



## RELATIONSHIPS AND SEX EDUCATION (RSE) & HEALTH EDUCATION

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## Our Intent

We believe that the Academy's role is to create the climate for possibility, investing in a broad and balanced curriculum and assessment framework and associated professional development that will bring about the best teaching and facilitate the greatest learning. Kingfisher believes that a strong PSHE and RSE education is important to help our pupils develop into well-rounded members of society, who can make a positive contribution to their community, and to understand their place in our world. Our site specific PSHE curriculum is strongly tied to our RSE curriculum, including our relationships, health education and pastoral care programme.

The vision for pupils, staff and others linked to our Academy is to always look to achieve our personal best in every aspect of school life

- Our Academy is one where everyone is encouraged and supported to achieve their personal best.
- Our Academy is welcoming, inclusive, has a real community feel and is a place where everyone is valued.
- Our pupils and staff treat each other equitably, fairly, with kindness and with mutual respect. At all times, staff and pupils are encouraged to show a high regard for the needs and feelings of others through their actions and words.
- Our pupils and staff are enterprising and approach challenges with a 'can-do' attitude.
- The needs and interests of all pupils, irrespective of gender, culture, ability or aptitude, will be promoted through an inclusive and varied PSHE / RSE curriculum at our Academy
- Our environment is safe and clean with everyone sharing responsibility for it.
- Our culture is one of continuous improvement, creativity and enthusiasm.
- Families will be informed about the policy via the academy's website

## What Is Relationships and Sex Education?

Relationships and Sex Education is lifelong learning about physical, sexual, moral and emotional development. It is about the understanding of the importance of stable and loving relationships, respect, love and care for family life. It involves acquiring information, developing skills and forming positive beliefs, values and attitudes.

## Aims and Objectives for Sex and Relationship Education

The aim of RSE is to provide children with age appropriate information, explore attitudes and values and develop skills in order to empower them to make positive decisions about their health related behaviour. This should take place with consideration of the qualities of relationships within families.

The objectives of Relationship and Sex Education are:

- To provide the knowledge and information to which all pupils are entitled.
- To clarify/reinforce existing knowledge.
- To raise pupils' self-esteem and confidence, especially in their relationships with others.
- To help pupils understand their sexual feelings and behaviour, so they can lead fulfilling and enjoyable lives.
- To help pupils' develop skills (language, decision making, choice, assertiveness) and make the most of their abilities.
- To provide the confidence to be participating members of society and to value themselves and others.
- To help gain access to information and support.
- To develop skills for a healthier safer lifestyle.
- To develop and use communication skills and assertiveness skills to cope with the influences of their peers and the media.

- To respect and care for their bodies.
- To be prepared for puberty and adulthood.

### The teaching programme for Relationships and Sex Education

Following nationwide consultation, The Department for Education has made changes to Relationships and Sex Education (RSE) which came into effect from September 2020 and all schools are required to comply with the updated requirements. At Kingfisher the organisation of Relationship and Sex Education is delivered through PSHE (Jigsaw), Science, Philosophy for Children and Big Talk Education.

In light of the guidance, we have reviewed our RSE curriculum and policy so we can be sure our provision is appropriate for our pupils based on their:

- Age and maturity levels, as well as their cultural and religious backgrounds
- Physical and emotional maturity
- The values of our school community
- Every pupil's learning needs

The new guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. Learning about the emotional, social and physical aspects of growing up will give children and young people the information, skills and positive values to have safe, fulfilling relationships and help them take responsibility for their own well-being.

Pupils should be taught about the society in which they are growing up. These subjects are designed to foster respect for others and for difference, and educate pupils about healthy relationships. RSE should meet the needs of all pupils, whatever their developing sexuality or identity – this should include age-appropriate teaching about different types of relationships in the context of the law. In our school, children will be taught about the many different types of family in our modern society and all our planned learning will be taught in an age appropriate way.

Teaching the correct names of our external body parts is an important aspect of sex education, appropriate for young children, and it need not be done with stigma or embarrassment. From a safeguarding point of view, it is vitally important for young children to know what their body parts are called. No one wants to introduce fear and worry for young children where it was not previously felt, but it is equally important to build confidence and 'a voice' so that all children can lead healthy and safe lives. As part of the established KS2 Science curriculum, we already teach the life cycle of reproduction in animals, including humans.

## What is Big Talk Education?

At Kingfisher, we use the Big Talk Education 'Growing Up Safe Programme' to support the teaching and learning of RSE. We have selected the whole school Big Talk approach, where a specialist team of facilitators work with pupils, parents and school staff. This high quality, age appropriate RSE programme is designed to keep children safe, healthy and happy.

The Big Talk programme does not only ensure that the statutory objectives are taught but also combines them with additional PSHE objectives, ensuring our children are given the tools to become, lifelong learners and acquire personal skills and attributes to help them in their future lives.

## What themes are covered at what key stage?

At ages 4 to 8 (UK Reception, School Years 1, 2 & 3), Big Talk use specially designed child friendly resources. By the end of the session, pupils will be able to identify happy situations and those which may be risky (e.g. other children or adults taking improper photographs of them, inappropriate touches, exposure to unsuitable media etc.) plus who they can talk to if they are worried.

At ages 8 to 9 (School Year 4, 5 & 6) Big Talk cover different kinds of families (same sex parents, foster families etc.), the emotional and physical changes of growing up, similarities and differences between boys and girls (including transgender), coping with different emotions, looking after our bodies as they change and the onset of periods (puberty). In these classes Big Talk explain that babies are made from ovums and sperm then develop in the womb (reproduction). How to be safe and healthy linking back to and building on identifiable risks, they also strengthen awareness of "our body is our own" and personal safety especially on-line grooming, etc

## What is Jigsaw?

Alongside Big Talk, we use Jigsaw to deliver high quality PSHE lessons. Jigsaw is a whole-school approach and embodies a positive philosophy and creative teaching and learning activities to nurture children's development as compassionate and well-rounded human beings as well as building their capacity to learn.

Jigsaw is a comprehensive and completely original PSHE Education for the whole primary school from ages 3-11. Written by teachers and grounded in sound psychology, it also includes all the statutory requirements for Relationships and Health Education, and Sex Education is also included in the Changing Me Puzzle.

Jigsaw has two main aims for all children:

- To build their capacity for learning
- To equip them for life

Jigsaw brings together PSHE Education, compulsory Relationships and Health Education, emotional literacy, mindfulness, social skills and spiritual development. It is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time at their own level. There are six Puzzles, one puzzle taught at the start of each half term. All lessons are delivered in an age- and stage-appropriate way.

