

# Relationship, Sex and Health Education (RSHE) Springbank Academy Consultation



*“Where dreams are realised,  
and success is celebrated.”*

## **All Springbank staff should ensure that:**

- **All pupils make progress in achieving the expected educational outcomes.**
- **The subjects are well led, effectively managed and well planned.**
- **The quality of provision is subject to regular and effective self evaluation.**
- **Teaching is delivered in ways that are accessible to all pupils with SEND.**
- **Clear information is provided for parents on the subject content.**
- **The subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations.**

# Objectives of the Meeting

- **To explain the requirement of Relationships, Sex and Health Education.**
- **To help others understand which elements of RSHE are taught and why.**
- **To share RSHE teaching overview.**



At Springbank, we refer to RSHE as RHE as Sex Education is not a compulsory requirement at Primary level.

The Relationship curriculum that we teach is broken down into 5 categories. These are:

Families and People who care for me.

Caring Friendships

Respectful Relationships

Online Relationships


Being Safe





The Health curriculum that we teach is broken down into 8 categories. These are:

- 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



## Policy statement - Aims and objectives of RSHE

It is the intention of Springbank Academy to teach high quality, age appropriate, pupil-sensitive, evidence-based RHE, that demonstrates a respect for the law and all communities that call Eastwood and the wider community home.

It is expected that RHE at Springbank will help pupils to learn about themselves and the world they live in, giving them the skills, understanding and information they need for life.

This will help them to stay safe and to flourish, not just in childhood, but into adulthood and for the rest of their lives. This is why RHE is such an important part of the curriculum.

# Why is RSHE important?

**Our children are growing up in an increasingly complex world with new opportunities, but also new challenges. We as a school, want our pupils to flourish in the world they find themselves and to work hard throughout all curriculum areas in order to give them the skills and knowledge they need to help prepare them for life**

**RHE teaching is an important part of equipping our pupils for life in 21st century Britain, enabling them to embrace diversity, helping them to make the most of technology; understand the importance of, and develop the skills which lead to them being able to sustain healthy and strong relationships**

# Equality Act 2010

## Public Sector Equalities Duty 2014

Relationships and Health Education became compulsory from September 2020. New regulations were passed in April 2019

*1.9 It is unlawful for a school to discriminate against a pupil or prospective pupil by treating them less favorably because of their: sex, race, disability, religion or belief, sexual orientation, gender reassignment, pregnancy or maternity (DfE 2014, p8)*

*1.7 If a school treats bullying [against any of the groups outlined previously] less seriously ... then it may be guilty of unlawful discrimination (DfE 2014, p8)*

*3.27 Teaching should be based on facts and should enable pupils to develop an understanding of how the law applies to different relationships. Teachers must have regard to statutory guidance on sex and relationship education (now RSHE), and to meet duties under equality and human rights law (DfE. 2014)*





## Statutory Relationships Education

### **Relationships Education**

The focus in primary schools should be on teaching the fundamental building blocks and characteristics of positive relationships, with family members, other children and adults.

Lessons will be evidence based, age and culturally appropriate, based on the law and sensitive to the needs of pupils.

**There is no right to withdraw from Relationships Education**



# Statutory Relationships Education

## **What Pupils will learn?**

Relationships Education will put in place the building blocks needed for positive and safe relationships including with family, friends and online. Children will be taught what a relationship is, what friendship is, what family means and who can support them. In an age appropriate way, we will cover how to treat each other with kindness, consideration and respect.

Accept and respect diversity among others and foster a positive approach to differences.

Characteristics of healthy family life and that other people's families sometimes look different from theirs. (Families can include for example, single parent families, LGBT+ parents, families headed by grandparents, adoptive parents, foster parents and carer's amongst other structures).

What makes a healthy relationship, and how to build strong, respectful relationships with others in their life, e.g. family, friends, colleagues

Recognise if relationships are making them feel unhappy and unsafe, and how to seek help if needed.

Rules and principles for keeping safe online.

## **Why teach it?**

In such an ever-changing world where young people are exposed to so much online, they need to be taught how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.



# Statutory Health Education

## Health Education (Physical Health and Mental Wellbeing)

The aim of Health Education is to give pupils the information that they need to make good decisions about their physical and mental health and wellbeing.

Pupils' will recognise what is normal and what is an issue in themselves and others, and how to seek support at the earliest stage from appropriate sources.

Puberty, including menstruation, will be covered in Health Education and should, as far as possible, be addressed before children begin puberty.



# Statutory Health Education

## **What Pupils will learn?**

Characteristics of good physical health and mental wellbeing.

How to make good decisions about their own health and wellbeing.

Healthy Eating

Facts and risks associated with drugs, alcohol and tobacco.

Basic First Aid

To recognise issues in themselves and others, and to seek support as early as possible when issues arise.

Changing adolescent body

Digital detox and the risks of excessive use of electronic devices.

How to stay safe online and equipped to manage common difficulties encountered online.

## **Why teach it?**

A firm foundation in the benefits and characteristics of good health and wellbeing will enable teachers to talk about isolation, loneliness, unhappiness, bullying and the negative impact of poor health and wellbeing

# Sex Education

## Frequently asked question taken from the government website:

Q: Will my child be taught sex education at primary? This is too young.

A: We are not introducing compulsory sex education at primary school.

We are introducing Relationships Education at primary, to put in place the building blocks needed for positive and safe relationships of all kinds. This will start with family and friends, how to treat each other with kindness, and recognising the difference between online and offline friendships.

<https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs>

# National Curriculum Science

At key stages 1 and 2, the national curriculum for Science includes teaching about the main external parts of the body and the changes to the human body as it grows from birth to old age, including puberty, and sexual and asexual reproduction in mammals and plants.

**There continues to be no right to withdraw from national curriculum science.**

# Safeguarding

Safeguarding is an important aspect of all of the lessons taught as part of RSHE in our school.

Our safeguarding policy will be applied to and supported by all aspects of RSHE and any disclosures or issues arising as part of RSHE, will be dealt with in line with our safeguarding policy.

# How will RHE be taught at Springbank Academy?

At Springbank, we teach RHE in two different ways.

We use the HeartSmart Programme to teach age and curriculum appropriate lessons throughout the year. This programme offers a range of sensitive and fun lessons that cover all areas of the national RSHE Primary Curriculum.

You can find full details of what is covered in each year group on our school website.

The directions to this document are:

<https://springbank.academy>

1. Learning and Enrichment
2. Curriculum Leaders
3. RHE/Citizenship
4. UK – RHE HeartSmart Overview 1



# How will RHE be taught at Springbank

## Academy?

We also have a whole school curriculum focus on RHE in the summer term.

The driver for learning in the summer is Belonging, which means we focus more on teaching the children about health and well-being needs.

We have used the national RHE curriculum, along side the Citizenship curriculum, to design and plan lessons for each year group.

Each year group will have the following focus during the summer term:

- Nursery – Am I ready for school?
- Reception – What makes you special?
- Year 1 – To the rescue (how to keep safe in different situations)
- Year 2 – Read all about it (how to use social media safely)
- Year 3 – Health/Lifestyles and wellness
- Year 4 – Let's educate ourselves! Are all people born equal?
- Year 5 – Healthy relationships
- Year 6 – My body, my choice

## HOW CAN I SUPPORT AT HOME?

Use age appropriate picture books that explain body parts or conception  
(a list of books will be on our school website)

❖ If your child asks a question that is not age appropriate and in line with the school's scheme of work, you might like to respond with...  
'You will learn about this in Year ...'

Discuss topics that will be covered in their school year (Overviews on Website)

# Questions

**Any questions?**

**Please email: [emma.barrett@springbank.academy](mailto:emma.barrett@springbank.academy)**

**I will follow up with every parent who has emailed a question either by telephone or a written response.**

