



# Relationships, Health and Sex Education (RHSE) at St George's CE Primary School

*'Let all that you do be done in love' 1 Corinthians 16:14*

HEALTH AND WELLBEING

# Our Vision Statement and RHSE

At St George's we live out our vision statement in everything we do:

*'Let all that you do be done in love' 1 Corinthians 16:14*

*The example of Jesus Christ and the Good news that he brought inspire St George's school to be a caring and inclusive community in which we all love to learn and learn to love.*

We recognise that working together with parents and carers will enable us to provide the most effective and personalised Relationships, Health and Sex Education for our children.

# RHSE in Primary School

RHSE in primary school comprises of Relationships and Health Education which is taught in KS1.

Sex education is taught in addition to Relationships and Health Education in KS2, mainly in Year 6.

Although Sex education is not mandatory in KS2, it is important that the transition phase before moving to secondary school supports pupils' ongoing emotional and physical development effectively. In line with the DFE, therefore, our policy recommends that our primary school will have a sex education programme tailored to the age and physical and emotional maturity of our pupils.

# RHSE in Primary School

## Relationships Education In Primary School



# Relationships Education

## **By the end of Primary children will have learnt about:**

Families and People who care for me

Caring Relationships

Respectful Relationships

Online Relationships

Being Safe

# Relationships Education KS1

By the end of KS1 Children will be able to:

- Talk about our families and the people who give us love (including the school as family and the Christian idea of the Family of God).
- Talk about how we might show that we enjoy being in our families.
- Show that we understand that different people have different kinds of families.
- Know where to go for help if we feel unsafe or unhappy in our family or school.
- Describe what a good friend is like.
- Show kindness to someone who is a friend in a way they will like.
- Describe why it is good to be able to show kindness to someone who is not our friend and try to include them in a game or activity.
- Describe what bullying is, the different kinds of bullying and why it is hurtful.
- Know where to go for help if you are bullied.
- Talk about why it is good to be kind with our words and hands.
- Talk about how our bodies belong to us.
- Identify what is safe and unsafe touching.
- Explain that it is wrong to keep bad secrets and that people should not ask us to do that.
- Tell a trusted adult if I feel unsafe.

# Relationships Education KS2

By the end of KS2 children will:

- Explain why showing gratitude for the love we receive from our friends, family, school etc. can have a healthy impact.
- Give examples of how respect can be shown to people who come from kinds of families different to our own.
- Explain how different wedding ceremonies can help people understand the commitment of marriage
- List the places for help and support when relationships in families, with friends online or with strangers make me feel lonely, unhappy, pressured or uncomfortable.
- Explain why it is important to welcome those people who others might leave out and how to make efforts to understand and enjoy people who are different to you.
- Describe the key features of a good friendship, talk about the ways to cope when there are fallings out and how someone can make peace again and not resort to violence.
- Explain how to think of the needs of a friend or family member and how they might make them happy and listen to their choices.
- Describe what it means to have high expectations in friendships and family; list unacceptable behaviours.
- Explain how stereotyping and bullying can be damaging.
- Describe what it means to be to be an upstander not a bystander when bullying occurs offline and online.
- Explain how to report bullying and how to support someone who has suffered unkindness.
- Explain right and wrong touching; show an understanding of what is appropriate behaviour in private and public; explain what a bad secret is and how to get help.
- Describe resilient behaviour and how to stay hopeful even when relationships are not working.
- Explain how people can accept forgiveness and say sorry when they are selfish or unkind; explain how people can change their behaviour.
- Describe the benefits of enjoying friends and family members and of staying faithful to them over time.

# RHSE in Primary School

## Health Education In Primary School





# Health Education KS1

**By the end of KS1 Children will have learnt about:**

Exercise

Healthy food

Screen time; Good rules?

Talking about feelings

Good Rest, sleep and personal care

# Health Education KS2

**By the end of KS2 children will have learnt about:**

Exercise

Healthy food

Screen time; Good rules?

Talking about feelings

Good Rest, sleep and personal care

**Upper KS2:**

Understanding Puberty

Basic First Aid

# Health Education KS1

By the end of KS1 children will be able to:

- Talk about my emotions, such as when I am happy, sad, angry or afraid and understand when they are helpful.
- Talk about how to look after myself and make sure I can do exercise, eat healthily, and clean my teeth, rest, and consider ways to ensure I get good sleep.
- Talk about why stillness, meditation or prayer can be good for my health.
- Talk about how to look after my skin in the sun.
- Keep myself clean and hygienic and talk about how often I need to wash and clean my teeth.
- Spend time well with others and can talk about what hobbies and interests are good for me.
- Keep myself safe on the internet.
- Show good behaviour towards others on the internet.
- Talk about why I am worth looking after and can show understanding of what most Christians believe about why I am worth looking after.

# Health Education KS2

By the end of KS2 children will be able to:

- Talk about how people can express their emotions such as anger and fear and manage them so they do not have a negative impact on others.
- Outline how to spend time well with others and can talk about the importance of hobbies and interests.
- Describe how to be safe on the internet and explain how to avoid cyberbullies and cyberbullying.
- List what makes wise choices online and explain why limiting screen time is a good idea.
- Explain why humans are worth looking after and why most Christians believe humans are made by God and so are precious and therefore they should look after the gift they have been given. (Stewardship)
- Describe different kinds of exercise and explain why it is good for your health.
- Explain why good sleep and rest are important and why considering some spiritual activity is good for your wellbeing.
- Explain why helping others, volunteering or campaigning for a better world might help my health.
- Plan a healthy diet and express what the dangers of not being careful in choices about food.
- Explain the facts and laws surrounding, alcohol, smoking and drugs.
- Explain how to make an emergency call, and demonstrate how to apply basic First Aid - for example, dealing with common injuries including head injuries.
- Demonstrate how to look after my teeth and my skin in the sun. I can explain why this is important and what happens if people do not do this.
- Talk about how to practice personal hygiene and can explain why it can be anti-social not to do so.
- Talk about puberty and how it effects girls and boys, particularly the emotional and physical changes including periods.
- Ask the appropriate people for help if I need it.

## ***Goodness & Mercy***

is a selection of RHSE resources written primarily for Church of England schools. We have chosen to use this as our main resource for teaching RHSE as it includes a comprehensive and sensitive scheme of work which supports our values and beliefs at St George's.



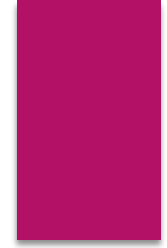
The resource aims to fully support the Church of England vision for education: “I come that they may have life in all its fullness” (John 10:10). This scripture grounds us in the recognition that having a positive relationship with ourselves and with others is foundational for a complete and fulfilled life. We also acknowledge that this is central to other faiths and respect the different faith backgrounds of the children in our school.

# Sex Education – Primary

The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals

The transition phase before moving to secondary school should support pupils' ongoing emotional and physical development effectively. The Department of Education continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.

As a parent, you have the right to withdraw your child from Sex Education if you wish to do so, however, this is not to be confused with the aspects covered within Science lessons which is a statutory requirement.



## **In Year 6 - predominantly in Term 3**

Pupils can describe, using accurate vocabulary, what happens between a man and woman that has the possibility of resulting in a baby.

Pupils can suggest how close intimate relationships might affect people physically, emotionally and spiritually.

Pupils can discuss how people choose to have babies and can suggest criteria for when it might be a sensible time.

Pupils can explain why some people argue that the best time for such closeness is within a long-term, faithful and committed relationship such as marriage.

Pupils can talk about how some people don't choose this option and prefer to not have sexual intercourse with anyone and that this is another positive choice.



(Cont.)

Pupils can show that they know that in the UK it is unlawful to have sex until you are 16.

Pupils can explain what happens at conception and are able to explain the journey from pregnancy to birth.

Pupils can talk about why having a baby is wonderful but a huge responsibility.



# What you can do to help

As a parent, we hope that you will support the teaching of Relationships, Health and Sex education at home by talking to your children about some of the aspects that we have outlined.

You can help by:

talking to your child,

making sure they understand,

listening to any concerns,

reassuring your child that you are there if they need to talk about anything at all.