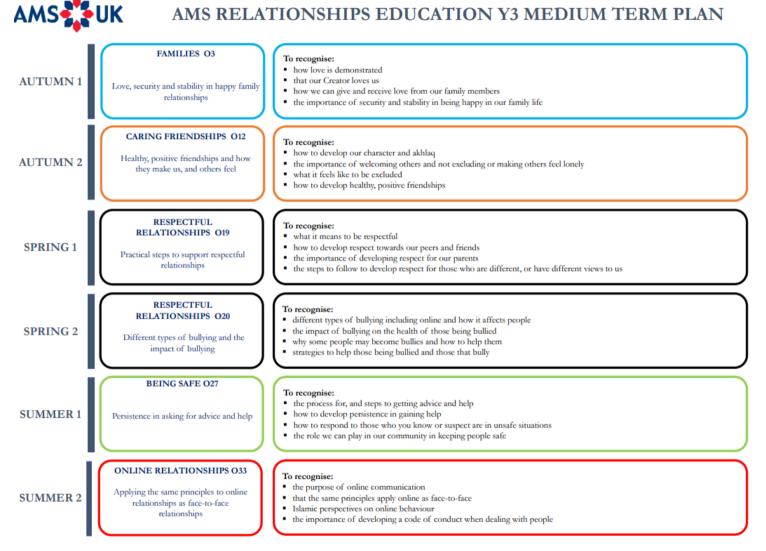
AMS UK AMS RELATIONSHIPS EDUCATION Y1 MEDIUM TERM PLAN FAMILIES O1 To recognise: the composition of our families AUTUMN 1 the roles different members of our families have Our families and how they make us feel · how our families are a blessing from our Lord how our families makes us feel CARING FRIENDSHIPS O9 To recognise: how we make friends Choosing and making friends AUTUMN 2 how we feel if we do not have friends giving and taking in friendships · characteristics of friendships including kindness RESPECTFUL To recognise: **RELATIONSHIPS O16** what good manners look like SPRING 1 rewards for good manners from an Islamic perspective Good manners and courtesy conventions for courtesy · how to become better mannered and courteous RESPECTFUL To recognise: **RELATIONSHIPS 017** how we make choices and how these can be different to others SPRING 2 that others can have different beliefs to us Respecting each other's differences · how we show respect to those who may be different in appearance, character, personality and background to us · commonality with those whose choices or lifestyles are very different to ours BEING SAFE O25 To recognise: that our bodies belong to us, and we need to look after them SUMMER 1 · when contact with others is appropriate and how this can be a source of comfort Looking after my body and being when contact with others is inappropriate respectful to others what to do when we feel contact is unsafe or inappropriate ONLINE RELATIONSHIPS O31 To recognise: the different reasons we may use the internet Rules for staying safe online SUMMER 2 the importance of keeping personal information safe how to stay safe on different online platforms · the importance of reporting to adults when we feel unsafe online







AMS RELATIONSHIPS EDUCATION Y3 MEDIUM TERM PLAN





AMS RELATIONSHIPS EDUCATION Y4 MEDIUM TERM PLAN

