



The Viking Preparatory and Pre-School
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Relationship, Sex and Health Education (RSHE) Policy

Our RSHE Policy is in-line the Relationships Education, Relationships and Sex Education (RSE) and Health Education, Statutory guidance for governing bodies, proprietors, head teachers, senior leadership teams & teachers and the KCSIE (Keeping Children Safe in Education).

All pupils have a right to an education which enables them to flourish and is set in a learning community where differences of lifestyle and opinion (within that which is permissible under law) are treated with dignity and respect; where bullying of all kinds is eliminated; and where they are free to be themselves and fulfil their potential without fear.

Our school seeks to ensure that RSHE curriculum protects, informs and nurtures all pupils. It clearly differentiates between factual teaching (biology, medicine, the law, marriage, differing types of families and the compositions of society) and moral teaching about relationships and values, recognising that the distinction can be easily blurred and that there needs to be discernment about the manner in which this is taught.

RSHE at The Viking School is about what constitutes as wellbeing and loving care for ourselves (physical and mental health education), how we show loving care for others (relationships education) and, when at an appropriate age and stage in life, how we show loving care to those we choose to be intimate with, including marriage (sex education).

It is also about the spiritual and moral aspects of healthy, loving and nurturing relationships.

Pupils will consider how to ensure that they treat themselves and others, at all times and in all contexts, with dignity and respect.

Defining Relationship Education

Relationship Education is learning about how to:

- ! Be appreciative of existing relationships;
- ! Form new healthy friendships; and

- Enjoy strong positive, caring relationships with good boundaries, online and in person.

This will particularly refer to family relationships (including marriage), friendships and relationships with peers and adults.

Defining Sex Education

Sex education is about reproduction: learning how babies can be made and the emotions that people experience when they are ready for close intimacy.

The National Curriculum for science includes content about human body parts, growth, puberty and gestation. Parents do not have the right to withdraw from this aspect of the curriculum.

The Right to Withdrawal from Sex Education

Parents do have a right to excuse their child from this aspect of RSHE and can do so by making concerns known and applying it writing to the Head Teacher. The school will invite any enquiring parents or carers to talk through concerns. An explanation of the rationale for RSHE will be given; an opportunity will be offered to review the intended materials and to consider the Impact of not receiving sex education with peers.

Withdrawing a child from sex education remains a statutory right as a parent or legal guardian. If a pupil is excused from sex education it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.

The school will document this process to ensure a record is kept.

Defining Health Education

Health Education is learning about physical health and mental wellbeing so that pupils can make wise choices to ensure their own flourishing and the flourishing of others.

The RSHE Curriculum

Our RSHE curriculum can be broken down into the following strands:

Relationships

KEY STAGE 1

Family

Friendships

Anti-bullying

Making good boundaries

KEY STAGE 2

All strands from Key Stage 1

Relationship and marriage

Health Education

KEY STAGE 1

Sleep, rest and hygiene

Healthy eating

Spiritual practice

Exercise

Mental health, wellbeing and emotion literacy

Screen time and screen safety

First aid

KEY STAGE 2

All strands from KEY Stage 1

Alcohol, smoking and drugs

Puberty

Sex Education

YEAR 6

Sexual intercourse

Sex and the law

Gestation, pregnancy, birth and parenthood

How will PSHE be taught in our school?

RSHE will be delivered professionally and as an identifiable part of PSHE. It will be led, resourced and reported to parents in the same way as any other subject. The strands listed will be covered as part of other subject areas in the curriculum.

RSHE will be delivered in a way that affords dignity and shows respect to all who make up our diverse community. It will not discriminate against any of the protected characteristics in the Equality Act and will be sensitive to the faith and beliefs of those in the wider community. RSHE will seek to value the importance of faithfulness as the underpinning and backdrop for relationships. It will encourage pupils to develop the skills needed to disagree without being disagreeable, to appreciate the lived experience of other people and to live well together.

RSHE will seek to build resilience in our pupils to help them form healthy relationships, to keep themselves safe and resist the harmful influence of the excesses of media in all its forms.

Values such as honesty, integrity, self-control, courage, humility, kindness, forgiveness, generosity and a sense of justice will be embedded.

Pupils with SEND will have had the content made accessible to them in the most appropriate manner.

Monitoring and Review

This policy will be reviewed every two years or as necessary in-line with statutory requirements.

This policy was discussed and agreed by members of The Viking School and can be viewed on our school website by parents / carers.

A paper copy is available upon request.

Signed:

Miss. L. Middlebrook

Dated:

January 2022