

Winchester House School
RSE Policy
(Relationships and Sex Education)

Version 2

Responsible Governor: Chair of Prep Committee

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Our Aim

To provide our pupils with the necessary knowledge to ensure that they know how to keep safe and healthy, and are able to manage their academic, personal and social lives in a positive way.

Introduction

This policy sets out how we at Winchester House aim to provide children with the best preparation for their present and future lives in terms of health, relationship and sex education. We strive to have a culture of open discussion and dialogue which is both proactive and preparatory as well as being reactive to trends or issues. Rather than a discrete subject, this policy underpins the way we operate and we seek to promote its importance through our community codes of conduct. In this policy, RE is the Relationship Education curriculum for Primary Pupils and RSE is the Relationships and Sex Education curriculum for Secondary Pupils.

Legislation (Statutory Regulations and Guidelines)

The RE and RSE teaching at Winchester House School has regard to any guidance under section 80A of the Education Act 2002 that applies in relation to the provision of education by maintained schools. Under the *Education Act 2002*, all schools must provide a balanced curriculum which:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society
- Prepares pupils at the school for opportunities, responsibilities and experiences of later life

The *2006 Education and Inspections Act* placed a duty on Governing Bodies to:

- Promote the wellbeing of pupils at the school

Revised *Department for Education statutory guidance* states that from September 2020 (updated September 2021) all schools must deliver:

- Relationships Education (Primary)
- Relationship and Sex Education (Secondary)
- As well as, Health Education to all age groups

The 2010 Equality Act legally frames this policy to protect all our community from discrimination.

We treat RE and RSE as part of the wider PSHE curriculum. We support equal opportunities in education, seeing it as enabling and encouraging all our pupils to build self-esteem through discussion and activities in a safe environment.

If you would like a copy of this policy free of charge, please contact jenny.blake@winchester-house.org and we will provide it for you.

If you would like more information about statutory Relationships and Health Education, please click the link to read the government guide [“Understanding Relationships and Health Education in your child’s primary school: a guide for parents”](#). [And for secondary aged children.](#)

Roles and responsibilities

PSHE, RE and RSE delivery across the school will be monitored by the Deputy Head - DSL. The Head of PSHE will ensure that content and delivery is appropriate for the age range and have day-to-day oversight of planning.

Teaching of RE and RSE

From Nursery through to Year 8 we use the PSHE and RE and RSE scheme provided by Jigsaw. Jigsaw offer an age appropriate and interactive way for children to learn about all aspects of PSHE, building each year on what has been covered in previous teaching. Jigsaw is up to date with all of the statutory requirements and is constantly updated as requirements change.

Appendix A shows the topics covered from Nursery through to Year 8. If parents would like a more in depth overview of the topics covered in RE and RSE over the school year, a parent login and password can be provided for Jigsaw. This will show the topics covered and the terminology that will be used in school. We will always follow the needs of the children that we are teaching, so the exact order of what is covered in school will vary.

We encourage active participation and engagement in lessons; pupils will be given plenty of time to discuss and engage in healthy discussion and debate.

Staff will aim to create a comfortable environment in which pupils feel able to ask questions. Professional judgement will be used when facing a controversial question; opportunities to raise anonymous questions will be provided. There will be times where information which is shared in

these sessions will need to be referred in accordance with our pastoral systems or to the Designated Safeguarding Lead, following our Child Protection and Safeguarding Policy.

In our teaching, pupils will learn about:-

- The nature of marriage and civil partnership and their importance for family life and the bringing up of children
- Safety in forming and maintaining relationships
- The characteristics of healthy relationships, and
- How relationships may affect physical and mental health and wellbeing

All our RE and RSE teaching will reflect and be appropriate to the age and the religious background of the pupils.

The teaching of RE and RSE are monitored and evaluated by the Head of PSHE and Deputy Head of Pastoral to ensure that all statutory requirements are met and that the subjects that the children need support in are covered. This takes place through learning walks, book looks, engagement with parents and conversations with pupils. Staff are encouraged to provide feedback regarding the teaching of RE and RSE and so training can be provided, and support given, and best practice celebrated.

Definitions of Relationships and Sex Education (RE and RSE)

RE and RSE focuses on the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. The aim of this is to equip children and young people with the information, skills and positive values to have safe, fulfilling relationships and to take responsibility for their sexual health and general well-being.

RE and RSE is an entitlement for all children and young people and must:

- Be accurate and factual
- Be inclusive in terms of gender, sexual orientation, disability, ethnicity, culture, age, religion or belief or other life-experience particularly HIV status and pregnancy;
- Build on skills to have healthy and safe relationships and ensure good communication about these issues;
- Promote a critical awareness of the different attitudes and views on sex and relationships within society. This should also cover those portrayed in the media;
- Ensure children and young people are aware of their rights; including, how they can access confidential advice and health services within the boundaries of safeguarding;
- Be relevant and meet the needs of children and young people
- Be taught by appropriate, competent and confident educators;

- Be delivered within a learning environment which is safe for the children and based on the principle that prejudice, discrimination and bullying are harmful and unacceptable.

Withdrawal from RE and RSE

The school aims to keep parents informed about all aspects of the RE and RSE curriculum and urges parents to review this policy. Every registered pupil who is provided with primary education at the school will receive Relationships Education. All secondary age pupils will be provided with Relationships and Sex Education. Age appropriate RE and RSE is a vital part of the school curriculum and supports the whole development of the child.

- Parents **will not** be able to withdraw their children from relationship education or Health Education.
- Where parents of children in years 7&8 request that the pupil is wholly or partly excused from sex education, provided as part of Relationships and Sex Education, the child is so excused until the request is withdrawn unless or to the extent that the Head considers that the child should not be so excused.

If parents wish to withdraw their child, the Deputy Head Pastoral (for Upper School pupils) or the Head of Bradshaw (for Bradshaw pupils) will meet with parents and, if appropriate with the child, to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum. If a pupil is withdrawn from sex education, the school will ensure the pupil receives purposeful education during the period of withdrawal. The School will keep a record of all such decisions.

Guest Speakers

We sometimes use outside speakers to complement our teaching of this content, who are asked to work within the framework of the school's Relationship and Sex Education policy and adhere to the policy for Visiting Speakers. A teacher will be present throughout these lessons. Some such visitors include; the local Community Support Officer, staff from Stowe School and It Happens Education.

EYFS and Key Stage One

The RE curriculum is provided by the class teacher. In addition to the Jigsaw scheme, the skills that form a crucial foundation for later teaching of PSHE/RE at KS1 are interwoven into every

day. Personal, social and emotional development is one of the seven areas of the Early Years Foundation Stage framework and is used to encourage a child's self-confidence and self awareness, how to manage their feelings and behaviour and form positive relationships. Children do this in a range of ways including, trying new activities, saying when they do or don't need help, how to show their feelings, learn that some behaviour is unacceptable and its consequences, how to play cooperatively and form positive relationships with adults and children. The EYFS area of Health and Self Care teaches children about the importance of physical exercise, and a healthy diet, and talks about ways to keep healthy and safe. Children learn to manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

Key Stage 2 and 3

Health, relationship and sex education at Winchester House is taught through our weekly Personal, Social, Health Education lessons in Year 3-8. PSHE is taught by tutors and regularly covers topics to do with keeping healthy (physically and mentally), what healthy and unhealthy relationships look like and when to seek advice if children are worried about something to do with their health and relationships. Some aspects of the Relationships and Sexual Education curriculum are also taught through different curriculum areas, such as Biology as part of the Common Entrance curriculum.

PSHE lessons that cover the emotional and physical changes in puberty and sex education taught in single-sex groups by, Section Heads or our nurse or other appropriate members of staff using a variety of resources, as well as government guidance on the subject. It is age-appropriate, informative, taught within the confines of a classroom (in which ground rules are laid) letting children know it is safe to ask questions and be inquisitive, even if not all questions can be answered within that context. Children are reminded of the need to treat this very sensitive topic seriously, in particular not imparting their new-found knowledge to other children who may be younger and unprepared for such an education. Indeed, providing sex education in school seeks to reduce the chance of children finding out about these important topics through the wrong means.

Prior to these lessons, parents are sent a letter informing them of the topics to be covered and offering the chance to opt out should they wish to, though parents rarely do so. If children or parents have follow-up questions after the sessions they are encouraged to ask one of the medical team in the first instance or the pastoral team, if more appropriate.

It should be noted that the use of technology is covered extensively in every year group as in today's world this often plays such a major role in issues that arise for this age group. If issues

arise surrounding the use of technology and social media, additional sessions are provided and parental support is offered.

In Biology children in Year 8 will study the topic of 'reproduction'. This covers fertilisation, sexual reproduction, puberty, menstruation, pregnancy in accordance with the ISEB Common Entrance syllabus. The lessons are taught by a Biology specialist teacher.

Given the depth of issues discussed at senior school age, in years 7 and 8, we use external organisations such as It Happens <http://www.ithappens.education/who-we-are/> who speak to our oldest cohort during their final year/s with us. This allows our oldest pupils to discuss in more detail any questions they might have before they go off into the new world they will inhabit at their Senior Schools.

Topics covered within the RE and RSE curriculum are deliberately repeated; exploring the same topics in more depth as pupils get older.

We also engage parents in this important topic by delivering parent workshops and sharing this policy to inform them of the sorts of work we do with young people to best support our children.

The RE and RSE teaching at Winchester House follows the Statutory Guidance: Relationships and sex education (RSE) and health education update of September 2021. We will update our teaching of RE and RSE to follow any updates to this guidance and the policy will be changed to reflect these changes.

RSE Teaching

Year group	Topics
Nursery	<ul style="list-style-type: none"> • how to be a good friend • we all start as babies and grow into children and then adults. • learning to name parts of the body • I know I grow and change
Reception	<ul style="list-style-type: none"> • I can name parts of the body • I understand everyone is unique and special (friendships and kindness) • I understand we all grow from babies to adults
Y1	<ul style="list-style-type: none"> • relationships (family and friendships) • things about me that have changed and some things about me that have stayed the same • knowing how my body has changed since I was a baby
Y2	<ul style="list-style-type: none"> • changes to our bodies over time • physical contact including good touch and bad touch • recognising warning signs in our bodies • keeping ourselves safe (including online) • relationships (family and friendship) • correct names for body parts - penis, testicles, breasts, vulva, anus and nipples.
Y3	<ul style="list-style-type: none"> • changes to our bodies over time – how babies grow • changes to the outside of our bodies • changes to the inside of our bodies

	<ul style="list-style-type: none"> ● respect and understand the changes in other people ● the correct names parts of the body involved in making babies
Y4	<ul style="list-style-type: none"> ● Understanding the responsibilities of parenthood ● changes to a girl's body during puberty (including menstruation) ● respecting the changes happening to other people
Y5	<ul style="list-style-type: none"> ● changes to a girl's body during puberty (including menstruation) and how to look after yourself physically and emotionally ● changes to a boy's body during puberty and how to look after yourself physically and emotionally ● looking forward to being a teenager and growing responsibilities, including consent.
Y5 girls	Menstruation – talk and the opportunity to look at sanitary products.
Y6	<ul style="list-style-type: none"> ● changes to a girl's and boy's body during puberty and how to look after yourself physically and emotionally ● how a baby develops from conception until it is born ● sexual intercourse can lead to conception and this is how babies are usually made ● boyfriends and girlfriends ● positive body image
Y7	<ul style="list-style-type: none"> ● changes to a girl's and boy's body during puberty and what to do if I am concerned (including emotional changes) ● different ways in which a baby can be conceived ● different types of stable committed

	<p>relationships</p> <ul style="list-style-type: none"> • Self-image and self-esteem
Y8	<ul style="list-style-type: none"> • different types of stable intimate relationships • some of the behaviours of a healthy romantic relationship • Risks of alcohol and potential behaviour changes <p>It Happens talk – part of Leavers program. Year 8 girls <u>The Adolescent Body: Puberty</u> Puberty – your questions answered Feelings & Pleasure Male puberty explained Menstrual wellbeing Puberty products & the environment Know your normal, ask for help...</p> <p>Year 8 boys <u>The Adolescent Body: Puberty</u> Puberty – your questions answered Feelings & Pleasure Male puberty explained Menstrual wellbeing Puberty products & the environment Know your normal, ask for help...</p>
Parents of years 6,7 and 8	<p>RSE Parent Talk Focus on the new statutory guidance for teaching about relationships and sex. The session will look at potential protective factors and where to get reliable, evidence-based information and help if needed.</p> <ul style="list-style-type: none"> • Contextualising RSHE and your school • Looking at current UK data on sex and relationships • Introduction to Statutory RSHE • Positive and protective RSHE • The challenges • Q&A and signposting

<p>Parents of years 3,4 and 5</p>	<p>RSE Parent Talk</p> <p>Focus on the new statutory guidance for teaching about relationships and sex. The session will look at potential protective factors and where to get reliable, evidence-based information and help if needed.</p> <ul style="list-style-type: none">• Contextualising RSHE and your school• Looking at current UK data on sex and relationships• Introduction to Statutory RSHE• Positive and protective RSHE• The challenges• Q&A and signposting
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