



**Our Lady of Good Counsel Catholic Primary School
A Voluntary Academy**

School Mission Statement

To Love, Live and Learn in the Light of Christ

The Our Lady family learn together with love and faith in Jesus, to become the people God calls us to be.

Our School is part of the Church's Mission to pass on the good news of Christ's Gospel through learning, worship and the formation of character in a caring environment, which embodies Christian values and discipline. God has created every child out of love and the human dignity of each will be rightfully valued and respected.

Our School community will embrace a spirit of welcome, fairness and understanding as it strives to recognise God's Grace within each of us and within our whole community.

Relationships, Sex and Health Education Policy

This policy should be read in conjunction with the school's safeguarding policy

Intent

'I have come that you might have life and have it to the full' (Jn.10.10)

We teach relationships, sex and health education because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins education in a Catholic school. At the heart of the Christian life and belief is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. This communion of divine love reveals that the desire for human relationships is God-given. Human beings are created to be relational, created to love and to be loved just as God is love and essentially relational. Catholic schools engage in relationships education not only because it is in the context of relationships that the human person grows and develops, but because God, who is love, desires that the world becomes a community of love.

As a consequence, every human person, gender and sexuality are seen as gifts from God, reflect God's beauty, and participate in the divine creativity.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE, RSHE will be delivered in accordance with the Church's moral teaching and be at the service of human flourishing through the explicit teaching of the virtues. It will emphasise the central importance of the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

The DFE guidance defines RSHE as "lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care." It is about the development of the pupil's knowledge and understanding of her/him as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience. The DFE identifies three main elements: "attitudes and values, personal and social skills, and knowledge and understanding".

Through our RSHE policy we aim to:

- Establish a firm understanding that we are all created in the image of God and that it is God's love that makes us unique and special;
- Promote a love for ourselves and our neighbour establishing ways that we can demonstrate our love for others;
- Give the children the knowledge and skills needed to keep themselves safe and develop healthy relationships with themselves, others and God.

High Quality RSHE

High quality RSHE is most effective when:

- It is part of broad and rich curriculum that engages children in a range of activities and experiences to develop their understanding of relationship and how to keep themselves safe;
- It is multi-sensory, encompassing simultaneous visual, auditory and kinesthetic activities to engage core learning;
- It is systematic and follows a carefully planned programme which reinforces and builds on previous learning to secure children's progress;
- There are opportunities to reinforce and apply acquired knowledge and skills across the curriculum.

Implementation

The curriculum at Our Lady's is rooted in the teachings of the Catholic Church; the Early Years Foundation Stage Curriculum and the National Curriculum.

At Our Lady's School we will follow the scheme, Life to the Full. We have adopted a sequence of planning that allows RSHE to be woven throughout our curriculum within all terms. This will allow children to focus on an element of relationships (physical, social, emotional, intellectual and spiritual) across the year. Teachers carefully adapt their planning to meet the needs of the children within their class.

The teaching across the year groups is progressive and allows children to deepen their understanding of relationships at an age appropriate level. The themes that run through each year group are:

- Created and Loved by God
 - Me, my body, my health
 - Emotional Wellbeing
 - Life cycles
- Created to Love others
 - Personal Relationships
 - Keeping Safe
- Created to Live in Community
 - Living in the Wider World

All themes are underpinned by a unit of work based around religious understanding linking in our biblical themes with each unit of work.

All pupils should:

- know that they are a unique creation of God, so that they are able to grow in self-respect; developing a positive attitude to themselves, their feelings and their sexuality;
- recognise the importance of forgiveness and saying sorry in relationships;
- understand the reasons for self-respect and why they should act with respect and responsibility in their relationships;
- reflect on their own relationships, recognising those qualities that help relationships grow;
- develop confidence in talking, listening and thinking about feelings and relationships;
- act responsibly as an individual and as a member of a group;
- take responsibility for oneself and for one's actions;
- come to understand the influence and impact of the media, Internet and peer group in order to develop the ability to assess pressures and respond appropriately;

- think positively about their own body, in ways appropriate to their age and developmental needs, including the changes they will undergo during puberty;
- know the correct vocabulary for external body parts, sexual organs, and menstruation;
- take care of themselves; their health, safety and personal hygiene;
- keep themselves safe and ask for help and support when needed;
- become aware of choices (right and wrong) and their consequences;
- manage relationships confidently and effectively;
- explore and reflect on their own experience of people who are married;
- have an understanding of the family, an appreciation of the values of family life and the roles and responsibilities of family members, as a spiritual community;
- understand that the difference between male and female is part of God's loving and creative plan;
- recognise, appreciate and be sensitive to the Catholic belief in the importance of marriage for family life and the bringing up of children.

Foundation Stage

In the Foundation Stage, learning experiences are planned around the seven areas of the Foundation Stage Curriculum:

- Personal, Social and Emotional Development
- Communication and Language
- Physical Development
- Literacy
- Mathematics
- Understanding the World
- Expressive arts and design

These Areas of Learning and Development address children's physical, cognitive, linguistic, social and emotional development. No one aspect of development stands in isolation from the others as all Areas of Learning and Development are all closely interlinked. This ensures the delivery of a holistic, child-centered curriculum which allows children to make lots of links between what they are learning. All Areas of Learning and Development are given equal weighting and value.

Active Learning through play

We organise the day to provide a balance between the following: -

- Child initiated Activities - children make choices from within the learning environment to meet his/her outcome for learning.
- Adult Initiated Activities- practitioners provide the resources to stimulate and consolidate learning.
- Adult Directed Activities - children engage in planned activities to meet specific learning outcomes.

At Our Lady's we recognise that young children learn best when they are active. We understand that active learning involves other people, objects, ideas and events that engage and involve children for sustained periods. Therefore, we believe that Early Years education should be as practical as possible and our EYFS setting has an ethos of learning through play.

We recognise the importance of children's play. It is an essential and rich part of their learning process, supporting them in all areas of development. Play is a powerful motivator encouraging children to be creative and to develop their ideas, understanding and language. Play is also flexible and able to suit the preferred learning style of the child. It can provide multiple ways for children to learn a variety of different skills and concepts.

Teaching of RSE is present in all areas of the curriculum with a dedicated lesson which focusses on their uniqueness and how God has made them special.

By the end of the Foundation Stage, children should be able to:

*know and understand that God has made them unique and that although we are all different we are all special to him.

Year One- Year Six

RSHE will be taught across each term to ensure a broad and balanced curriculum. This will allow children to explore different aspects of relationships and how this links to keeping them safe, Prevent and Radicalisation Guidelines, British Values and Black Lives Matter. These will fit into the RSHE curriculum modules and units:

Module 1 -Created and Loved by God

Module 2- Created to Love Others

Module 3 -Created to Live in Community

By the end of each year group, children should be able to:

Year One - know and understand that they are growing and developing as members of their own family and God's family.

Year Two- know and understand that they are growing and developing in a God given community

Year Three- know and understand the virtues essential to friendship, e.g. loyalty, responsibility and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.

Year Four - know and understand that they are all different and celebrate these as differences as they appreciate that God's love accepts us as we are and as we change.

Year Five- know and become aware of the physical and emotional changes that accompany puberty- sensitivity, mood swings, anger, boredom etc. and grow further in their understanding of God's presence in their daily lives.

Year Six- develop in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.

Inclusion and adapted learning

We will ensure RSHE is sensitive to the different needs of individual pupils in respect to pupils' different abilities, levels of maturity and personal circumstances. Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber-bullying), use of prejudice-based language and how to respond and ask for help.

Ethnic and Cultural Groups

We intend our policy to be sensitive to the needs of different ethnic groups. For some young people it is not culturally appropriate for them to be taught particular items in mixed groups. We will respond to parental requests and concerns.

Pupils with Special Needs

We will ensure that all pupils receive RSE, and we will offer provision appropriate to the particular needs of all our pupils, taking specialist advice where necessary.

Controversial or Sensitive issues

There will always be sensitive or controversial issues in the field of RSHE. These may be a matter of maturity, of personal involvement/experience of children, of disagreement with the official teaching of the Church, of illegal activity or other doubtful, dubious or harmful activity. The governors believe that children are best educated by discussing such issues openly within the context of the RSHE programme, in order to protect them from harm and exploitation. The use of clear ground rules and mutual respect, negotiated between teachers and pupils, will help to create a supportive climate for discussion.

Some questions that children ask may raise issues which would not be appropriate for teachers to answer during ordinary class time. For example, where a child's question hints at abuse; is deliberately tendentious/provocative; or is of a personal nature. Questions of this nature would be followed up appropriately.

Confidentiality and Advice

All stakeholders including: governors, teachers, support staff, parents, pupils and any other agencies involved must be made aware of this policy, particularly as it relates to issues of advice and confidentiality.

All lessons, especially those in the RSE programme, will have the best interests of pupils at heart, enabling them to grow in knowledge and understanding of relationships and sex, developing appropriate personal and social skills and becoming appreciative of the values and attitudes which underpin the Christian understanding of what it means to be fully human.

Pupils will be encouraged to talk to their parents/carers about the issues which are discussed in the programme. Teachers will always help pupils facing personal difficulties, in line with school policy. This includes supporting parents where appropriate too, as part of the home-school partnership.

Safeguarding Procedures

If a teacher has any concerns regarding the welfare of a particular child, then that teacher will make a dated note (in line with the school's Safeguarding and Policy for Relationships and Sex Education in Primary Schools Child Protection policy) of their worries and liaise with the nominated persons on the staff. Any information thus obtained will be regarded as strictly confidential and will be passed to staff on a need to know basis only. After consultation it is the decision of the Headteacher as to whether the information is forwarded to the relevant body.

Teachers should explain to pupils that they cannot offer unconditional confidentiality in matters which are illegal or abusive, for instance. Teachers will explain that in such circumstances they would have to inform others, such as parent/carer and Headteacher, but that the pupils would always be informed first that such action was going to be taken.

If there is a suspicion of possible abuse, teachers will follow the school's Child Protection/ Safeguarding policy.

External Visitors

Our school will often call upon help and guidance from outside agencies and health specialists to deliver aspects of RSHE. Such visits will always complement the current programme and never substitute or replace teacher led sessions. The delivery will also be in line with the Church's teaching.

Benefits of external visitors to RSHE:

- Bring a new perspective to a subject;
- Offer specialised knowledge, experience and resources;
- Make the topic less embarrassing because the visitor is a 'safe stranger';
- Form a friendly link to the community and make local services more accessible;
- Add variety to the curriculum;
- Give support to teachers

It is important that any external visitor is clear about their role and responsibility whilst they are in school delivering a session. Any visitor must adhere to our code of practice developed in line with CES guidance 'Checklist for External Speakers to Schools'.

Health professionals should follow the school's policies, minimising the potential for disclosures or inappropriate comments using negotiated ground rules and distancing techniques as other teachers would. They will ensure that all teaching is rooted in Catholic principles and practice.

Withdrawal

It is our hope that parents would wish pupils to be involved in the school's programme of RSHE. However, we recognise that parents have the right to withdraw their children from this, but not from those areas which are required by the Science National Curriculum.

Parents with concerns are invited in the first instance to arrange an appointment with the school to discuss these concerns and to seek a resolution. If the matter remains unresolved, parents need to notify the governors of their intention to withdraw their child from the RSHE programme.

Impact

Our RSHE curriculum has ambition for high achievement of all pupils irrespective of background and starting point. The quality of teaching will reflect that of all others across the curriculum. Differentiation alongside a range of teaching styles will ensure that all learners are actively engaged in all parts of RSHE lessons.

Progress is measured through the use of questioning and monitoring of written work at the end of each term. These strategies support an accurate assessment of pupils' knowledge and skills, enabling staff to ascertain how learning has been embedded in long term memory and also gaps in learning.

Roles and Responsibilities

The Headteacher has the responsibility for the leadership of the RSE curriculum and delegates responsibility to key staff:

- the Deputy Headteacher and SLT member co-ordinates the work of the subject leaders and ensures that the RSHE curriculum has progression and appropriate coverage;
- The subject leader is responsible for the medium term plans and liaising with class teachers over the content and delivery of RSHE. They evaluate and monitor standards in their subject;
- Class teachers ensure that RSHE is taught and that the aims are achieved for their class. They plan collaboratively to ensure parity across the year group;
- Governors monitor the success of the RSHE curriculum at whole Governing Body meetings through the Headteacher's report and reports from subject leaders.

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