

RSHE:
Information
sharing and
gathering with
parents/carers



Thank you for coming!



Remember: Parents are pupils' first and most effective teacher.

Objectives:



- Provide parents with information about the introduction of statutory RSHE
- Discuss how the new requirements will effect our PSHE curriculum
- To reassure parents that your views are important and needed in the formulation of the policy for this new subject

By the end of this meeting:

- Parents will understand the aims and objectives of the new RSHE/PSHE curriculum
- Opportunity to tell us what you think and how you feel about what will be taught

Aims of RSHE:

The aims of RSHE mirrors the **three statutory aims of the National Curriculum**, to enable all young people to become:

- successful learners who enjoy learning, make progress and achieve
 - confident individuals who are able to live safe, healthy and fulfilling lives
 - responsible citizens who make a positive contribution to society

RSHE is comprised of three main strands

HEALTH AND WELLBEING - physical wellbeing, mental health, ourselves, growing and changing, keeping safe, drugs education

LIVING IN THE WIDER WORLD - responsibilities, communities, media and digital resilience, economic well being, aspirations, career

RELATIONSHIPS - families and close positive relationships, caring friendships, respectful relationships, online relationships, being safe

Designing our RSHE policy

We are members of a Newham wide RSHE group who have carried out extensive consultation to support us in developing our policy.

Extensive consultation on Newham RSHE policy including the following:

- Parents - Consultation with 30 Governors who are Newham parents
- LGBT+ community - Individuals, groups and teachers who identify as LGBT+
- Councilors - Briefing and consultation with around 30
- Teachers - 80+ attended training, 55 attended Network Meetings
- Other places - Birmingham, Redbridge and Tower Hamlets
- Governors & trustees - around 60 attended training at Education Space
- Faith groups - 20 survey monkey responses and meeting held with 30 Imams
- SACRE - 19 different individuals representing
 - Muslims Sunni and Shia
 - Christians Catholic and protestant
 - Hindu
 - Buddhist
 - Jewish
 - Sikh
 - Humanist
- Children Estimated numbers 180 pupils
- SEND educational services
- DfE and Ofsted
- Head Teachers including Nursery Head Teachers
- Young peoples' Sexual health services

“The evidence shows that personal, social, health and economic (PSHE) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success.”

Department for Education [review](#) of PSHE education impact and effective practice



What's New?

- The Health Education and Relationships Education aspects of PSHÉ (personal, social, health and economic) education will be compulsory in all primary schools from September 2020.
- The Department for Education published [statutory guidance for Health Education, Relationships Education and RSE](#) in June 2019.
- This covers broad areas of particular relevance and concern to children and young people today. It should ensure that every child is guaranteed a PSHÉ education that covers mental health and wellbeing, physical health (including healthy lifestyles and first aid) and learning about safe, healthy relationships, including understanding consent and negotiating life online.

- Although our existing curriculum already covered work on health and relationships, the new requirements are about raising and 'levelling up' of PSHE standards across all schools.
- A priority is to tailor our programme to the needs of our pupils and community in order to be effective. This is why we are having a open discussion with parents regarding the needs of their children.
- The DfE have made it clear that schools should **not** just 'teach to the guidance' however, but see it as the basic requirement which forms part of broader PSHE education..
- The statutory guidance outlines what schools **must** cover - though not everything that schools **should** cover - in PSHE from 2020. The Department for Education (DfE) says: 'All elements of PSHE are important and the government continues to recommend PSHE be taught in schools'.

We will continue to teach economic wellbeing & careers through PSHE

- We feel this is important otherwise the 'personal' aspects of economic wellbeing will be lost. PSHE complements the financial education covered in Maths, but covers the personal aspects of economic wellbeing. It also lays the foundations of effective careers education, digital and media literacy (it is vital that the foundations of this learning are laid during the primary phase).
- Health, relationships, economic wellbeing and successful careers are all linked. PSHE is the glue that binds them together. PSHE gathers all of these aspects of preparing for modern life together into a coherent curriculum subject.
- DfE data shows that the most common approach to careers education is delivery through PSHE lessons (87%), including the crucial early learning in primary years that raises aspirations and broadens understanding of the world of work. Therefore, schools should not undo what they are doing well in this area.

What in the R(S)HE curriculum is statutory?

- Statutory: applies to all pupils in the UK, no right to withdraw.

1) National curriculum science

- Schools must teach NC science in full
- From KSI children learn about animals including humans, how they grow and change from childhood to old age.
- At the end of Year 5 they learn about reproduction in plants and animals including fertilisation and life cycles using the terms egg, sperm, foetus and gestation

2) Health Education (physical and mental well being)

- Puberty, including changes to our bodies as we grow
- Menstruation (Currently taught in Year 5)
- We teach boys and girls about puberty in both sexes - this gives all pupils access to the correct information, and stops misinformation spreading through hear say e.g. discussions in playground.

3) Relationships education

- Positive relationships with families, friends children and adults
- Staying safe on and off line
- Families are safe and loving. There are many types of families.

Statutory relationships education

What is it?

Pupils will be given the opportunity to **learn about different relationships** in ways that help them **think and act in a moral, caring and responsible** way. They will learn more about what makes a healthy relationship, and how to build strong, respectful relationships with others in their life, e.g. family, friends, colleagues

As they learn to build healthy relationships with others, pupils will learn to **accept and respect diversity** among others and foster a positive approach to differences.

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 relationships education

Same sex (LGBT) relationships

One small element (but the one that has most coverage) of the new relationships education is the discussion of same sex relationships.

- Same sex or LGBT relationships will not be taught as stand-alone lessons.
- They will be integrated into lessons on types of families, diversity and understanding the wider world, among other examples of 'similarities and differences', such as similarities and differences in race, culture, religion, appearance etc.

Families of many forms provide a nurturing environment for children. (Families can include for example, single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents and carers amongst others.)

- The school will not promote or favour any family structure or type of relationship above another.
- As per the curriculum guidance we will teach all RHE lessons in an **age appropriate way**, suited to the children's level of understanding.

Statutory Health Education

- **Mental Health:** Teaching about **mental wellbeing** is central to these subjects, especially as a priority for parents is their children's happiness. We know that children and young people are increasingly experiencing challenges, and that young people are at particular risk of feeling lonely. **The new subject content will give them the knowledge and capability to take care of themselves and access support if problems arise.**

- **Puberty:**

"Teaching about puberty before children experience it is essential to ensure that pupils' physical, emotional and learning needs are met and that they have the correct information about how to take care of their bodies and keep themselves safe. Teaching about puberty is also considered a key safeguarding issue by OFSTED."

We want pupils to be prepared and informed about changes that may occur to their body, including menstruation. We teach the key facts about puberty and the changing adolescent body from ages 9-11, including physical and emotion changes. **This falls under health education and there so is no right to withdraw.**

What about sex education?

- In Primary schools, sex education is non statutory (beyond the science curriculum)

At New City we are only teaching the statutory elements of RSHE. This means we are not teaching sex education.

- As noted, we already teach about puberty and hygiene in separate male/female classes.
- We already teach about reproduction in science in Year 5. This is part of the statutory Science curriculum.

As we are only teaching statutory elements, there is no right for parents to withdraw from any RSHE lessons.

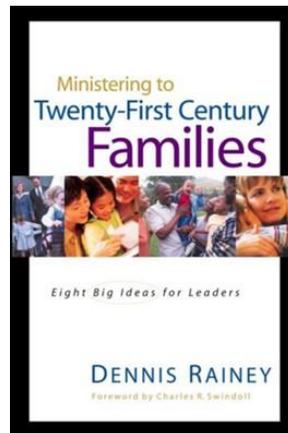
Why do we need this policy? To show respect and promote self care



Greater societal risks from online platforms include sexual grooming and abuse.



Significant increase in mental illness- pupils need to develop resilience so they can meet their targets/goals in life and live productive and happy lives.



21st Century families look different to those twenty years ago in Britain eg Same sex marriages and more blended families.

Safeguarding - creating an open culture which empowers children to identify appropriate interactions and keep themselves safe.

1 in 20 children in the UK will experience child sexual abuse. NHS statistic.

What will this look like at New City?

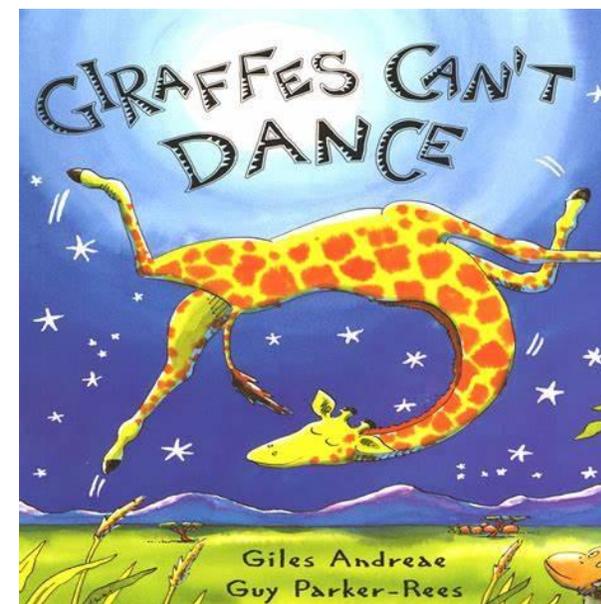
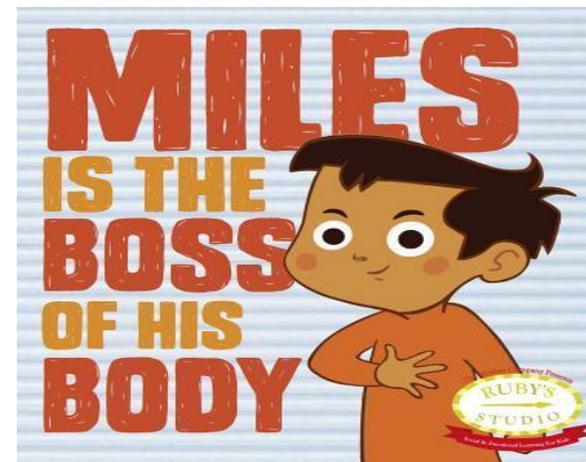
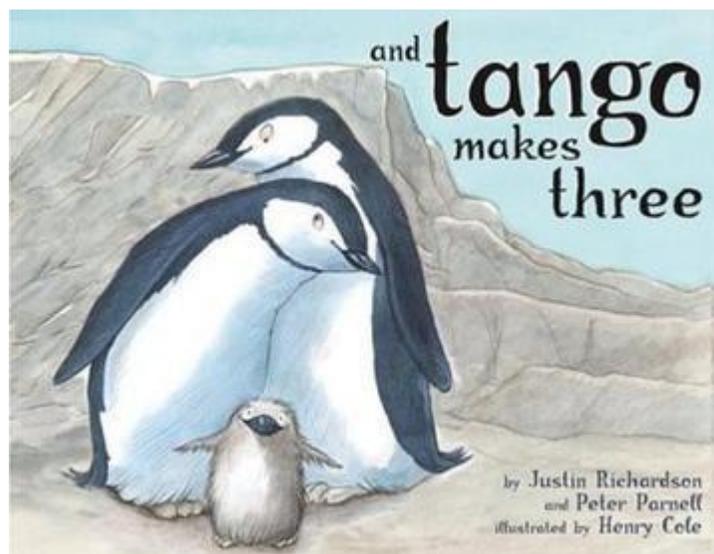
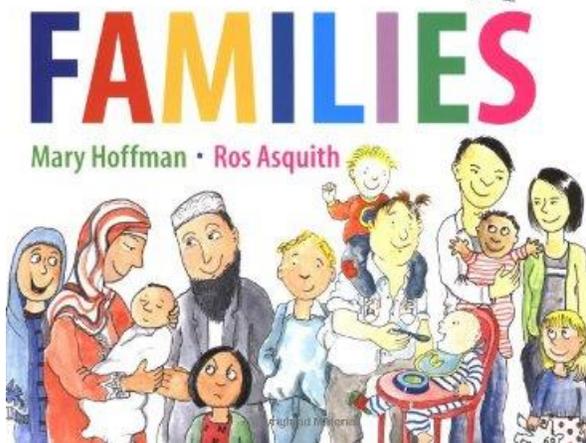
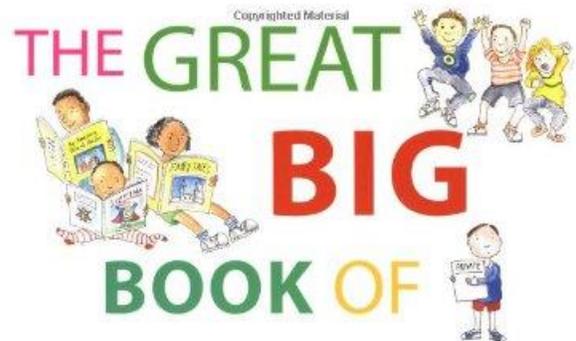
Each half term the whole school, from nursery to Y6, follow the same broad theme. The content for each year group is age-appropriate, and builds upon the learning from the previous years.

Designing our curriculum in this way allows for across year group discussions and to allow for visitors, assemblies and school initiatives to be organised which can be relevant to the learning of all pupils in the school. It also allows us to inform the parents of the topic for each half term, to allow for further discussion and learning on the topic from home.

- Autumn 1: Community
- Autumn 2: Identity
- Spring 1: Relationships
- Spring 2: Health
- Summer 1: Risk
- Summer 2: Making Sense of Money - *(In EYFS this term will focus on Independence, in Y6 Transition to secondary school)*

Whilst PSHE is split into separate core themes, in reality there will always be extensive overlap. PSHE education addresses both pupils' direct experience and preparation for their future. Therefore, we feel it is important to provide a spiral programme of knowledge, skills and attribute development, where prior learning is revisited, reinforced and extended in age and key stage appropriate contexts.

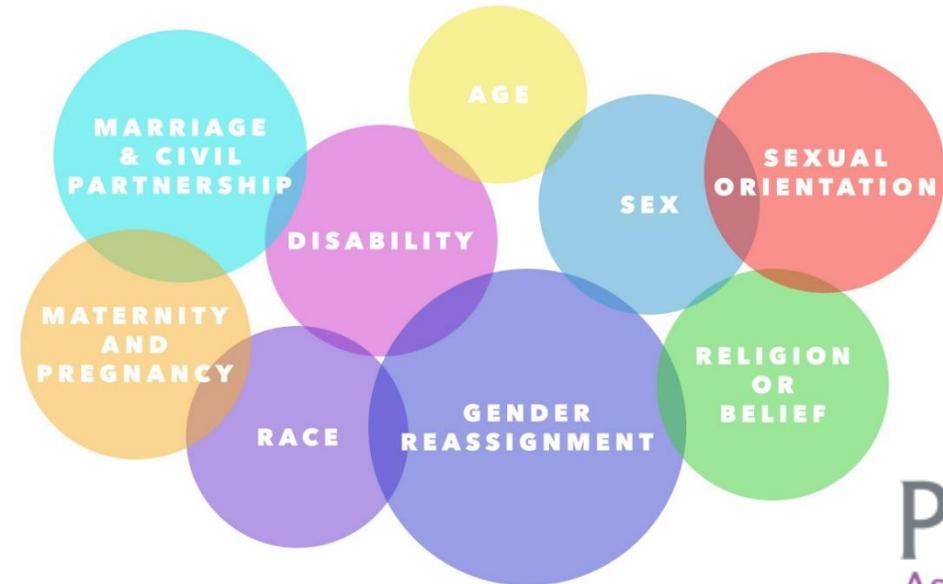
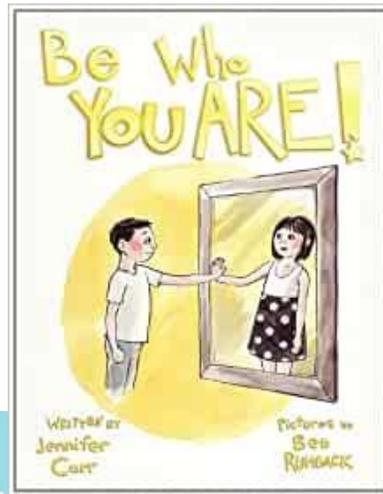
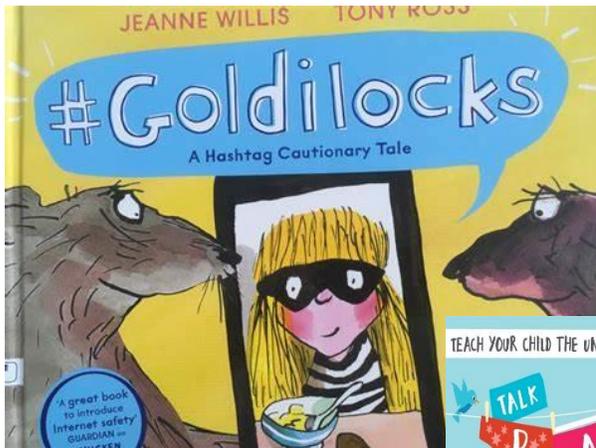
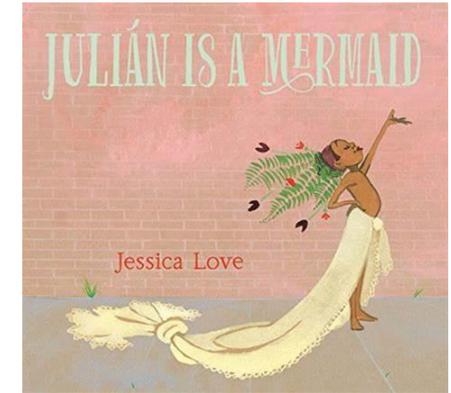
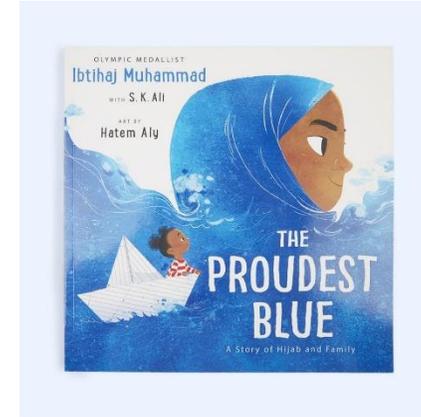
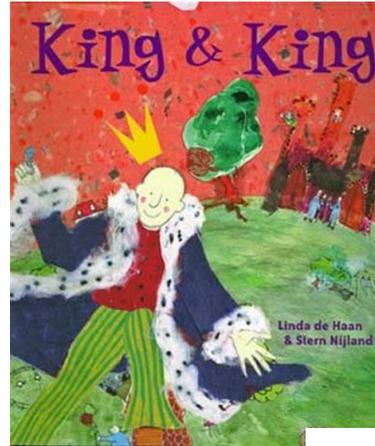
What will this look like in EYFS and KSI?



What will this look like in KS2?

Relationships:

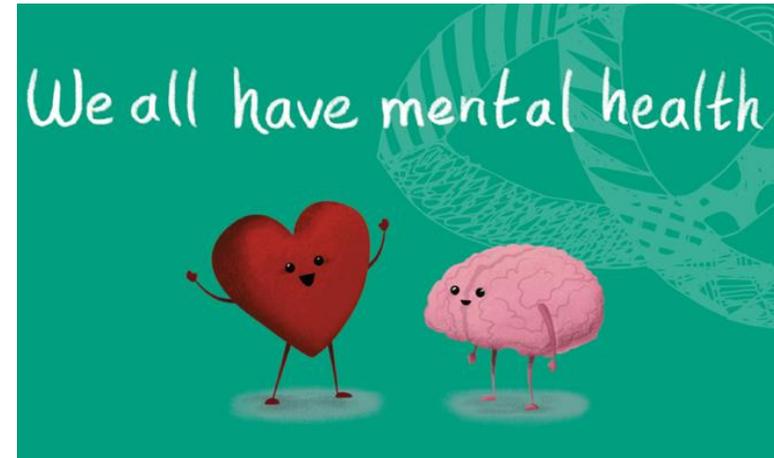
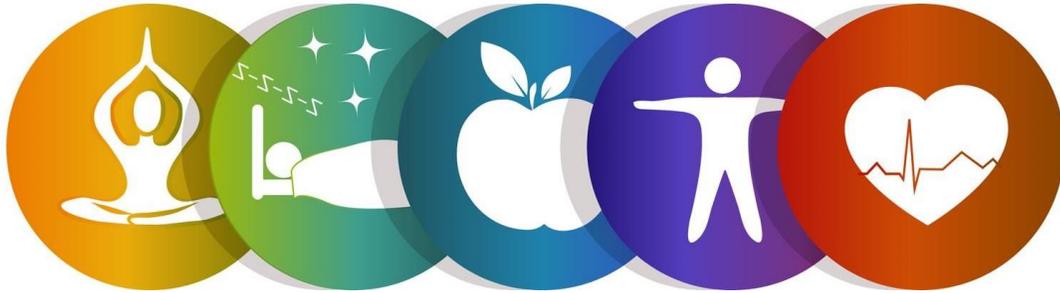
Teaching on different relationships and identities are not taught in isolation, but rather incorporated in other discussions e.g. discussing that same-sex couples can also get married when discussing marriage. Texts within our classroom book corners that reflect the diversity of British society.



What will this look like in KS2?

Health:

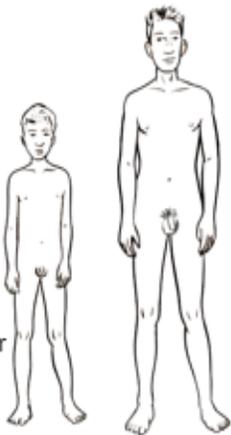
PSHE
Association



The changing body

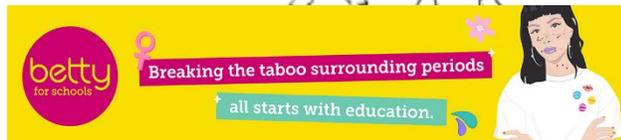
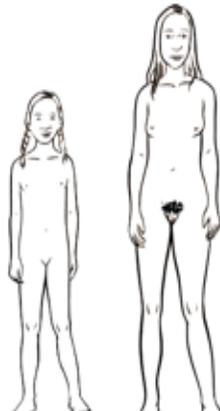
Males:

- Muscle increases
- Penis and testicles grow
- Grow pubic hair
- Grow taller
- Get spots and sweat more
- Get oilier skin and hair
- Get a deeper voice



Females:

- Grow breasts
- Hips and waist change shape
- Grow pubic hair
- Grow taller
- Get spots and sweat more
- Get oilier skin and hair
- Get a deeper voice



Any questions?

