

Fawbert and Barnard Infant School
Relationship and Health Education policy

Policy Statement

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. (Relationships Education, Relationships and Sex Education (RSE) and Health Education Guidance, Department of Education 2019)

Introduction

At F&B, children's wellbeing, happiness and safety are our main priority and we see Personal, Social, Health and Economic Education (PSHE), including RHE, as being at the centre of all that we do. It helps to give children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible citizens.

Aims

The aim of RHE at F&B is to equip children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships, and to take responsibility for their health and well-being. Good quality RHE promotes the core values of respect, love and care. It also provides the opportunity for children and young people to reflect on their own attitudes and beliefs and those of their peers and others. RHE is an integral element of personal, social, health, citizenship education (PSHE) and it is therefore essential and good practice that teaching and learning about relationships is planned and implemented within this broader framework rather than as a stand-alone subject.

Consultation

This draft policy was developed by Esther Potma, PSHE Subject Leader, in consultation with SLT, staff and the link governor. It has been approved by all governors and has been shared with all the parents during Summer term 2021. This included samples of lesson plans we will use. The policy has been shared and discussed with the new school council children in September 2021.

Requirements on schools in law

At primary level Relationships Education and Health Education is statutory. It's important that parents know that there is no option to withdrawal from these subjects.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf

Roles and Responsibilities

The PSHE leader is responsible for providing an overview of the subject across the school to inform staff planning and to advice in which the curriculum can be delivered in an effective and engaging way. The PSHE leader should have an up-to-date knowledge of the subject requirements and ensure that these are met across the school, as well as having an overview of assessment. They are responsible for ensuring that an overview of the subject is available on the school website. The PSHE leader also has a sound knowledge of the resources which are available within school and ensures that resources are replenished and updated as necessary. The PSHE leader is responsible for the planning and implementation of any subject specific events which are held at school.

Individual teachers are responsible for the day to day planning, delivery and assessment of the RSHE curriculum.

The link governor for PSHE is responsible for ensuring there is a good professional dialogue with the subject leader throughout the school year. He or she is responsible for monitoring the implementation of this policy. This will be through ongoing discussion with the subject leader and consideration of the evidence gathered in the subject file. The governor will report on this to the curriculum committee. The work of the subject leader is also subject to review by the headteacher as part of our performance management arrangements.

Curriculum and Opportunities

The RHE curriculum at Fawbert and Barnard Infants is taught as part of the National Curriculum Framework for PSHE and Citizenship. We follow the scheme of work produced by Coram Life Education: the SCARF programme - (Safety, Caring, Achievement, Resilience, Friendship). SCARF provides a whole-school, spiral curriculum to build essential foundations in Personal, Social, Health and Economic Education (PSHE) as well as RHE- crucial for children to achieve their best, academically and socially.

SCARF's RHE resources help children and young people to be safe, healthy and happy, both as they grow, and in their future lives. Delivered as part of PSHE and/or Science, they help schools meet their current SMSC (Spiritual, Moral, Social and Cultural) development, safeguarding, and emotional wellbeing requirements, as well as ensuring that they meet the requirements of the DfE Primary Relationships Education and Health Education Curriculum, and National Curriculum Science from 2020. See our separate policy for PSHE.

Work in this area is presented in diverse ways and a wide variety of opportunities are taken to extend pupils' learning.

- ◆ Weekly timetabled slots in which specific units from the SCARF scheme of work are covered.
- ◆ Work planned through links with other National Curriculum subjects e.g. Science.
- ◆ Regular classroom "Circle Times" as part of SCARF.
- ◆ An annual visit for every class to the 'Life Bus/Life Space' as part of the SCARF programme. (These visits also come with parent workshops and staff training.)
- ◆ Topics presented and discussed at assemblies.
- ◆ Half termly assemblies by subject leader.
- ◆ Other, more informal opportunities to reinforce understanding, such as monitoring of the school's 'Healthy Snacks' policy.
- ◆ Participation in a variety of charity fundraising activities through the year which raise awareness of the needs of others.
- ◆ An elected School Council and Eco Council.
- ◆ Regular story times with books from the Well-being library.

Teaching and Learning Approaches

At different times a variety of approaches will be adopted.

For example:

- Whole class and group discussions on specific topics.
- Drama and role play dealing with issues raised.
- Problem solving exercises both as a whole class or in small groups.
- Playing games dealing with relevant issues or encouraging particular attitudes.
- Studying resources designed to stimulate thinking processes and discussions.
- Visiting speakers such as the police, religious speakers and health workers also contribute to the taught curriculum.

RHE is taught in a safe learning environment through the use of group agreements (both Y1 and Y2 classes will introduce the ROCK -Respectful, Open, Caring and Kind- agreement as part of their PSHE lessons) and distancing techniques so that pupils are not put 'on the spot' or expected to discuss their own personal issues. Teachers will attempt to answer children's questions and concerns in a sensitive, age and development appropriate manner. Individual teachers will use their skill and discretion in these situations and if necessary, refer to the PSHE subject lead for advice and support.

Planning

RHE is taught through SCARF: this is an explicit, structured, whole-curriculum framework for teaching social, emotional and behavioural skills to all pupils and it is taught through a whole-school approach. It is a spiral curriculum which revisits each theme (and the skills associated with that theme) offering new ideas yearly. This introduces new and more challenging learning whilst building on what has been taught before.

Our long-term plans:

EYFS - Nursery

Autumn 1	Autumn 2	Spring 1
<i>Me and my relationships</i>	<i>Valuing difference</i>	<i>Keeping myself safe</i>
<ol style="list-style-type: none"> 1. Marvellous me! 2. I am special. 3. People who are special to me. (new) 	<ol style="list-style-type: none"> 1. Me and my friends. 2. Friends and family. 3. Including everyone. 	<ol style="list-style-type: none"> 1. People who help to keep me safe. 2. Safety indoors and outdoors. 3. What is safe to go into my body?
Spring 2	Summer 1	Summer 2
<i>Rights and responsibilities</i>	<i>Being my best</i>	<i>Growing and changing</i>
<ol style="list-style-type: none"> 1. Looking after myself. 2. Looking after others. 3. Looking after my environment. 	<ol style="list-style-type: none"> 1. What does my body need? 2. I can keep trying. 3. I can do it! 	<ol style="list-style-type: none"> 1. Growing and changing in nature. (new) 2. When I was a baby. (new) 3. Boys, girls and families. (new)

EYFS - Reception

Autumn 1	Autumn 2	Spring 1
<i>Me and my relationships</i>	<i>Valuing difference</i>	<i>Keeping myself safe</i>
Wk 1 All about me. Wk 2 What makes me special. Wk 3 Me and my special people. Wk 4 Who can help me? Wk 5 My feelings (1). Wk 6 My feelings (2).	Wk 1 I'm special, you're special. Wk 2 Same and different. Wk 3 Same and different families. Wk 4 Same and different homes. Wk 5 Kind and caring (1). Wk 6 Kind and caring (2).	Missed learning Nursery due to lockdown 2: <ol style="list-style-type: none"> 1. People who help to keep me safe. 2. Safety indoors and outdoors. 3. What is safe to go into my body? Wk 1 What's safe to go onto my body? Wk 2 Keeping Myself Safe - What's safe to go into my body (including medicines) Wk 3 Safe indoors and outdoors Wk 4 Listening to my feelings (1) Wk 5 Keeping safe online Wk 6 People who help to keep me safe
Spring 2	Summer 1	Summer 2
<i>Rights and responsibilities</i>	<i>Being my best</i>	<i>Growing and changing</i>
Wk 1 Looking after my special people Wk 2 Looking after my friends Wk 3 Being helpful at home and caring for our classroom Wk 4 Caring for our world Wk 5 Looking after money (1): recognising, spending, using Wk 6 Looking after money (2): saving money and keeping it safe	Wk 1 Bouncing back when things go wrong Wk 2 Yes, I can! Wk 3 Healthy eating (1) Wk 4 Healthy eating (2) Wk 5 Move your body Wk 6 A good night's sleep	Wk 1 Seasons Wk 2 Life stages - plants, animals, humans Wk 3 Life Stages: Human life stage - who will I be? Wk 4 Where do babies come from? Wk 5 Getting bigger Wk 6 Me and my body - girls and boys

Year 1

Autumn 1	Autumn 2	Spring 1
<i>Me and my relationships</i>	<i>Valuing difference</i>	<i>Keeping myself safe</i>
Wk 1 Why we have classroom rules? Wk 2 Thinking about feelings Wk 3 Our feelings Wk 4 Feelings and bodies Wk 5 Our special people balloons Wk 6 Good friends Wk 7 How are you listening?	Wk 1 Same or different? Wk 2 Unkind, tease or bully? Wk 3 Harold's school rules Wk 4 Who are our special people? Wk 5 It's not fair!	Missed learning from Reception due to lockdown 2: Wk 1 What's safe to go onto my body? Wk 2 Keeping Myself Safe - What's safe to go into my body (including medicines) Wk 3 Safe indoors and outdoors Wk 4 Listening to my feelings (1) Wk 5 Keeping safe online Wk 6 People who help to keep me safe Wk 1 Healthy me Wk 2 Super sleep Wk 3 Who can help? (1) Wk 4 Harold loses Geoffrey Wk 5 What could Harold do? Wk 6 Good or bad touches? Wk 7 Sharing pictures (new)
Spring 2	Summer 1	Summer 2
<i>Rights and responsibilities</i>	<i>Being my best</i>	<i>Growing and changing</i>
Wk 1 Harold's wash and brush up Wk 2 Around and about the school Wk 3 Taking care of something Wk 4 Harold's money Wk 5 How should we look after our money? Wk 6 Basic first aid	Wk 1 I can eat a rainbow Wk 2 Eat well Wk 3 Catch it! Bin it! Kill it! Wk 4 Harold learns to ride his bike Wk 5 Pass on the praise! Wk 6 Harold has a bad day	Wk 1 Inside my wonderful body! Wk 2 Taking care of a baby Wk 3 Then and now Wk 4 Who can help? (2) Wk 5 Surprises and secrets Wk 6 Keeping privates private

Year 2

Autumn 1	Autumn 2	Spring 1
<i>Me and my relationships</i>	<i>Valuing difference</i>	<i>Keeping myself safe</i>
Wk 1 Our ideal classroom (1). Wk 2 Our ideal classroom (2). Wk 3 How are you feeling today? Wk 4 Bullying or teasing? Wk 5 Don't do that! Wk 6 Types of bullying. Wk7 Being a good friend. Wk 8 Let's all be happy!	Wk 1 What makes us who we are? Wk 2 How do we make others feel? Wk 3 My special people. Wk 4 When someone is feeling left out. Wk 5 An act of kindness. Wk 6 Solve the problem.	Missed learning from Y1 due to lockdown 2: Wk 1 Healthy me Wk 2 Super sleep Wk 3 Who can help? (1) Wk 4 Harold loses Geoffrey Wk 5 What could Harold do? Wk 6 Good or bad touches? Wk 7 Sharing pictures (new) Wk 1 Harold's picnic. Wk 2 How safe do you feel? Wk 3 What should Harold say? Wk 4 I don't like that! Wk 5 Fun or not? Wk 6 Should I tell? Wk 7 Some secrets should never be kept.
Spring 2	Summer 1	Summer 2
<i>Rights and responsibilities</i>	<i>Being my best</i>	<i>Growing and changing</i>
Wk 1 Getting on with others. Wk 2 When I feel like erupting. Wk 3 Feeling safe. Wk 4 How can we look after our environment? Wk 5 Harold saves for something special. Wk 6 Harold goes camping. Wk 7 Playing games (new)	Wk 1 You can do it! Wk 2 My day. Wk 3 Harold's postcard: helping us the keep clean and healthy. Wk 4 Harold's bathroom. Wk 5 My body needs.... Wk 6 What does my body do?	Wk 1 A helping hand. Wk 2 Sam moves out. Wk 3 Haven't you grown. Wk 4 My body, your body. Wk 5 Respecting privacy. Wk 6 Basic first aid.

The DfE Relationships Education and Health Education statutory requirements are mapped against the SCARF lesson plans on the Coram Education website.

RHE through Science

Year 1:

Learning objective: Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

Knowledge: The basic body parts are the head, arms, legs, nose, eyes, ears, mouth, hands and feet. The five senses are hearing, sight, smell, taste and touch. Ears are used for hearing, eyes are used to see, the nose is used to smell, the tongue is used to taste and skin gives the sense of touch.

Year 2:

Learning objective: Find out about and describe the basic needs of animals, including humans, for survival (water, food and air).

Knowledge: Humans need water, food, air and shelter to survive.

Learning objective: Notice that animals, including humans, have offspring which grow into adults.

Knowledge: Human offspring go through different stages as they grow to become adults. These include baby, toddler, child, teenager, adult and elderly.

Learning objective: Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Knowledge: A healthy lifestyle includes exercise, good personal hygiene, good quality sleep and a balanced diet. Risks associated with an unhealthy lifestyle include obesity, tooth decay and mental health problems.

Links with other Policies

There are elements of PSHE throughout the curriculum and these links are planned into the work covered at all stages. There are, however, specific links with the following policies:

- ◆ Anti racist/ Racial Harassment Policy
- ◆ Behaviour Policy
- ◆ British Values (see website)
- ◆ Equal Opportunity and Inclusion Policy
- ◆ Multicultural Education Policy
- ◆ Collective Worship Policy
- ◆ R.E. Policy
- ◆ P.E. policy
- ◆ Drug Education Policy
- ◆ Science Policy
- ◆ PSHE policy
- ◆ Child protection Policy

Monitoring, Assessment, Evaluation and Reporting to Parents

- The PSHE Subject Leader monitors planning and undertakes classroom observations.
- PSHE is assessed at the end of every term, using the SCARF 'End of Unit' assessment sheets, and data is collected in SIMS for SLT and the subject leader to analyse.
- Progress is reported to parents on the annual report.
- RHE is regularly evaluated by the subject leader. The views of pupils, parents and teachers are used to make changes and improvements on an ongoing basis. The PSHE leader will attend courses/training events to ensure their subject knowledge is up to date. Termly monitoring activities involving staff and children will enable the subject leader to monitor what is being taught and delivered across the school. Any changes or updates to the Relationship Education curriculum will be discussed with staff during staff meetings.

Early Years Foundation Stage

Assessment is based on the teacher's (and other practitioners) own judgement based on observation of the children. This is done during Child Initiated Learning time (ChIL) as well as assessments from adult directed activities.

PSHE is assessed as part of the Personal, Social and Emotional Development (PSED) Area of Learning within the Foundation Stage Profile at the end of Year R as a summative assessment. There are three specific Early Learning Goals (ELGs) in which Year R children are assessed as part of this:

- Self Confidence and self-awareness
- Managing feelings and behaviour
- Making relationships

On entry to Nursery and Reception and at the end of each term, assessments are also made for each child's attainment through the PSED Early Years Outcome statements which lead up to the ELGs.

In Key Stage 1 the teachers assess progress based on the key skills for each foundation subject. Each class is assessed against each SCARF theme, throughout the year, and children who need more support in a particular theme are recorded in green against that theme. This then enables the teachers and PSHE subject leader to monitor the vulnerable children within each class and to help support those children further in the next SCARF theme. These assessments are then passed onto the next teacher throughout both Key Stage 1 at Fawbert & Barnard and Key Stage 2 at Reedings.

Equal Opportunities

All pupils (regardless of gender, cultural background, class, disability and ability) will have the opportunity to achieve the highest possible achievements without making impossible demands on them.

All children will be encouraged to value their own and other people's contributions.

For further details, see the School's Equality Scheme.

Date of policy: September 2021

Review date: September 2022