

RSHE at Cropwell Bishop Primary School:

RSHE is led by **Liz Palmer** at Cropwell Bishop Primary School. Part of the RSE specific content will be covered in the reproduction element of the science national curriculum. Our RSHE curriculum is delivered as part of a comprehensive PSHE program in school.

Our mission statement for teaching RSHE/PSHE at our school

At Cropwell Bishop we firmly believe that:

- We all want children to feel safe and to be happy and healthy
- We need to consider their needs.
- We need to normalise talking about relationships, puberty and human reproduction so taboos don't need to exist
- We might need to challenge our own ways of thinking
- We have choices: we can avoid it, or we can communicate openly and honestly with children - they need us!

RSHE curriculum.

Our RSHE curriculum has four aims. These are:

- . To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion.
- To help young people develop positive and healthy relationships appropriate to their age, development etc. (respect for self and others).
- To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them.
- To empower them to be safe and safeguarded.

We strongly believe that **Good and appropriate RSHE takes away children's ignorance, not their innocence.**

The teaching of a comprehensive PSHE curriculum which runs alongside our RSHE curriculum program.

Teaching about safety and relationships as part of PSHE helps pupils to recognise when they and others are at risk and equips them with the skills, strategies and language they need to take appropriate action. This is crucial to fulfilling statutory duties in relation to safeguarding pupils as well as to meeting Ofsted expectations.

Our RSE programme in school is taught through our PSHE lessons and is centred around safe relationships, staying safe and changes. Reproduction is covered as part of the science National Curriculum and is a statutory part of teaching biology in schools. We have chosen to follow the

JIGSAW scheme of work, which is a comprehensive PSHE/RSHE scheme for the whole school from foundation through to year 6. It is taught in six units, each containing at least six sessions.

Working with parents and carers.

At Cropwell Bishop we believe that RSE should be a partnership between the school and the parents/carers, working for every child's safety and benefit.

By choosing to use JIGSAW as our scheme, we are able to support school to work in partnership with parents and carers to ensure appropriate, relationship and sex education in the context of the PSHE curriculum.

Teaching Sex Education in an age appropriate way.

The 'Changing Me' unit is taught over a period of 6 weeks in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage. All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively. The key concepts that children learn in Jigsaw are inner strength, self-esteem and resilience.

Work in this unit is treated in a matter-of-fact and sensitive manner to allay embarrassment and fear and helps children to cope with change, including puberty and to learn about families, friendships and healthy relationships. Jigsaw aims to build the positive.

Some of the key aspects covered in the course of Key Stages 1 and 2 are:

- Life cycles
- How babies are made
- My changing body
- Puberty
- Growing from young to old
- Becoming a teenager
- Assertiveness and self-respect
- Friendship and family life
- Safeguarding
- Family stereotypes
- Self and body image
- Attraction
- Relationship skills e.g. conflict resolution
- Accepting change
- Looking ahead
- Moving/transition to secondary school

How do we teach health education?

Health education is taught in the second half of the Spring term and consists of a series of lesson based around the unit title of Healthy me. This unit is revisited between foundation and year 6 and develops the ideas and concepts at age appropriate times for our pupils. Topics include: Exercising, friendships, falling out, trust, keeping safe and what makes a healthy relationship. It is within this unit that we look at families and how these are made up. Online safety and relationships online is also covered within this unit of work. Health education is a statutory part of the curriculum.

Relationships education at Cropwell Bishop.

Relationships education is taught as strands running throughout the year in our comprehensive PSHE scheme but is also taught as two complete units in the Autumn term (Celebrating Differences) and in the first half of the summer term (Relationships). Again, lessons are well structured and age appropriate and cover topics which will help inform our pupils about life in the world around us. Lessons build year on year and help to inform and enable pupils to understand about healthy relationships with friends and as they grow older and about having healthy relationships on-line too. As child grow, we hope our relationships education will enable them to understand that there are different family groups and that these should all be based on healthy relationships. We would hope that they would also be able to challenge prejudices, because they are well informed.