

MOTTRAM ST. ANDREW PRIMARY ACADEMY



RELATIONSHIPS AND HEALTH EDUCATION POLICY

This policy sets out Mottram St. Andrew Primary Academy's policy for Relationships and Sex Education (RSE) and Health Education as required under the Children and Social Work Act 2017.

Definitions and Aims

Relationships education focuses on building a foundation for healthy, respectful relationships, encompassing family, friendships, and online interactions. It equips children with the knowledge and skills to understand what constitutes a positive relationship, how to communicate their needs and boundaries, and how to recognise and respond to inappropriate or unsafe contact. This includes learning about different family structures, and the importance of respecting others' boundaries.

Health education aims to equip children with the knowledge and skills to make informed decisions about their health and well-being, covering both physical and mental health. It includes healthy eating, physical activity, personal hygiene, and promotes positive mental health.

The aims of Relationships and Health Education at Mottram St. Andrew Primary Academy are to:

- Teach the fundamental building blocks of positive relationships with particular reference to friendships, family relationships, and relationships with other children.
- Support children to treat each other with kindness, consideration and respect.
- Inform children about the difference between appropriate and inappropriate or unsafe contact.
- Provide a framework in which sensitive discussions can take place.
- Prepare pupils for puberty and give them an understanding of the importance of health and hygiene.
- Teach pupils the correct vocabulary to describe themselves and their bodies.
- Help pupils develop feelings of self-respect, confidence and empathy.

Curriculum

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019 make Relationships Education compulsory in primary schools. The key objectives of the statutory Relationships Education curriculum can be found at:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sexeducation-rse-and-health-education/relationships-education-primary>

Our school curriculum covers these key objectives, together with other wider objectives as part of our Personal, Social, Health and Economic (PSHE).

The PSHE curriculum is planned through the following core themes:

- Relationships
- Health & Wellbeing
- Living in the Wider World

Within these core themes are units of work, which are taught in a spiral curriculum that revisits each theme every two years. This enables children to recall and build upon previous learning, exploring the underlying principles of PSHE education regularly at a depth that is appropriate for the age and stage of the child.

Units covered in each year group are as follows:

Year 1, Year 3 & Year 5	Year 2, Year 4 & Year 6
Relationships: <i>TEAM (Together Everyone Achieves More)</i>	Relationships: <i>VIPs</i>
Relationships: <i>Be Yourself</i>	Relationships: <i>Digital Wellbeing</i>
Health and Wellbeing: <i>It's My Body</i>	Health and Wellbeing: <i>Growing Up</i>
Health and Wellbeing: <i>Think Positive</i>	Health and Wellbeing: <i>Safety First</i>
Life in the Wider World: <i>Aiming High</i>	Life in the Wider World <i>One World</i>
Life in the Wider World: <i>Diverse Britain</i>	Being Part of a Community: <i>Money Matters</i>

The objectives for each unit, in each year group, are available on our website:

[PSHE Curriculum](#)

Sex Education

At Mottram St. Andrew Primary Academy, we teach the science content of the National Curriculum, which includes being taught to:

- Describe the life process of reproduction in some plants and animals.
- Describe the changes as humans develop to old age.

This provides the children with an understanding of the changes involved during puberty and a scientific understanding of reproduction.

Additional Sex Education is not compulsory in primary schools, and we do not go beyond the content of the science curriculum.

Parental Right to Withdraw

Relationships and Health Education are statutory at primary school and parents do not have the right to withdraw their child from these subjects.

As we only teach the content of the science national curriculum for Sex Education, parents do not have the right to withdraw from this either.

Questions Raised by Pupils

Establishing a safe, open and positive learning environment, built on trusting relationships between all members of the class community is vital to successful and effective teaching and learning within this subject. Questions raised by children should be answered honestly and with a degree of detail appropriate to the child's age and stage of development. Teachers will use their professional skill and discretion before answering questions and if necessary, will deal with questions on an individual basis after the lesson.

Safeguarding

Teachers are aware that effective Relationships Education, which brings an understanding of what is and is not acceptable in a relationship, can lead to the disclosure of a safeguarding issue.

The usual standards of confidentiality between child and teacher will be observed, including where a child's question might suggest the possibility of abuse or raise other safeguarding concerns. In these circumstances, usual safeguarding procedures should be followed and the Designated Safeguarding Lead informed.

Monitoring arrangements

The overall structure of the PSHE curriculum will be monitored by the PSHE lead.

The quality of teaching, provision and outcomes will be monitored through the school's usual processes, including lesson observation, book scrutiny and pupil voice.