Dame Ellen Pinsent School
Relationship & Health
Education Policy (RHE)

Last Review: 10th September 2019  K Parker
Ratified by Governors: 30th September
To be Reviewed September 2020  K Parker
What is RHE?

In September 2020 it will be compulsory for all primary schools to teach Relationship education and Health education in order for children to know how to be safe and healthy and how to manage their academic, social and personal lives in a positive way. RHE will put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy. Mental wellbeing and happiness is central to these subjects and our aim is to also give pupils the knowledge and capability to take care of themselves and receive support if problems arise. All pupils at our school have a right to RHE, regardless of ability, gender or religion. Because of this, and because the subject is statutory, parents/carers do not have the right to withdraw their child from and aspect of RHE and PSHE. Dame Ellen Pinsent School will ensure that all content of the compulsory subject is age appropriate and developmentally appropriate, as well as being respectful to the backgrounds and beliefs of pupils and parents whilst abiding by British law.

Subject Content

Relationship and Health Education (RHE) is taught at Dame Ellen Pinsent School as part of the Personal, Social and Health Education (PSHE) curriculum. RHE/PSHE is delivered, weekly, through the following sub-headings; ‘Emotions, Feelings & Social skills’, ‘Healthy Living’, ‘Self-Help skills’, ‘Independence’, ‘Community Action’ and ‘Relationship education’. The main aim of our RHE & PSHE curriculum is to foster pupils’ wellbeing as well as to develop resilience and character that we know are fundamental to pupils being happy, successful and productive members of society.

We celebrate diversity through our RHE and PSHE curriculum and we teach about respect for, and celebration of, differences, including those related to religion, culture, belief, age, gender, sexuality, disability, race or sexual preference, in line with the British Equality Act 2010.

Our PSHE curriculum is delivered discretely for a minimum of one hour a week, but also underpins everything that we teach on a daily basis, through cross-curricular links, our school values, visits and assemblies. It is the responsibility of all teachers to plan and
deliver RHE and PSHE, with support and guidance from the PSHE co-ordinator (Kerry Parker) and Curriculum lead (Kerry Parker). PSHE and RHE is taught in a broad range of methods, including story telling, role play, practical and meaningful activities, out-of-school visits and written work, as well as using the NSPCC Pants Curriculum.

**PSHE Vision**

FOR CHILDREN TO LEARN, PRACTICE AND DEVELOP ESSENTIAL LIFE SKILLS TO BEST EQUIP THEM TO BE WELL-ROUNDED, CONFIDENT AND INDEPENDENT YOUNG PEOPLE DURING THEIR TIME AT DEP AND AFTER THEY LEAVE US. TO CELEBRATE THE DIVERSITY AMONGST US AND IN THE WIDER COMMUNITY AND TO CONTRIBUTE POSITIVELY TO THE LOCAL COMMUNITY.

**Aims & Expectations**

- To understand what is/is not a healthy relationship
- To understand how to stay safe, online and offline
- To understand how to maintain a healthy body and mind
- To be able to take part in social relationships
- To understand and manage feelings
- To understand the term respect
- To understand and celebrate diversity
- To accept and tolerate difference
- To correctly name and identify private body parts
- To contribute positively to the wider community
- To develop self-help skills in order to gain confidence and independence
- To understand how to ask for help
- Develop confidence in talking, listening and thinking about feelings and relationships
- To understand how bodies change and to be prepared for puberty when it arises
Monitoring & Evaluation

- The PSHE co-ordinator will monitor planning of the subject each term through a planning scrutiny.
- The PSHE co-ordinator will collect evidence of work each term through learning walks and fact-finding exercises.
- The PSHE co-ordinator will observe some of the teaching of HRE through lesson observations.
- The PSHE co-ordinator will prepare and share a subject report at the end of each term and share with extended and senior leadership, as well as governors.

Guidance Used

Statutory guidance- Relationships education, relationships and sex education (RSE) and health education (September 2019)

Equality Act 2010

Keeping children safe in education (September 2019)