



**WEST
ST LEONARDS**
PRIMARY ACADEMY

PSHE Policy

2021-22



"You are braver than you believe, stronger than you seem and smarter than you think" – Christopher Robin. Winnie the Pooh by A.A.Milne

Intent

The intent of PSHE at West St Leonards can be summarised with this quote:

“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way”.

- Secretary of State for Education 2018

An integral part of the PSHE policy is *Relationships Sex and Health Education (RSHE)*. This aspect is about the understanding of the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships (including same gender parents), and relationships with other peers and adults. It involves being taught about the benefits of a healthier lifestyle, what determines physical health and how to build mental resilience and wellbeing. Children will be taught about the changes that adolescence brings and will learn how a baby is conceived and born.

The intent of relationships, sex and health education (RSHE) at West St Leonards Primary Academy is to:

- Provide a framework in which sensitive discussions can take place
- Develop an understanding of the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy, no matter what race, gender or make-up of the family unit.
- Equip pupils with accurate information, positive values and the skills to enjoy healthy, safe and positive relationships
- Support pupils to take responsibility for their health and wellbeing both now and in the future
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Prepare pupils for the changes that adolescence brings
- Teach pupils how a baby is conceived and born
- In summary, the RSHE curriculum aims to protect children by ensuring they have knowledge of their bodies, the human life-cycle, emotions, acceptable behaviour and right and wrong.

The Relationships, Sex and Health Education (RSHE) policy is underpinned by the ethos and values of West St Leonards Primary Academy and we uphold it as an entitlement for all our pupils. We recognise the need to work as a community to ensure a shared understanding of RSHE to deliver an effective programme that meets the needs of our pupils. The overarching objective of RSHE at West St Leonards Primary Academy is to support our pupils through a journey of physical, emotional and moral development via the teaching of essential knowledge, skills and values within the framework of the law and provisions of the Equality Act, 2010.

Statutory requirements

As a primary academy we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

We do not have to follow the National Curriculum but we are expected to offer all pupils a curriculum that is similar to the National Curriculum. In teaching RSHE, we are required by our funding agreements to have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At West St Leonards Primary Academy we teach RSHE as set out in this policy.

Policy development

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 member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all staff will be given the opportunity to look at the policy and make recommendations.
3. Parent/stakeholder consultation – parents and any interested parties will be invited to attend a meeting about the policy.
4. Pupil consultation – we will investigate what exactly pupils want from PSHE/RSHE.
5. Ratification – once amendments are made, the policy will be shared with the Local Board and ratified.

Implementation

We have developed the curriculum in consultation with parents, pupils, staff and stakeholders taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner so they are fully informed.

At West St Leonards Primary Academy we include the statutory Relationships, Sex and Health Education within our whole-academy PSHE programme. To ensure progression we use *SEAL* as our chosen teaching and learning programme for PSHE and The Christopher Winter Project for RSHE and Drugs and Alcohol Education and tailor it to meet pupil needs.

SEAL covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. The table below gives the learning theme of each of the six termly units and these are taught across the academy through a 'spiral curriculum'. This approach means that pupils will gain knowledge, develop values and acquire skills gradually by re-visiting core themes to build on prior learning. RSHE will support

the academy's commitment to safeguard pupils through an age-appropriate curriculum that prepares them to live safely in the modern world. In EYFS, the SEAL programme supports and contributes to specific Early Learning Goals (ELG)

SEAL TOPICS

Term	Puzzle (Unit)	Content
Autumn 1:	New Beginnings	Includes understanding my own identity and how I fit well in the class, school and global community. SEAL Charter established.
Autumn 2:	Getting On And Falling Out/Say No To Bullying	Includes anti-bullying (cyber bullying included) and understanding that the academy has a zero tolerance approach to bullying. This includes gender, racial, homophobic and transphobic language.
Spring 1:	Going for 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
Spring 2:	Good to be me	Physical and Mental health. Includes self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise.
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, including LGBT, conflict resolution and communication skills, bereavement and loss
Summer 2:	Changes	Includes preparation for entering a new school year. SRE lessons

At West St Leonards Primary Academy, we deliver the PSHE curriculum as a 30 minute lesson per week. Lessons are reinforced and enhanced in many ways: whole school assemblies, class assemblies and cross-curricular links.

RSHE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSHE are taught within the science curriculum, and other aspects are included in religious education (RE).

RSHE focuses on teaching:

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

- Being safe
- Physical and Emotional Changes that occur during Adolescence
- How a baby is conceived and born
- Drugs, Medicines and the difference between them
- Alcohol and Tobacco education

Roles and responsibilities

Governance

The Local Board will receive updates from the Principal regarding the implementation of this policy.

The Board of Trustees has delegated the approval of this policy to the Principal.

The Principal

The Principal is responsible for ensuring that RSHE is taught consistently across the academy.

Staff

Staff are responsible for:

- Delivering RSHE in a sensitive way
- Modelling positive attitudes to RSHE
- Monitoring progress
- Responding to the needs of individual pupils

Staff do not have the right to opt out of teaching RSHE. Staff who have concerns about teaching RSHE are encouraged to discuss this with the Principal.

RSHE will be led by Sara Williams, taught by class teachers and supported by visitors and outside agencies .

Pupils

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

Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships and health education.

“The Relationships Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education. They also make Health Education compulsory in all schools except independent schools”.
DfE Guidance p.8

However, on religious grounds, parents can request in writing to the Principal that their child is withdrawn from Sex Education lessons.

Training

All staff involved in the delivery of RSHE have received training to ensure that pupils receive clear and consistent approaches throughout their time at West St Leonards Primary Academy. Whole staff and individual training needs will be identified through the academy's self-evaluation process and staff appraisal.

On occasion, external visitors, experts and agencies may be invited to contribute to the delivery of RSHE to enhance delivery of these subjects, bringing in specialist knowledge and different ways of engaging with children. When this happens, our academy will:

- Check the visitor or visiting organisation's credentials.
- Ensure the teaching delivered by the visitor fits with our planned programme and our published policy.
- Discuss the detail of how the visitor will deliver their sessions and ensure that the content is age-appropriate and accessible for the pupils.
- Ask to see in advance the materials visitors will use as well as a lesson plan so that collectively we can ensure it meets the full range of pupils' needs (e.g. special educational needs).
- Agree how confidentiality will work in any lesson and that the visitor understands how safeguarding reports should be dealt with in line with our school's policy.
- Arrange for the visitor to be supervised/supported by a member of school staff at all times.
- Monitor and evaluate the visitor input to inform future planning.

Impact

Staff collect evidence of children's PSHE work and send to PSHE lead for school Wider Curriculum floorbook. PSHE work is recorded, where appropriate in Writing books. Staff use the Skills progression document to ensure coverage.

The children will gain emotional intelligence via SEAL lessons which will help to improve behaviour choices – leading to fewer sanctions put in place.

The delivery of PSHE is monitored by the Senior Leadership Team through learning walks, book looks and informal drop-ins conducted by subject leads and/or members of the senior leadership team. The observations and findings of which will

be used to identify and inform future staff training needs. For pupils in EYFS, evidence of learning will be in Reception floorbooks.

This policy will be reviewed by academy staff and the Local Board annually. At every review, the policy will be approved by the Principal and the Local Board.

End of Year Evaluation

Name of Subject Lead	Sara Williams
Date of Evaluation	25 th June 2021
Achieved Outcomes	RSHE lessons delivered in Term 1 and Term 6 2020-21 in order to ensure knowledge covered despite lockdown Introduction of Money Matter unit as part of our PSHE intent
Actions for 2021-22	Pupil Voice in Term 1 via School Council Whole school assemblies to follow the SEAL Themes and school POW (Pride of West St Leonards) values