



Woburn Lower School

Relationships and Health Policy

Aims

The aim of this policy is to provide children with age appropriate information, explore attitudes and values and to develop skills in order to empower them to make positive decisions about their relationships and health related behaviour.

Legal requirements

This policy contains information on how our school will meet its legal duties when teaching Relationships Education and Health Education. The Relationships Education and Health Education (England) Regulations 2019, make Relationships Education compulsory for all pupils receiving primary education.

For the purpose of this policy, 'Relationships Education' is defined as teaching pupils about healthy, respectful relationships, focusing on family and friendships, in all contexts, including online.

For the purpose of this policy 'Health Education' is defined as teaching pupils about physical health and mental wellbeing, focusing on recognising the link between the two and being able to make healthy lifestyle choices.

You can find further details by searching 'relationships and health education' on Gov.uk. You can find details of all curriculum areas on the Gov.uk website.

Consultation with parents

The school understands the important role parents play in enhancing their children's understanding of relationships and health. Parents are provided with the following information:

- The content of the relationships and health curriculum
- The delivery of the relationships and health curriculum, including what is taught in each year group
- The legalities surrounding withdrawing their child from the subjects
- The resources that will be used to support the curriculum

The school aims to build positive relationships with parents by inviting them to discuss what will be taught and address any concerns. Parents do not have the right to withdraw their children from Relationships and Health Education or from the requirements of the National Science Curriculum.

Curriculum content

Relationships and health education focusses on giving pupils the knowledge and understanding they need to make informed decisions about their wellbeing, health and relationships. Health education focusses on equipping pupils with the knowledge they need to make good decisions about their own health and wellbeing.

We understand our responsibility to deliver a high-quality, age-appropriate Relationship and Health Curriculum for all our pupils.

Teachers follow the Jigsaw Personal, Social, Health and Economic (PSHE) programme, which aims to respond to the diversity of our pupil's cultures, faith and family backgrounds. The school's PSHE policy is closely linked to this policy.

Relationships Education

The focus on primary schools should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to:

- Families and people who care about me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health Education

The aim of teaching pupils about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. It includes:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- The changing adolescent body

Delivery

Relationships and Health Education is taught throughout the whole school curriculum. This includes within the PSHE curriculum, Science curriculum, Physical Education curriculum, Computing curriculum and some aspects are included in the Religious Education curriculum. At Woburn Lower School we engage in values based education.

Teachers will:

- Deliver a high-quality and age-appropriate relationships and health curriculum in line with statutory requirements

- Use a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils
- Ensure they do not express personal views or beliefs when delivering the programme
- Model positive attitudes to relationships and health education
- Respond to any safeguarding concerns in line with the school's Child Protection and Safeguarding policy
- Attempt to answer pupils' questions and concerns in a sensitive, age and development appropriate manner.

Equality and accessibility

The school creates a safe environment where all staff and children are respected and free to express their beliefs and opinions without fear of discrimination. The school understands its' responsibilities in relation to the Equality Act 2010 and is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum. The school understands that pupils with SEND or other needs (such as those with social, emotional or mental health needs) are entitled to learn about relationships and health education, and the programme will be designed to be inclusive of all pupils. The curriculum will be taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances.

Sex Education

All pupils must be taught the aspects of sex education outlined in the primary science curriculum, which includes teaching about the main external parts of the human body, how the human body changes as it grows from birth to old age and the reproductive process in some plants and animals.

The outlines are as below:

Early Years Foundation Stage

Children learn all about themselves, the concept of male and female and about young animals.

Key Stage 1

Children learn:

- That animals including humans, move, feed, grow, and use their senses and reproduce
- To recognise and compare the main external parts of the bodies of humans and animals
- That humans and animals can reproduce offspring and these grow into adults

- To recognise similarities and differences between themselves and others and treat others with sensitivity

Key Stage 2

Children learn:

- That the life processes common to humans and other animals include nutrition, growth and reproduction
- About the main stages of the human life cycle

Relationships and Health Education is delivered through topic work, RE, science, circle time, assemblies, visits and visitors.

Monitoring and Evaluation

The school will assess the effectiveness of the aims, content and methods in promoting children's learning by lesson observations, learning walks, book scrutiny and pupil voice.

Related policies:

All Curriculum policies

E- safeguarding

Safeguarding

Child-on-Child Abuse policy

Behaviour

Anti-bullying

PSHE

Values

SMSC

Governor:

Date: January 2024

Headteacher: P Black

Date: January 2024

Date to be reviewed: January 2025