

Lady Katherine Leveson CE Primary School

PSHE Policy, including Relationships Education, Relationships and Sex Education (RSE) & Health Education Policy

Issued: September 2024

Next review due: Autumn 2027

Relationships Education, Relationships and Sex Education (RSE) & Health Education Policy

BDMAT Vision and Values

The Birmingham Diocesan Multi-Academy Trust (BDMAT) recognises that the future for schools lies in formal collaborations; schools working together, in partnership to offer life in all its fullness for the young people who attend them. Church schools have a very distinctive purpose: Education is taught in an environment where there is a set of values and ways of behaving that stem from, and express, the Christian foundation of the school. Our schools are about providing an education within a Christian framework for children of the local community of any faith or none; Our Trust seeks to provide a place where church schools and non-church schools who support our philosophy can continue to provide high quality education, knowing that their distinctive ethos will be protected into the future.

When determining this policy, a number of documents were referenced including:

Valuing All God's Children

Deeply Christian, Serving the Common Good

https://www.churchofengland.org/more/education-and-schools/education-publications

Relationships Education, Relationships and Sex Education (RSE) and Health Education; Department for Education statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams and teachers and Physical Health and Mental Well Being.

https://www.gov.uk/government/publications/relationships-education-relationships-andsexeducation-rse-and-health-education

Our mission is:

To provide high quality education within a Christian framework that allows all pupils to reach their full potential through experiencing a broad and balanced curriculum whilst ensuring staff have a good life / work balance and are fulfilled in their roles.

Our values

We have adopted the values of the Church of England, as articulated in the document 'Deeply Christian, Serving the Common Good' which sets out the vision for education that the Church of England believes should be seen in all schools, and not just those of a Christian foundation. As a result, the values apply equally to our church schools and our non-church schools.

Our key values are:

- Hope through our Christian faith, we have hope that there can always be a positive outcome
- Honesty we are honest with all inside and outside our organisation, whilst being sensitive to how we deliver these messages
- Integrity we have strong principles rooted in our Christian mission that lead our actions and decisions
- **Helpfulness** we work in co-operation and partnership with all staff and stakeholders
- **Respec**t we respect all those that we come across
- Dignity and compassion we treat all those within and outside our organisation with dignity, irrespective of the circumstances, and we show everyone compassion for the difficulties that they are experiencing
- Wisdom The decisions we take are wise; they are based on informed discussions and evidence and we aim to ensure we achieve the best outcomes for all without compromising our values

School Vision and Rationale

Our mission is:

Celebrating together the richness and diversity of life throughout the world; global citizens within our community and beyond.

Our values:

- Joy
- Stewardship
- Community
- Compassion
- Friendship
- Reconciliation
- Respect

PSHE

At Lady Katherine Leveson CE Primary School, we teach Personal, Social, Health Education as a whole-school approach to underpin children's development as people and because we believe that this also supports their learning capacity.

The Jigsaw Programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area. The overview of the programme can be seen on the school website.

This also supports the "Personal Development" and "Behaviour and Attitude" aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding

and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.

Statutory Relationships and Health Education

Relationships Education, Relationships and Sex Education, and Health Education

The Relationships Education, Relationships and Sex Education, and Health Education (England) Regulations 2019 are made under sections 34 and 35 of the Children and Social Work Act 2017, and provide that pupils receiving primary education must be taught Relationships Education, pupils receiving secondary education must be taught RSE and that all primary and secondary pupils must be taught Health Education.

The new subjects of Relationships Education and RSE must be taught in all maintained schools, academies and independent schools. This includes:

- pupil referral units
- maintained special schools
- special academies
- non-maintained special schools

All schools, except independent schools, must make provision for Health Education.

To give effect to the duty in section 34 of the 2017 Act and the power in section 35 of that Act, the Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019 amend existing provisions in the Education Act 1996 and the Education Act 2002 and insert new provisions into:

- the Education (Pupil Referral Units) (Application of Enactments) (England) Regulations 2007
- the Education (Independent School Standards) Regulations 2014
- the Non-Maintained Special Schools (England) Regulations 2015

The new provisions include a requirement for the Secretary of State to publish guidance on Relationships Education, RSE, and Health Education. They require schools to have regard to that guidance and make a statement of policy on their provision of Relationships Education and RSE. They also set out the circumstances in which a pupil is to be excused from RSE.

The regulations and guidance in relation to Health Education do not apply to independent schools – they will continue to make provision for the health education element of PSHE under the Education (Independent School Standards) Regulations 2014.

Here, at Lady Katherine Leveson CE Primary School, we value PSHE as one way to support children's development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

We include the statutory Relationships and Health Education within our whole-school PSHE Programme.

To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to your children's needs. The mapping document: Jigsaw 3-11 and statutory Relationships and Health Education, shows exactly how Jigsaw and therefore our school, meets the statutory Relationships and Health Education requirements.

This programme's complimentary update policy ensures we are always using the most up to date teaching materials and that our teachers are well-supported.

Our PSHE policy is informed by existing DfE guidance:

- Keeping Children Safe in Education (statutory guidance)
- Respectful School Communities: Self Review and Signposting Tool (a tool to support a whole school approach that promotes respect and discipline)
- Behaviour and Discipline in Schools (advice for schools, including advice for appropriate behaviour between pupils)
- Equality Act 2010 and schools
- SEND code of practice: 0 to 25 years (statutory guidance)
- Alternative Provision (statutory guidance)
- Mental Health and Behaviour in Schools (advice for schools)
- Preventing and Tackling Bullying (advice for schools, including advice on cyberbullying)
- Sexual violence and sexual harassment between children in schools (advice for schools)
- The Equality and Human Rights Commission Advice and Guidance (provides advice on avoiding discrimination in a variety of educational contexts)
- Promoting Fundamental British Values as part of SMSC in schools (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, social and cultural (SMSC)
- SMSC requirements for independent schools (guidance for independent schools on how they should support pupils' spiritual, moral, social and cultural development).

The Jigsaw Programme is aligned to the PSHE Association Programmes of Study for PSHE.

What do we teach when and who teaches it?

Whole-school approach

Jigsaw 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 Puzzles (units) and these are taught across the school; the learning deepens and broadens every year.

Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Spring 1:	Dreams and 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:	Healthy Me	Includes drugs and alcohol education, 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, conflict resolution and communication skills, bereavement and loss	
Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change	

At Lady Katherine Leveson CE Primary School we allocate 60 minutes to PSHE each week in order to teach the PSHE knowledge and skills in a developmental and age-appropriate way.

These explicit lessons are reinforced and enhanced in many ways:

Assemblies and collective worship, praise and reward system, Learning Charter, through relationships child to child, adult to child and adult to adult across the school. We aim to 'live' what is learnt and apply it to everyday situations in the school community.

Class teachers deliver the weekly lessons to their own classes.

Relationships Education

What does the DfE statutory guidance on Relationships Education expect children to know by the time they leave primary school?

Relationships Education in primary schools will cover 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', and 'Being safe'.

The expected outcomes for each of these elements can be found further on in this policy. The way the Jigsaw Programme covers these is explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education.

It is important to explain that whilst the Relationships Puzzle (unit) in Jigsaw covers most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in Jigsaw e.g. the Celebrating Difference Puzzle helps children appreciate that there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

Health Education

What does the DfE statutory guidance on Health Education expect children to know by the time they leave primary school?

Health Education in primary schools will cover 'Mental wellbeing', 'Internet safety and harms', Physical health and fitness', Healthy eating', 'Drugs, alcohol and tobacco', 'Health and prevention', 'Basic First Aid', 'Changing adolescent body'.

The expected outcomes for each of these elements can be found further on in this policy. The way the Jigsaw Programme covers these is explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education.

It is important to explain that whilst the Healthy Me Puzzle (unit) in Jigsaw covers most of the statutory Health Education, some of the outcomes are taught elsewhere in Jigsaw e.g. emotional and mental health is nurtured every lesson through the Calm me time, social skills are grown every lesson through the Connect us activity and respect is enhanced through the use of the Jigsaw Charter.

Also, teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Changing adolescent body' strand, and in Jigsaw this is taught as part of the Changing Me Puzzle (unit).

Again, the mapping document transparantly shows how the Jigsaw whole-school approach spirals the learning and meets all statutory requirements and more.

Sex Education

The DfE Guidance 2019 (p.23) recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.

However, 'Sex Education is not compulsory in primary schools'. (p. 23)

Schools are to determine the content of sex education at primary school. Sex education 'should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born'.

At Lady Katherine Leveson CE Primary School, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit). We conclude that sex education refers to Human Reproduction, and therefore inform parents of their right to request their child be withdrawn from the PSHE lessons that explicitly teach this i.e. the Jigsaw Changing Me Puzzle (unit) e.g.

Year 4, Lesson 2 (Having a baby)

Year 5, Lesson 4 (Conception)

Year 6, Lesson 4 (Conception, birth)

	Puberty and Human Reproduction in Jigsaw 3-11				
FS	Growing Up	How we have changed since we were babies			
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates			
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them			
Y2 The changing me		Where am I on the journey from young to old, and what changes can I be proud of?			
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?			
Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them			
	Inside body changes	How our bodies need to change so they can make babies when we grow up — inside changes and how we feel about them (animations used – shorter version Female and Male Reproductive Systems)			

@ Jigsaw PSHE

	Puberty and H	uman Reproduction in Jigsaw 3-11
Y4	Having a baby	The choice to have a baby, the parts of men and women that make babies and – in simple terms – how this happens (animations used – the Femal Reproductive System)
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult — including menstruation (animations used—the Female Reproductive System)
Y5	Puberty for girls	Physical changes and feelings about them – importance of looking after yourself (animations used – the Female Reproductive System)
	Puberty for boys	Developing understanding of changes for both sexes — reassurance and exploring feelings (animations used – the Male Reproductive System)
	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life (animations used—the Female and Male Reproductive Systems)
Y6	Puberty	Consolidating understanding of physical and emotional changes and how they affect us (animations used – the Female and Male Reproductive Systems)
	Girl talk / boy talk	A chance to ask questions and reflect (single sex) (animations used – the Femal and Male Reproductive Systems)
	Conception to birth	The story of pregnancy and birth (animations used – the Female and Male Reproductive Systems)

@ Jigsaw PSHE

The school will inform parents of this right by letter in the Spring Term before the Changing Me Puzzle is taught. We are of course happy to discuss the content of the curriculum and invite you to contact the school office.

Monitoring and Review

The Local Academy Board monitors this policy on an annual basis. Serious consideration is given to any comments from parents about the PSHE (RSHE) programme, and a record is made of all such comments. Governors scrutinise and ratify teaching materials to check they are in accordance with the school's ethos.

Equality

This policy will inform the school's Equalities Plan.

The DfE Guidance 2019 (p. 15) states, "Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which sexual orientation and gender reassignment are amongst the protected characteristics...

At the point at which schools consider it appropriate to teach their pupils about LGBT (Lesbian, Gay, Bisexual, Transgender), they should ensure this content is fully integrated into their programmes of study for this area of the curriculum rather than delivered as a stand-alone unit or lesson. Schools are free to determine how they do this, and we expect all pupils to have been taught LGBT content at a timely point as part of this area of the curriculum".

At Lady Katherine Leveson CE Primary School, we promote respect for all and value every individual child. We also respect the right of our children, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of Relationships, Health and Sex Education.

For further explanation as to how we approach LGBT relationships in the PSHE (RSHE) Programme please see:

'Including and valuing all children. What does Jigsaw teach about LGBTQ relationships?'



Relationships Education in Primary schools – DfE Guidance 2019

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. The references R3/H5 etc can be crossreferenced on the Jigsaw mapping documents and Puzzle Maps to show which lessons throughout Jigsaw contribute to which statutory outcomes. All statutory outcomes are covered in the Jigsaw 311 Programme.

The guidance states that, by the end of primary school:

	Pupils should know	How Jigsaw provides the
		solution



Families and people who care for me

- R1 that families are important for children growing up because they can give love, security and stability.
- R2 the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- R3 that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
- R4 that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- R5 that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong (Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious).
- R6 how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

All of these aspects are covered in lessons within the Puzzles

- Relationships
- Changing Me
 Celebrating
 Difference
- Being Me in My World



Caring friendships

- R7 how important friendships are in making us feel happy and secure, and how people choose and make friends
- R8 the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- R9 that healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded
- R10 that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right
- R11 how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help and advice from others, if needed

Respectful relationships

- R12 the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
- R13 practical steps they can take in a range of different contexts to improve or support respectful relationships
- R14 the conventions of courtesy and manners
- R15 the importance of self-respect and how this links to their own happiness
- R16 that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority
- R17 about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help





	 R18 what a stereotype is, and how stereotypes can be unfair, negative or destructive R19 the importance of permission-seeking and giving in relationships with friends, peers and adults 	
Online relationships	 R20 that people sometimes behave differently online, including by pretending to be someone they are not. R21 that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. R22 the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. R23 how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. R24 how information and data is shared and used online. 	All of these aspects are covered in lessons within the Puzzles • Relationships • Changing Me • Celebrating Difference



Being safe

- R25what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- R26 about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
- R27 that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.
- R28 how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
- R29 how to recognise and report feelings of being unsafe or feeling bad about any adult.
- R30 how to ask for advice or help for themselves or others, and to keep trying until they are heard,
- R31 how to report concerns or abuse, and the vocabulary and confidence needed to do so.
- R32 where to get advice e.g. family, school and/or other sources.

All of these aspects are covered in lessons within the Puzzles

- Relationships
- Changing Me
 Celebrating
 Difference



Physical health and mental well-being education in Primary schools – DfE Guidance

The focus in primary school should be on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental well-being is a normal part of daily life, in the same way as physical health.

By the end of primary school:

Pupils should know	How Jigsaw provides the
	solution



Mental wellbeing

- H1 that mental wellbeing is a normal part of daily life, in the same way as physical health.
- H2 that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
- H3 how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- H4 how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- H5 the benefits of physical exercise, time outdoors, community participation, voluntary and servicebased activity on mental well-being and happiness.
- H6 simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- H7 isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.
- H8 that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being.

H9 where and how to seek support (including recognising the triggers for seeking support), including whom in

All of these aspects are covered in lessons within the Puzzles

- Healthy Me
- Relationships
- Changing Me
- Celebrating Difference



	school they should speak to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues arising online). • H10 it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.	
Internet safety and harms	H11 that for most people the internet is an integral part of life and has many benefits.	All of these aspects are covered in lessons within the Puzzles
	 H12 about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. H13 how to consider the effect of their online actions on others and knowhow to recognise and display respectful behaviour online and the importance of keeping personal information private. H14 why social media, some computer games and online gaming, for example, are age restricted. H15 that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. 	Relationships Healthy Me
	 H16 how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. 	
	 H17 where and how to report concerns and get support with issues online. 	



Physical health and fitness

- H18 the characteristics and mental and physical benefits of an active lifestyle.
- H19 the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily

All of these aspects are covered in lessons within the Puzzles

Healthy Me



		1
Healthy eating	 active mile or other forms of regular, vigorous exercise. H20 the risks associated with an inactive lifestyle (including obesity). H21 how and when to seek support including which adults to speak to in school if they are worried about their health. H22 what constitutes a healthy diet 	All of these aspects are covered in
	 (including understanding calories and other nutritional content). H23 the principles of planning and preparing a range of healthy meals. H24 the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). 	lessons within the Puzzles • Healthy Me
Drugs, alcohol and tobacco	 H25 the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking 	
Health and prevention	 H26 how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. H27 about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. H28 the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. H29 about dental health and the benefits of good oral hygiene and dental flossing, including regular checkups at the dentist. H30 about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. 	All of these aspects are covered in lessons within the Puzzles • Healthy Me



	H31 the facts and science relating to immunisation and vaccination	
Basic first aid	H32 how to make a clear and efficient call to emergency services if necessary.	All of these aspects are covered in lessons within the Puzzles



	H33 concepts of basic first-aid, for example dealing with common injuries, including head injuries.	Healthy Me
Changing adolescent body	 H34 key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. H35 about menstrual wellbeing including the key facts about the menstrual cycle. 	All of these aspects are covered in lessons within the Puzzles • Changing Me • Healthy Me

Policy Review

This policy is reviewed annually.

	Signed Headteacher	Signed Chair of Governors
Date of review:		
Date of next review:		

Jigsaw PSHE documents needed to explain this policy:

Jigsaw 3-11 and statutory Relationships and Health Education (mapping document)
 Including and valuing all children. What does Jigsaw teach about LGBTQ relationships?