

## POLICY FOR RSHE



January 2021

***As a rights Respecting School we believe that all children have the right to:***

- **Article 28-** Every child has the right to an education.
- **Article 29-** Education must develop every child's personality, talents and abilities to the full, it must encourage the rights, as well as respect for their parents, their own and other cultures, and the environment.

**Ratified by the Full Governing Body on:**

**Chair of Governors Signature:**

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**The Pines School.**  
**Policy Statement for RSHE.**

**Introduction:**

In keeping with DFES legislation and following the views of parents, staff and the schools Governing Body. The Pines Special school has decided that Sex and Relationships Education should be included in the school's curriculum in both primary and secondary education.

At The Pines School we follow the Jigsaw scheme of work for our M classes which offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area. We have then adapted this for our E class children to fit in with their needs. The overview for both M and E classes can be seen on the school website.

**Aims:**

The aims of relationships and sex education (RSE) at our school are:

- For students to develop the understanding that SRE is a gradual developmental process that is supported by a partnership between home and school.
- To provide students with skills, knowledge and attitudes to maintain a healthy lifestyle.
- To help students to respect themselves and others.
- To support students through their physical, emotional and moral development.
- To help students develop caring, loving relationship.
- To help students stay safe and to understand how to avoid the dangers of exploitation and enabling them to seek help if they feel themselves at risk.
- To develop knowledge and understanding of sexual reproduction
- To develop skills and understanding to enable students to make healthy, responsible choices about their health and well-being.
- To help students understand the significance and importance of stable relationships. To help students on the journey to becoming confident adults and to consider their own and others sexual health and well-being.
- To address inappropriate behaviours which occur in both public and private places.
- To develop the skills and understanding relating to personal hygiene.
- To provide individual programmes and/or support to students and parent/carers when required.

## **RSHE**

At The Pines Special School, we teach Personal, Social, Health Education as a whole-school approach to underpin children's development as people and because we believe that this also supports their learning capacity.

The Jigsaw Programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area. This is then differentiated and taught at an appropriate level for all our E classes.

The overview of the programme for both M and E classes can be seen on the school website.

This also supports the "Personal Development" and "Behaviour and Attitude" aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.

### **Statutory Relationships and Health Education**

As a maintained primary school, we must provide relationships education to all pupils as per section 34 of the Children and Social work act 2017.

However, we are not required to provide sex education, but we do need to teach the elements of sex education contained in the science curriculum.

In teaching RSE, we must have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

#### **Secondary**

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships and Sex Education compulsory for all pupils receiving secondary education... They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory in independent schools. DfE Guidance p.8.

This programme's complimentary update policy ensures we are always using the most up-to-date teaching materials and that our teachers are well-supported.

The Jigsaw Programme is aligned to the PSHE Association Programmes of Study for PSHE (mapping document available on the Community Area of [www.jigsawpshe.com](http://www.jigsawpshe.com)) and aligned to the definitions of Relationships and Sex Education offered by the Sex Education Forum (National Children's Bureau, April 2020).

### What do we teach and when do we teach it?

As The Pines is an all through school, Jigsaw covers all areas of PSHE including statutory Relationships and Health Education. The table below gives the learning theme of each of the six Puzzles (units) and these are taught across the school; the learning deepens and broadens every year.

<b>Term</b>	<b>Puzzle (Unit)</b>	<b>Content</b>
<b>Autumn 1:</b>	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
<b>Autumn 2:</b>	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
<b>Spring 1:</b>	Dreams and Goals	Includes goal setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
<b>Spring 2:</b>	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
<b>Summer 1:</b>	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
<b>Summer 2:</b>	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

At The Pines Special School we allocate 50 minutes to PSHE each week in M classes in order to teach the RSHE knowledge and skills in a developmental appropriate way for the individual class. For the E classes this will differ depending on the class. These explicit lessons are reinforced and enhanced in many ways:

- assemblies and collective worship,
- praise and reward system,
- Learning Charter,
- through relationships student to student, adult to student and adult to adult across the school.
- We aim to 'live' what is learnt and apply it to everyday situations in the school community.
- Class tutors/ a dedicated PSHE Team deliver the weekly lessons.

- Each class has a timetabled slot each week.
- Loud mouth theatre- secondary

### **Relationships Education**

Relationships Education in primary schools will cover the following:

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

The way the Jigsaw Programme covers these is explained in the mapping document: It is important to explain that whilst the Relationships Puzzle (unit) in Jigsaw covers most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in Jigsaw e.g., the Celebrating Difference Puzzle helps children appreciate that there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

At The Pines we have decided that due to the developmental ages of our children we will be adapting the Jigsaw scheme work in the “changing me” jigsaw piece to take this into account. There for the jigsaw pieces will be moved up 1 year. E.G year 2 will do the year 1 jigsaw piece for “changing me”.

### **Secondary**

The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like...it should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what is acceptable and unacceptable behaviour in relationships...

Effective RSE also supports people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time.

RSE should provide clear progression from what is taught in primary school in Relationships Education.

It is important to explain that whilst the Relationships Puzzle (unit) in Jigsaw covers most of the statutory Relationships Education, the Changing Me Puzzle covers much of the Sex Education and the Healthy Me Puzzle covers much of the Health Education, some of the outcomes are also taught elsewhere in Jigsaw. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

## **Health Education**

Health Education in primary schools will cover: the following topics:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic First Aid
- Changing adolescent body

The way the Jigsaw Programme covers these is explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education. It is important to explain that whilst the Healthy Me Puzzle (unit) in Jigsaw covers most of the statutory Health Education, some of the outcomes are taught elsewhere in Jigsaw e.g., emotional and mental health is nurtured every lesson through the Calm me time, social skills are grown every lesson through the Connect us activity and respect is enhanced through the use of the Jigsaw Charter.

Also, teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Changing adolescent body' strand, and in Jigsaw this is taught as part of the Changing Me Puzzle (unit). Again, the mapping document transparently shows how the Jigsaw whole-school approach spirals the learning and meets all statutory requirements and more.

## **Secondary**

It is important to explain that whilst the Healthy Me Puzzle (unit) in Jigsaw covers most of the statutory Health Education, some of the outcomes are taught elsewhere in Jigsaw, e.g. emotional and mental health is nurtured every lesson through mindfulness practice and respect is enhanced through the use of the Jigsaw Charter.

Again, the mapping document shows transparently how the Jigsaw whole-school approach spirals the learning and meets all statutory requirements and more.

## **Sex Education**

The DfE Guidance 2019 (p.23) recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. Here at The Pines, we will be doing this through the jigsaw scheme of

work. The students are taught in mixed sex groups and for certain elements of the programme when appropriate it will be taught to single sex. Individual tuition may be necessary for children that need the support when it arises.

Thought the jigsaw scheme of work is will ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born'. At The Pines Special School, we believe children should understand the facts about human reproduction before they leave primary school.

At the Pines we are defining Sex and Relationship Education as “The lifelong learning about physical, moral and emotional development. It is about the understanding and importance of stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health.” We intend to teach this through sex education lessons as well as science lessons.

### Secondary

The DfE Guidance 2019 integrates Relationships and Sex Education at secondary school level.

Most of the DfE outcomes relating to Sex Education sit withing the ‘Intimate and sexual relationships, including sexual health’ section of the guidance and include aspects like:

- the facts about reproductive health...
- the facts about the full range of contraceptive choices ...
- how the different sexually transmitted infections (STIs), including HIV/AIDS, are transmitted...
- how to get further advice...
- consent and the law

### **Parents’ right to request their child be excused from Sex Education**

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education” (DfE Guidance p.17).

... except in exceptional circumstances, the school should respect the parents’ request to withdraw the child, up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those Terms”. (DfE Guidance pages 17/18).

At The Pines School, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the ‘Changing Me’ Puzzle (unit). We conclude that sex education refers to Human Reproduction, and therefore

inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this i.e., the Jigsaw Changing Me Puzzle (unit) e.g.

Year 5, Lesson 2 (Having a baby)

Year 6 Lesson 4 (Conception)

Year 7, Lesson 4 (Conception, birth)

The school will inform parents of this right by a letter sent out by the school. Sent out in the Spring Term before the Changing Me Puzzle is taught.

Should parents wish to discuss withdrawing their child from Sex Education, they are advised to contact the school and ask to speak to the class teacher or the child Phase leader.

Key stage	Phase Leader
EYFS	Mrs Gathercole
Key Stage 1	Mrs Gathercole
Key Stage 2	Mrs McCormick
Key Stage 3	Mr Lawrence
Key Stage 4	Mr Lawrence

#### **Key stage 4 – E classes**

Once the children at The Pines enter into key stage 4 for PSHE and they are in a E class lessons will be based around the ASDAN personal progress qualification. Which has a wide curriculum based including independent living skills, personal development, community participation and preparation for work.

#### **Monitoring and Review**

The Curriculum Committee of the governing body monitors this policy on an annual basis. This committee reports its findings and recommendations to the full governing body, as necessary, if the policy needs modification. The Curriculum Committee gives serious consideration to any comments from parents about the PSHE (RSHE) programme and makes a record of all such comments. Governors scrutinise and ratify teaching materials to check they are in accordance with the school's ethos.

#### **Equality**

##### **This policy will inform the school's Equalities Plan.**

The DfE Guidance 2019 (p. 15) states, "Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics..."

At the point at which schools consider it appropriate to teach their pupils about LGBT (Lesbian, Gay, Bisexual, Transgender), they should ensure this content is fully integrated into their programmes of study for this area of the curriculum rather than delivered as a stand-alone unit or lesson. Schools are free to determine how they do this, and we expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum”.

At The Pines Special School we promote respect for all and value every individual child. We also respect the right of our children, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of Relationships, Health and Sex Education.

For further explanation as to how we approach LGBT relationships in the PSHE (RSHE) Programme please see:

‘Including and valuing all children. What does Jigsaw teach about LGBTQ relationships?’

### **Policy Review**

This policy is reviewed annually.

	Signed Headteacher	Signed Chair of Governors
Date of review:		
Date of next review:		