



**CARR JUNIOR
SCHOOL**

Aim High, Shine Bright



RSE AND HEALTH EDUCATION POLICY

CARR JUNIOR SCHOOL

Date of policy: September 2022

To be reviewed: September 2025

RSE and Health Education

Introduction

At Carr Junior School we strive for our pupils to lead safe and healthy lives, managing their academic personal and social lives in a positive way. In line with the Department for Education's statutory guidance (2019 revision), our focus as a primary school is to "put in place the key building blocks of healthy, respectful relationships, in all contexts, including online." This policy identifies how we deliver this aspect of the curriculum in our school, what subject content is included, who teaches these subjects and how progress is monitored and assessed.

Definitions

Throughout this policy both Health Education and Relationships and Sex Education (RSE) are referred to. As a primary school, we are only required to teach Relationships Education, however at Carr Junior School do choose to offer some sex education sessions above and beyond the National Curriculum for Science's human reproduction objectives. These are detailed within this document.

Health Education teaches knowledge and skills necessary to lead and maintain a healthy life both physically and mentally. It also teaches about growing up and changing physically, including puberty.

Relationships Education teaches the fundamental building blocks of positive relationships, focusing on friendships, family relationships and relationships with other peers and adults.

Sex Education, for us at Carr Junior School, centres around the human life cycle and how a baby is conceived and born.

More details on the Health and Relationships Education curriculum can be found on the government's website here: [Relationships education \(Primary\) - GOV.UK](#)

In addition to Health Education and RSE, the Science curriculum teaches content including external body parts, reproduction in plants and animals and changes in the human body as it grows from birth to old age (including puberty). This means that compulsory curriculum content in these areas focuses on the changes that adolescence brings and how a baby is conceived and born. In our school, these objectives are taught either in Science lessons or in Jigsaw PSHE sessions.

Intent

At Carr Junior School we want our children to develop the skills, knowledge and attitudes they need to lead happy, healthy and fulfilled lives. Through a carefully planned and delivered RSE and Health Education curriculum, we ensure that children receive relevant, meaningful and empowering content which will give them the skills they need to maintain a physically and mentally healthy life. In developing the skills and awareness needed to forge positive and healthy relationships we aim to produce resilient, compassionate and empathetic individuals with solid foundations for their interactions with others throughout their lives.

Impact

Pupils understand the importance of interpersonal relationships and are able to forge and sustain healthy relationships with others. They are able to identify when relationships are unhealthy, and have strategies to tackle these which include seeking appropriate support. Pupils are able to engage in safe and positive interaction with others both on and offline. As they get older, pupils are aware of the changes in their relationships with others and are able to make informed decisions with a view to keeping themselves and others safe.

Pupils understand the importance of keeping healthy and recognise the equal importance of both physical and mental health. They can make informed choices about their health and lifestyle and are able to seek help when feeling physically or mentally unwell. They recognise signs of ill-health in themselves and others and can be proactive in offering and seeking support as appropriate.

Pupils recognise how their bodies and emotions change as they get older and know what to expect as they progress through puberty. They can make connections between physical and emotional changes, understanding the Science behind them.

Content

As a primary school, our provision is split into two key categories: Relationships Education and Physical Health & Mental Wellbeing. Within these categories, learning is focused around the following sub-categories:

Relationships Education	Physical Health and Mental Wellbeing
<ul style="list-style-type: none">● Families and people who care for me.● Caring friendships.● Respectful relationships.● Online relationships.● Being safe.	<ul style="list-style-type: none">● 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.
More detail about the precise outcomes by the end of Year 6 in these areas can be found here: Relationships Education, Relationships and Sex Education (RSE) and Health Education - GOV.UK	

In terms of Sex Education, the Department for Education states that any content over and above the human life cycle and reproduction as designated by the National Curriculum for Science is not compulsory. However, they are also clear on the fact that primary schools can choose to deliver a Sex Education programme for their pupils that is tailored to meet the needs of their pupils. In particular, they emphasise the importance of ensuring that pupils transition to secondary school with a secure knowledge of the changes posed by adolescence and their physical and emotional development.

With this in mind, we at Carr Junior School do deliver some additional Sex Education to our pupils which exceeds that required by the National Curriculum for Science and HRE. These sessions are based around human reproduction and closely linked to our Science objectives, though are taught through the Jigsaw PSHE scheme of work. These sessions fall within the second Summer term's 'Changing Me' PSHE unit and are as follows:

Y4, Lesson 2, Having a Baby.

Y5, Lesson 4, Conception.

Y6, Lesson 3, Babies: Conception to Birth

Prior to the commencement of these topics, further information about the content is sent to parents who are invited to discuss with school any questions, queries or concerns they may have. Whilst these additional sessions are not required within the statutory framework, we strongly believe that they give our pupils the knowledge they need to understand their own development and changing bodies as part of a larger, lifelong picture.

The Right to Withdraw

Health and Relationships Education is a statutory part of the National Curriculum and therefore something which every child will participate in. Our coverage of human reproduction taught through the National Curriculum for Science (in Science lessons) is also compulsory for all.

However, the three sessions identified above for Years 4, 5 and 6 do not form part of the statutory primary curriculum and parents/carers reserve the right to withdraw their children from these specific sessions. When children reach this point in their academic year further details are sent to parents which include full information about the intent, content and benefits of these sessions so that an informed decision can be made.

Delivery of this content

At Carr Junior School, RSE and Health Education are taught by members of school staff. This will usually mean class teachers, but may sometimes include PPA staff. All staff leading and supporting sessions have had training in the new statutory framework and use of the Jigsaw Scheme.

As a school we are now delivering our RSE and Health education content through the Jigsaw PSHE Scheme for all year groups. This ensures that these subjects are fully integrated into our PSHE provision and creates a progressive, spiral approach to developing and retaining skills and knowledge. Our investment in this approach also means that RSE and Health Education will be regularly visited and taught as part of Jigsaw's six yearly puzzles - Being Me in My World, Celebrating Difference, Dreams and Goals, Healthy Me, Relationships and Changing Me - ensuring thorough coverage and the understanding that these subjects transfer into many aspects of our lives.

In delivering the RSE and Health Education curriculum, content is tailored carefully for each year group to make it age and developmentally appropriate. Again, our use of the Jigsaw scheme supports us in this (though we do make adjustments for specific pupils/cohorts should they be required).

Questioning is encouraged throughout the teaching of these subjects and children are reassured that it is ok to ask questions. Ground rules are set to establish that directly personal questions are not appropriate and staff leading the lessons answer questions in an appropriate manner. Although children are welcome to ask questions openly and in front of peers, all staff teaching SRE also have a questions box where children can submit questions anonymously if they wish.

Monitoring and Evaluation

Monitoring and evaluation of the RSE and Health Education curriculum outcomes within classes is the responsibility of the individual(s) delivering the subject content. In most cases this will be class teachers, but may sometimes include PPA staff. As delivery of this curriculum is done through the Jigsaw PSHE scheme, Jigsaw progression maps and guidance exemplifications are used to do this consistently across school. This is done at the end of each Puzzle (meaning half termly).

Delivery of the RSE and Health Education curriculum is monitored by the PSHE Subject Leader. This is done through display, work scrutiny, pupil voice, outcomes, staff voice and parent voice.