


<b>Relationships and Health Education Policy</b>	
<b>Responsible Post</b>	PSHE Leader
<b>Responsible Committee</b>	Curriculum and Standards
<b>Review Schedule</b>	Annual
<b>Consultation</b>	November 2020
<b>Review Date</b>	3 <sup>rd</sup> September 2024
<b>Next Review Due</b>	September 2025
<b>Changed</b>	No



The Governing Body's key roles are:

- To Provide a strategic view
- To Support and challenge the Head Teacher and the School
- To ensure accountability.

## Rationale

In September 2020 the Government made it a requirement for all primary schools to teach Relationships Education and for all secondary schools to teach Relationships and Sex Education. Although the vast majority of schools already taught this, it is now compulsory.

Relationships and Health education are lifelong learning processes. This policy encompasses physical, moral and emotional development. We will teach it in a way that is both age and developmentally appropriate. This will play an important role in counteracting misinformation and laying the foundation for open discussion, supporting the development of positive attitudes, values and personal and social skills. It will improve the social, psychological and physical health of individuals. We aim to answer any questions that children may have in an appropriate way and teach our children how to stay safe, happy and healthy.

We work in partnership with parents, consulting them on the content of our relationship and health programme. Parents are the prime educators of their children, and at Manor we seek to complement and reinforce this role. At Manor we follow the guidelines as set out in the policy documents: Relationships Education, Relationships and Sex Education (RSE) and Health Education, 2019.

## Aims

At Manor CofE Infant School we aim to promote the social, moral, cultural, emotional and physical development of all children through building their self-esteem and by providing accurate information to support the development of positive relationships and a healthy, happy lifestyle. We aim to ensure that through our PSHE, Science, Relationships and Health Education and Computer Policies, all children will be taught to develop confidence in talking, listening and thinking about their feelings and relationships.

The aims of Relationships and Health Education Policy at our school are to:

- Give pupils an understanding of relationships and the importance of physical health, hygiene and mental well-being.
- Have an understanding of positive relationships.
- Help pupils develop feelings of self-respect, confidence and empathy.
- Enable pupils to protect themselves by knowing who and how to ask for help and support when necessary.
- Enable children to make good and safe decisions when online.
- Create a positive culture around issues of relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.
- Provide a framework in which sensitive discussions can take place.

## **Teaching**

Relationships and Health Education will be an integral part of our PSHE, Computing and Science programmes and as such, will take place through a planned programme of topic based units of work, and by dealing with issues as they arise. Our PHSE curriculum is delivered through the Heartsmart programme, which has been designed to link with this policy guidance. Our teaching will follow DfE and National Curriculum guidance.

<https://www.heartsmart.school/>

When teaching these subjects, the religious background of pupils will be taken into account when planning teaching, so that topics are appropriately handled.

Teachers will help children to develop the confidence to talk, listen and think about relationship and health education using strategies such as discussion, role play and reflection. These may be conducted with whole classes, small groups or individuals. We will use other agencies to support our relationship and health education programmes where appropriate.

### **Relationships:**

#### **Families**

Pupils will be taught about the importance and function of families and to respect the diversity of families in the school and wider community. They will be taught the characteristics of a healthy family life and how to recognise if family relationships are making them feel unhappy or unsafe and how to seek any help or advice needed.

#### **Caring friendships**

Pupils will be taught about the characteristics, importance and function of caring friendships and how to choose and make friends. They will be taught about healthy friendships, how to behave towards others and how to recognise how to work through any problems. They will learn about managing conflict. Pupils will also learn about who to trust or not to trust and to recognise if a friendship is making them feel unhappy or uncomfortable and how to seek any help or advice needed.

#### **Respectful relationships**

Pupils will learn about the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. They will learn about how to develop and maintain respectful relationships, and how they should also expect to be treated with respect by others, and to thrive in modern Britain. Pupils will be taught about the importance of self-respect and how this links to their own happiness.

They will learn about different types of bullying, the impact it may have, how to report bullying and how to get help. Pupils will learn about the importance of permission-seeking and giving in relationships with friends, peers and adults.

#### **Online relationships**

Pupils will be taught about rules and principles for staying safe online. They will be taught about having respectful relationships online. Pupils will be taught about the risks of being online, sharing personal information and that there may be harmful content online. They will be taught about how to report anything that they are not sure about and to seek help.

## **Physical Health and Mental Wellbeing:**

### **Mental Wellbeing**

Pupils will learn the importance of mental well-being. They will be encouraged to recognise and discuss their emotions and how to judge their feelings and behaviour. Pupils will learn about the benefits of physical exercise, activities and time outdoors on their mental well-being. They will learn self-care techniques and how such things as loneliness, bullying etc. can affect well-being. Pupils will be taught where and how to seek support and who they can talk to in school. They will learn that it is common for people to experience mental ill-health and the importance of seeking support.

### **Internet safety**

Pupils will be taught that the internet is an integral part of life and is usually beneficial. They will learn about the benefits of rationing time online and the negative impact of spending excessive amounts of time on electronic devices on mental well-being. They will learn about respectful relationships online and keeping personal information private. Pupils will learn about appropriate use of online content, that the internet can be a negative place and there are restrictions on the games they play and social media to keep them safe. They will learn how to report any concerns and get support with online issues.

### **Physical health and fitness**

Pupils will learn about the mental and physical benefits of an active lifestyle and the importance of regular exercise. They will also learn about the risks of an inactive lifestyle and how to seek support if they are worried about their health. Pupils will learn about a healthy diet and the importance of this. They will learn about healthy meals and the risks of having a poor diet.

Pupils will learn about sun safety, the importance of sleep, dental health and personal hygiene.

There will be a focus on hand washing. Pupils will learn about germs, including viruses and bacteria and how they are spread. They will learn about how some children have allergies to different foods and substances.

Pupils will start to learn that medication is a drug used to diagnose, cure, treat, or prevent disease.

Pupils will be taught how to make a call to the emergency services and basic first aid.

### **Being Safe**

Pupils will discuss appropriate boundaries in friendships and with others and strangers, including on-line. They will learn about what privacy is and that it is not always right to keep secrets. They will learn that each person's body belongs to them and what is appropriate and safe contact. Pupils will learn how they can seek help or advice if they feel unsafe, have concerns about abuse, or have bad feelings about any adult for themselves and/or others.

### **Science Curriculum**

Through our science curriculum pupils will be taught:

- how to name parts of the body and describe how their bodies work.
- that animals including human beings, move, feed, grow, use their senses and reproduce.
- that animals including human beings develop and their bodies change as they do so.
- that human beings and animals can produce offspring and these grow into adults.

### **Links to other policies**

Teaching and Learning	P.S.H.E	Computing	R.E.	Science
Equal Opportunities	Behaviour		Inter-Cultural	
Confidentiality	Collective Worship		Health and Safety	

### **Monitoring**

The staff and Curriculum and Standards Committee will ensure that the guidance has been followed and will monitor this policy.

The Relationships and Health Education co-ordinator is the PSHE leader.

We encourage parents to express and discuss any concerns they might have relating to the content of our Relationships and Health Education programme. Our consultation period took place in November 2020.

Teachers cannot offer or guarantee absolute confidentiality and have a responsibility to pass on, to the appropriate person, any information, which raises concern, the named DSLs (The Assistant Headteacher and Headteacher).