DEAN CLOSE
PRE-PREPARATORY SCHOOL
CHELTENHAM

Independent and Co-educational
Pre-Preparatory School

Relationships and Health Education Policy (PP314)

Registered Charity No: 1086829

Date of Issue: September 25
Review Date: September 26
Owner: DCPPS Deputy Head

DEAN CLOSE PRE-PREPARATORY SCHOOL

RELATIONSHIPS, SEX AND HEALTH EDUCATION POLICY

What is relationships and sex education?

Relationships and Sex Education and Health Education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health.

A comprehensive programme of RSE provides accurate information at the appropriate times of a pupil's educational journey about the body, reproduction, sex, and sexual health. It also gives children and young people essential skills for building positive, enjoyable, respectful and non-exploitative relationships and staying safe both on and offline. At Dean Close Pre-Preparatory School, the Early Years and Key Stage One pupils are taught relevant aspects as part of our Personal, Social, Health and Citizenship Education (PSHCE) lessons, and through Science topics on 'Growing up'.

Why is relationships and sex education in schools important?

High quality RSE helps create safe school communities in which pupils can grow, learn, and develop positive, healthy behaviour for life. It is essential for the following reasons:

- Children and young people have a right to good quality education, as described in the United Nations Convention on the Rights of the Child.
- Children and young people want to be prepared for the physical and emotional changes they undergo at puberty, and young people want to learn about relationships.
- RSE plays a vital part in meeting schools' safeguarding obligations. Schools must have a preventative programme that enables pupils to learn about safety and risks in relationships. Schools maintain a statutory obligation under the Children Act (2004) to promote their pupils' wellbeing, and under the Education Act (1996) to prepare children and young people for the challenges, opportunities and responsibilities of adult life. A comprehensive RSE programme can have a positive impact on pupils' health and wellbeing and their ability to achieve and can play a crucial part in meeting these obligations.

Relationships, Sex and Health education:

- is a partnership between home and school
- ensures children and young people's views are actively sought to influence lesson planning and teaching
- starts early and is relevant to pupils at each stage in their development and maturity
- is taught by class teachers (supported by the PSHCE lead) who are confident in talking about issues such as respectful relationships, equality, respect, families and people who care for me, caring friendships, online relationships and being safe
- includes the acquisition of knowledge, the development of life skills and respectful attitudes and values
- helps pupils understand on and offline safety and consent
- teaches the importance of communication and assertiveness skills including the importance of values such as respect (for self and others), equality, responsibility, care and compassion
- is inclusive of difference: gender identify, sexual orientation, disability, ethnicity, culture, age, faith or belief, or other life experience
- uses active learning methods, and is rigorously planned, assessed and evaluated
- helps pupils understand a range of views and beliefs about relationships in society
- promotes equality in relationships, recognises and challenges gender inequality and reflects girls' and boys' different experiences and needs

In relation to this, the findings in March 2021 on the social media platform #Everyone's Invited reflect the need for and importance of clear instruction about respectful attitudes to everyone regardless of their sex, starting from a young age.

Relationships, Sex and Health education contributes to:

- a positive ethos and environment for learning
- safeguarding pupils (Children Act 2004), promoting their emotional wellbeing, and improving their ability to achieve in school
- a better understanding of diversity and inclusion, a reduction in gender-based and homophobic prejudice, bullying and violence and an understanding of the difference between consenting and exploitative relationships
- helping pupils keep themselves safe from harm, both on and offline, enjoy their relationships and build confidence in accessing services if they need help and advice

The law in relation to RSE states:

a. The governing bodies of schools are required to keep an up-to-date RSE policy that describes content and the organisation of RSE provided outside the Science National Curriculum.
b. Parents/Guardians have the right to withdraw their children from RSE lessons that address sex education lessons.
c. From September Education Act 2020: Relationships Education must be taught in all Primary Schools and Relationships and Sex Education must be taught form the age of 11 in all secondary schools.
d. Dean Close Pre-Prep follows a RSE curriculum which is in line with the new requirements, using resources from Gloucestershire Local Authority and some resources from NSPCC Pants programme, focusing on the Relationships Education aspect.

Further recommendation from the DFE:

- Schools should set RSE within a broader base of self-esteem and responsibility for the consequences of one's actions.

Aims and Objectives Dean Close School aims to:

a. inform and prepare pupils for adult life and relationships in an age appropriate way
b. provide a Christian moral framework as the context for future choices
c. provide a safe and secure environment within which personal matters relating to their own bodies, and development into young adults, can be discussed openly and honestly
d. encourage high self-esteem, self-awareness and emotional health
e. encourage pupils to understand personal responsibility in all matters of relationships – mental and physical
f. encourage pupils' sensitivity to the needs and situations of others
g. give pupils the skills to make informed choices (that reduce risk)
h. develop pupils' understanding of their own bodies and of the rights they have over their own body

Relationships Education is mainly delivered through the PSHCE curriculum

Content of RSE within the PSHCE (Personal Social Health and Citizenship Education) curriculum.

At Pre-Prep age, schools must deliver **relationships education** which teaches the fundamental building blocks and characteristics of positive relationships including:

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

Our Relationships Education and Health Education programme is an integral part of our whole school PSHCE education provision.

EYFS and Key Stage 1 pupils learn:

a. How thoughts and feelings can affect behaviour
b. To maintain positive relationships, being respectful of others
c. Friends and families, and people who look after us
d. To build self-esteem and develop resilience
e. To recognise healthy lifestyle choices
e. Changes as we grow
f. How we keep safe and safety online.
g. To respect the views of others and to challenge stereotypes
h. How to access sources of advice and support and when and where to get help

Involvement of parents and guardians:

- Parents/guardians of pupils at Dean Close Pre-Prep School will be informed of the content of the PSHCE curriculum through curriculum guides, including RSE, and given the opportunity to withdraw their child from RSE lessons following a discussion with the Head of PSHCE and Head Teacher. A letter is sent out advising them of the week when RSE topic is being taught (Trinity Term), and they are encouraged to ask questions by email or in person regarding any of the topics. Parents and guardians can request a medium-term plan or more information regarding resources if they wish.
- At the beginning of each term, parents are given a Curriculum Guide with the overview for each subject, including PSHCE.

Involvement of staff and pupils:

- All teachers are provided with a fully comprehensive scheme of work with an overview of the year, medium term plans and week by week lesson plans. A summary of the overview is at the end of this document.
- Resources are based on those provided by Gloucestershire Country Council, Twinkl and NSPCC Pants Programme. Staff are supported by the Head of PSHCE when using new resources, sharing good practice amongst staff.
- Assessment takes place through conversations with pupils and small tasks. Post it notes of conversations, or work completed go into the floor books for PSED (Early Years) and PSHCE (KS1).
- Pupils with SEND:
  - All class teachers know the individual plans for children with additional needs. These needs are catered for within all teaching lessons, including PSHCE and RSE. All lesson objectives are clearly explained and taught, and tasks are often short, verbal or involve a practical activity. At times this may involve a short-written task but pupils are supported with this if required.

Equality Act 2010:

The Act covers all aspects of school life to do with how a school treats pupils and prospective pupils, parents and carers, employees, and members of the community. Everything a school does must be fair, non-discriminatory and not put individuals or groups of people at a disadvantage.

At Dean Close Pre-prep School, we teach pupils tolerance and respect with regard to race, age, sex (including a range of sexualities such as transgender or bisexual), religion, mental health, disability and sexual orientation. This is delivered through assemblies, PSHCE lessons (with an emphasis on British Values), and the school values of love, courage, contribution and flourishing.

Currently all teaching staff in DCPPS teach PSED, PSHCE and the relevant aspects of RSE.

The policy is updated annually by the PSHCE Coordinator and approved by the Senior Leadership Team.

Below is an overview of the curriculum of PSHCE, with covers RSE, from Reception (EYFS), Year 1 and Year 2.

EYFS – Personal, Social and Emotional Development

PSED PLANNNING FOR RECEPTION

Michaelmas 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
	Getting to know you!	Lets be Friends	Staff interviews!	Hand washing	Staying safe by the Road	Cloud Emotions	I Spy Emotions
Michaelmas 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
	Firework Safety	Henry's Healthy Habits	Calming my Emotions	Fair Shares	Confidence in Performing	NONE	
Lent term 1	Week 1	Week 2	Week 3	Week 4	Week 5		
	New year resolutions	Sad Bear	Why do we have teeth	Dentist visit	Teeth and food		
Lent term 2	Week 1	Week 2	Week 3	Week 4	Week 5		
	My solution Wheel	Positive bear!	Describe mood monsters	Hula Hoop passing	Bug in a Rug		
Trinity term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
	We are all different	I can Persevere	Magic Box	Whose voice is that	Safe when out & about	Parachute games	
Trinity Term 2	Week 1	Week 2	Week 3	Week 4			
	Learning from mistakes	One cross Puppet!	Through the hoop	NONE			

10	BuildingRelationships
10	Self Regulation
11	Managing self

Year One – Units of Study

Michaelmas 1	TEAM
Michaelmas 2	Think Positive
Lent 1	Diverse Britian
Lent 2	Be Yourself
Trinity 1	It's My Body (RSE)
Trinity 2	Aiming High

TEAM
Together Everyone Achieves Moore
Listening
Being Kind
Bullying and Teasing
Brilliant Brains
Making Good Choices

Think Positive
Think Happy, Feel Happy
It's Your Choice
Go-Getters
Let It Out
Be Thankful
Be Mindful

Diverse Britian
My School
My Community
My Neighbourhood
My Country
British People
What Makes me Proud of Britian?

Be Yourself
Marvellous Me
Feelings
Things I like
Uncomfortable Feelings
Changes
Speak Up!

It's My Body (including NSPCC Pants Programme)
My Body, My Business
Active and Asleep
Happy Healthy Food
Clean as a Whistle
Can I Eat It?
I Can Choose

Aiming High
Star Qualities
Positive Learners
Bright Futures
Jobs For All
Going for Goals
Looking Forwards

Year Two – Units of Study

Michaelmas 1	VIPS
Michaelmas 2	Safety First
Lent 1	Digital Wellbeing
Lent 2	One World
Trinity 1	Growing Up (RSE)
Trinity 2	Money Matters

VIPS
Important People
Families
Friends
Falling Out
Working Together
Showing you Care

Safety First
Keeping Safe
Staying Safe at Home
Staying Safe Outside
Staying Safe Around Strangers
Safe Secrets and Surprises
People Who Can Help

One World
Families
Homes
Schools
Environments
Our Resources
Planet Protectors

Digital Wellbeing
The Internet and Me
Online and Offline
Staying Safe Online
Personal Information
Communicating Online
Is it True or False?

Growing Up (including NSPCC Pants Programme)
Our Bodies
Is it Ok?
We are Unique
Your Family, My Family
Getting Older
Changes

Money Matters
Money
Where Money Comes From
Look After It
Spend or Save?
Want or Need?
Going Shopping