



# **Sex and Relationship Education Policy**

**Approved: Autumn 2021**

**Review date: Autumn 2023**

## **This policy should be read alongside our Child Protection Policy, Behaviour Policy, Keeping Children Safe in Education**

### **Introduction**

As part of our school vision, 'We aim to develop independent children who are equipped for the world they are living in, prepared for the challenges of the future and who strive for excellence in all they do.....

We seek to nurture children who appreciate the richness, diversity and potential of the world beyond their own, including their responsibilities within it...'

We have based our school's relationship and sex and relationship education policy on guidelines set out in the Relationships Education, Relationships and Sex Education and Health Education statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers 2019.

**Relationships Education** is compulsory in primary schools; parents do not have a right to withdraw their child. Today's children and young people are growing up in an increasingly complex world, living their lives seamlessly on, and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. Relationship Education is taught from Reception to Year 6 and focuses on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. It also includes teaching the principles of positive relationships online and how to recognise and report abuse. At St Catherine's, relationships education is taught by class teachers through both the Jigsaw PSHE scheme and the Christopher Winter Project materials. Online safety is also taught as part of the computing curriculum.

**Sex Education** is not compulsory in primary schools. At St Catherine's, we have chosen to teach SRE through the Christopher Winter Project that delivers a sex education programme tailored to the age and physical and emotional maturity of our pupils. It includes teaching about caring for ourselves, changes, differences, staying safe, growing up and puberty, relationships and reproduction. Parents have the right to request that their child be withdrawn from some or all of sex education (but not Relationships or Health Education) delivered as part of statutory RSE.

The teaching of SRE will be completed during the summer term and is taught from Reception through to Year 6 following the Christopher Winter Project (CWP) resources. Families will be invited to school annually to find about what is included within the SRE lessons that their children will receive.

The CWP programme of study comprises of three stand-alone lessons which are year group specific. The CWP scheme of work builds on learning from previous years and revisits topics each year to cover them in greater depth. It includes lesson material on topics such as keeping clean, families, gender differences, personal space, puberty, relationships and many other topics.

In Reception there is a focus on daily routines, keeping clean and families. From Year 1 children will learn the names of the body parts, the differences between males and females and the ways in which they will develop and grow. Importantly, they will also learn to recognise unsafe and risky situations and to ask for help.

The curriculum continues to develop their knowledge and skills as they learn about the physical and emotional changes of puberty and about reproduction. In Year 6 children will receive an extra lesson on internet safety and communication in relationships.

**Physical Health and Mental Wellbeing** teaching aims to give children the information they need to make good decisions about their own health and wellbeing. At St Catherine's, teaching staff teach this through the Jigsaw PSHE scheme (please see themes and content below). These themes are considered each year with age related resources to support their development.

Within the national curriculum, certain aspects of body changes, e-safety and physical wellbeing are covered within science, computing and PE.

### **Content of Relationships and Sex and Relationships Education taught at St Catherine's**

<b>Jigsaw PSHE Scheme YR – Y6 – 'It brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning'</b>	
<b>Autumn</b>	Being Me in My World
	Celebrating Difference
<b>Spring</b>	Dreams and Goals
	Healthy Me
<b>Summer</b>	Relationships
	Changing Me

<b>Christopher Winter Project YR – Y6 – ‘Each resource contains everything a school needs to deliver a comprehensive programme of RSE’</b>		
<b>EYFS</b>	<b>Our Lives</b>	<b>Our Day, keeping Ourselves Clean, Families</b>
<b>Y1</b>	<b>Growing and Caring for Ourselves</b>	<b>Keeping Clean, Growing and Changing, Families and Care</b>
<b>Y2</b>	<b>Differences</b>	<b>Differences: Boys and Girls, Differences: Male and Female, Naming Body parts</b>
<b>Y3</b>	<b>Valuing Difference and Keeping Safe</b>	<b>Differences: Male and Female, Personal Space, Family Differences</b>
<b>Y4</b>	<b>Growing Up</b>	<b>Growing and Changing, What is Puberty?, Puberty Changes and Reproduction</b>
<b>Y5</b>	<b>Puberty</b>	<b>Talking about Puberty, male and Female Changes, Puberty and Hygiene</b>
<b>Y6</b>	<b>Puberty, Relationships and Reproduction</b>	<b>Puberty and Reproduction, Understanding Relationships, Conception and Pregnancy, Communication in Relationships</b>

## **Assessment**

Within the Jigsaw scheme, there are end of unit assessment resources to enable teachers to determine any areas that may need clarification or further development.

As part of the Christopher Winter Project, each year group has ‘problems’ that relate to the content of the sessions, that children answer to show their understanding of what has been taught.