# **Kempshott Infant School**

#### Relationships and Health Education (RHEd) Policy

#### Introduction

From 2020, Relationships and Sex Education (RSE) and Health Education became compulsory in all primary schools in England and Relationships and Sex Education will be compulsory in all secondary schools. This is in response to the identified risks children and young people may face through their increased online activities and the need to support them to be safe and healthy, and manage their academic, personal and social lives in a positive way. As an infant school we are required to teach Relationships and Health Education.

# **Statutory Requirements**

As a maintained infant school we must provide Relationships and Health Education to all pupils as per section 34 of the <u>Children and Social work act 2017</u>. We are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum which includes the correct anatomical names for genitalia.

In teaching Relationships and Health Education, we must have regard to <u>guidance</u> issued by the secretary of state as outlined in section 403 of the <u>Education Act 1996</u>.

#### <u>Aims</u>

At Kempshott Infant School we will be implementing Relationships and Health Education. To ensure this is effective the school will ensure:

- An age-appropriate curriculum is designed, shared and followed.
- For SEND pupils, the Head Teacher will jointly discuss with parents if a pupil's specific needs need to be taken into account when making decisions about whether a pupil may be excused.

The aims of Relationships and Health Education at our school are to:

- Provide a framework in which sensitive discussions can take place.
- Provide the children with understanding of the importance of health and hygiene.
- Help pupils develop feelings of self-respect, confidence, tolerance and empathy.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

# **Policy Development**

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

- 1. Review a member of staff or working group pulled together all relevant information including relevant national and local guidance
- 2. Staff consultation all school staff were given the opportunity to look at the policy and make recommendations
- 3. Parent/stakeholder consultation a small group of parents were invited to attend a meeting about the policy and then published draft copy on school website for review.
- 4. Ratification once amendments were made, the policy was shared with governors and ratified

# What is Relationships Education?

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and adults. This will create opportunities to ensure children are taught about positive emotional and mental wellbeing and how friendships can impact on this. Children will also be taught (in an age appropriate way) to recognise and report different types of abuse, including emotional, physical and sexual. This will include focusing on boundaries and privacy so that children understand that they have rights over their own bodies and know how to seek advice when

they suspect or know something is wrong. There will also be opportunities to teach children about boundaries with their peers, including when they are online, ensuring they learn that where abuse takes place it is never the fault of the child who is abused.

Relationships and Education is about the emotional, social, and cultural development of pupils, and involves learning about relationships, healthy lifestyles, diversity and personal identity. Relationships Education involves a combination of sharing information, and exploring issues and values.

Relationships Education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Relationships Education focuses on giving young people the information they need to help them develop healthy, nurturing relationships of all kinds including:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

# What is Health Education?

Health and wellbeing education will focus on the characteristics of good physical health and mental wellbeing. It will include aspects such as the benefits and importance of exercise, good nutrition and sufficient sleep. Children will also be given the language and knowledge to understand the normal range of emotions that everyone experiences. Children will be taught about the two way positive relationship between good physical health and good mental wellbeing.

All lessons will be taught at an age appropriate level to meet the needs of the objectives in Relationships and Health Education curriculum, under the headings of:

- Mental Wellbeing
- Internet Safety and Harms
- Physical Health and Fitness
- Healthy Eating
- Drugs, Alcohol and Tobacco
- Health Prevention
- Basic First Aid

Please click <u>here</u> to see the Department for Education's guidance. Please note the information in this document details learning objectives that need to be covered by the end of primary school. Therefore not all of the objectives are relevant to infant age children and will not be covered during your child's time at Kempshott Infants.

#### **Our Curriculum**

As our children are 7 years and under, our team will determine the age-appropriateness of the Primary Objectives set out by the DFE. Meeting these objectives will require a graduated, age-appropriate programme of Relationships and Health Education. Children of the same age may be developmentally at different stages, leading to differing types of questions or behaviours. A strong curriculum will build on the knowledge pupils have previously acquired, including in other subjects, with regular feedback provided on pupil progress. Lessons should be planned to ensure that pupils of differing abilities, including the most able, are suitably challenged.

Teaching methods should take account of these differences (including when they are due to specific educational needs or disabilities) and the potential for discussion on a one-to-one basis or in small groups. The Head Teacher should consider what is appropriate and inappropriate in a whole-class setting, as teachers may require support and training in answering questions that are better not dealt with in front of a whole class.

Relationships and Health Education is taught within the personal development learning (PDL) education curriculum. Biological aspects of Relationships Education are taught within the science curriculum, and other aspects are included in religious education (RE), Physical Education (PE) and Computing. All PDL and Relationships and Health Education lessons will be taught by trained professionals who have already established a safe relationship with the children. All staff should refer to Relationships Education for Primary (by the DfE) for further teaching support. Please see Appendix 1.

#### **Assessment**

All teachers should have the same high expectations of the quality of pupils' work in these subjects as for other curriculum areas. Teaching should be assessed and assessments used to identify where pupils need extra support or intervention.

#### **Monitoring and Evaluating**

The Subject Leader alongside the Head Teacher will monitor the impact of the Relationships and Health Education. This is not a standalone subject it is part of the school's ethos and values. The effectiveness of the Primary Objectives will be evaluated through:

- Assemblies
- Circle times
- Stories
- Pupil Questionnaires
- Parent Questionnaires
- Learning walks
- Lesson Observations

This policy will be reviewed by the Subject Leader annually. At every review, the policy will be approved by the governing body and Head Teacher.

#### **Dealing with Difficult Questions and Statements**

Good practice allows children an open forum to discuss potentially sensitive issues. This in turn can lead to an increase in children disclosing abuse, or of teachers becoming aware of concerns about a child's wellbeing. Teachers should understand how to respond to disclosures of abuse and report any concerns they may have, following the school's safeguarding procedures.

To support our team in having a joint approach, the school have created the following guidance if a child asks a question that is deemed as beyond age-appropriateness or that is better dealt with on a 1—1 basis:

- The member of staff must acknowledge the question/statement and state 'Thank you for your question/thank you for sharing that, I'm going to write that down and we can talk about that together later'.
- If a child makes a comment that fuels other children's comments then the member of staff should say the following 'I can see there are lots of questions/thoughts, I need to have a think about these so let's move on.' Members of staff must seek advice from DSL, SLT or HT as soon as possible.

# **Roles and Responsibilities**

**The Governing Board** approved the RHEd Policy, and hold the Head Teacher to account for its implementation.

**The Head Teacher** is responsible for ensuring that RHEd is taught consistently across the school, and for managing requests to withdraw pupils from (non-statutory/non-science) components of RHEd.

#### **Staff** are responsible for:

- Delivering RHEd in a sensitive way
- Modelling positive attitudes to RHEd
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the (non-statutory/non-statutory science) components of RHEd.

Staff do not have the right to opt out of teaching RHEd. Staff who have concerns about teaching RHEd are encouraged to discuss this with the Head Teacher.

**Pupils** are expected to engage fully in RHEd and, when discussing issues related to RHEd, treat others with respect and sensitivity.

#### Safeguarding and Vulnerable Children

Any child that causes concern should be referred to the DSL following the school's Child Protection Policy and procedures. If a child is finding the typical aspect of Relationships Education and PDL difficult in a group/whole class context, staff should discuss this with a DSL or SENDCo.

# **Vocabulary**

As a school we feel it is essential that children learn the correct names for external genitalia including penis, testicles and vulva, as having the right language to describe all body parts of their body and knowing how to seek help if they are worried or uncomfortable about something and having the right vocabulary to describe why they are seeking help – are vital for safeguarding.

It was stated in the report 'Not Yet Good Enough – personal, social, health and economic education in schools' (Ofsted, 2013), Ofsted highlighted research by Lucy Faithful which indicated that 'failure to provide high quality, age-appropriate sex and relationships education may leave young people vulnerable to inappropriate language'. Although, while Sex education does not start till later in Key Stage 2, the imperative to keep children safe from abusive behaviours makes it essential to be introduced early in their schooling.

# Parent' Right to Withdraw

Parents do not have the right to withdraw their children from Relationships and Health Education.

Parents have the right to request that their child be withdrawn from some or all of the sex education delivered as part of statutory Relationships and Sex Education. However due to the age of our pupils 'sex education' will not be taught in the infant phase, therefore there is no right to withdraw from Relationships and Health Education.

# **Training**

Staff are trained on the delivery of RHEd as part of our continuing professional development. The Head Teacher will also invite visitors from outside the school, such as school nurses, etc to provide support and training to staff teaching RHEd.

Date January 2023 Review date: January 2024

# Kempshott Infant School Relationships and Health Education Curriculum Map

Year	Term	Topic	Resources
Group			B. (CHA)
Year 1	Aut 1	Mental Well-being Feelings:	Boy/Girl dolls
		To learn we are the same but different.	Moppy Handbook
		To learn the body parts which make us different	Moppy is Happy story book
		e.g. vulva, penis, testicles.	Picture of Moppy
		To learn about a wide range of feelings.	Sparkly object
		To be able to talk about being happy and know	Moppy Handbook
		what makes us happy.	Moppy is angry story
		To be able to talk about what makes me feel	Sentences – that describe a character's
		angry.	anger.
		To be able to talk about being sad and know what	Moppy Handbook
		makes us sad.	Moppy is Sad story book
		To be able to recognise when someone looks sad	A cloak
		and I know ways to help them cheer up.	A goblet
		To know about the different kinds of changes that	A blue shape
		have happened since starting school.	A small bell or triangle
		To know about the different kinds of loss that can	Moppy is sad- Book
		make us feel sad.	Moppy Handbook
		To know how to help ourselves and others	Moppy is Calm story book
		manage sad feelings.	'Great Big Book of Feelings' – Mary
		To be able to talk about what makes me feel calm.	Hoffman
		To recognise and name feelings in myself and	SEALS pack – emotions pictures.
		others.	
Year 2	Aut 1	Mental Well-being - Feelings:	Maz alien outline
10012	Autı	To recognise and name some feelings that they	Feeling scenarios
		might have.	
		To describe how others might be feeling.	Feeling vocabulary cards
		To explain how feelings can make their bodies feel	Help cards
		inside.	Everyday feelings lists – class created
		To identify who can help them with feelings, and	My Feelings frame worksheet
		how they can help others.	Maz's changing feelings grid worksheet
		To identify feelings that are good or not so good.	Large postcard addressed to Maz
		To recognise that people feel differently about	Say and do worksheets
		things and situations.	Sorting feelings cards
		To recognise and name feelings in myself and	Scenario and question cards – big
		others.	feelings
		To explain what can change their feelings (from	Text message worksheet
		good to not so good and from not so good to	
		good).	
		To suggest things that can help them and others to	
		feel better.	
		To recognise that feelings can get stronger.	
		To describe how big feelings can affect their	
		behaviour.	
		To identify what can help them feel better when	
		they have a big feeling.	
		To be able to use words or phrases to ask for help	
		with feelings.	

Year 1	Aut 2	Families and people who care for me / Respectful	'A special person is' sheet
1 cal 1	Aul Z	relationships	Grandfather and I by Helen E. Buckley
		-	Class spider-gram - who are their special
		To know about people who care for them e.g.	people
		parents, siblings, grandparents, relatives, friends	Caring for reach other grid worksheet
		and teachers.	Caring for each other idea bank
		To know the different roles those who care for	Different families, same love PowerPoint.
		them play in their lives and how they care for	My Family activity sheet
		them.	Farmer Duck by Martin Waddell
		To know about people who care for them e.g.	Fair is Fair by Sonny Varela
		parents, siblings, grandparents, relatives, friends	Ten Little Pirates by Mike
		and teachers.	Brownlow & Simon Rickerty
		To know the different roles those who care for	
		them play in their lives and how they care for	
		them.	
		To know what it means to be a family.	
		To know that families are different.	
		To know how to tell someone they are worried	
		about their family.	
		To know the importance of telling someone when	
		you are worried about something in their family.	
		To be able to identify different types of behaviour.	
		To know what fair and unfair means.	
		To know what right and wrong means.	
Year 2	Aut 2	Caring friendships / Respectful relationships	'But Why Can't I? – Sue Graves
		To learn about people who look after them, their	Elmer series by David McGee
		family networks, whom they can go to if they're	This is Our House by Michael Rosen
		worried and how to attract their attention.	Broken object activity – string, sellotape,
		The importance of listening to other people and	glue
		find ways to resolve disagreements.	Scenario cards for friendship problems
		To learn about groups and communities that they	Toothpaste activity
		belong to.	
		To know about ways to resist teasing and bullying	
		and how coping strategies can be used.	
		To know about the importance of respect for	
		differences and similarities between people.	
		To be able to communicate ideas and views.	
		To be affirming to self and others.	

Year 1	Spring	Physical Health and Fitness / Health and	Ketchup on Your Cornflakes - Nick
I COI I	Spring 1	Prevention / Healthy eating	Sharratt
		To learn the importance of what it means to be	Body Outline – large sheet of paper
		healthy.	Personal Hygiene power point
		To learn ways to take care of themselves on a daily	Healthy Food PDF -(Worksheet)
		basis.	Healthy food plate template
		To learn about basic hygiene routines. E.g. hand	Being active -power point
		washing.	Fantastic Fred Video Part Three
		To learn about healthy and unhealthy foods,	Fantastic Fred Video Part Four
		including sugar intake.	Fantastic Fred Activity 3 – Be a fitness
		To learn about physical activity and how it keeps	super star
		people healthy.	Prepared Table with 2 columns
		To learn about different types of play, including	Body shape Outlines
		balancing indoor, outdoor and screen-based play.	Dress to Impress worksheets
		To learn about people who can help them to stay	
		healthy, such as parents, doctors, nurses, dentists	
		and lunch supervisors.	
		To learn how to keep safe in the sun.	
Year 2	Spring	Physical Health and Fitness / Mental Well-being /	Exercise Right, Sleep Tight Power Point
	1	Drug, alcohol and tobacco / Healthy Eating To learn about routines and habits for maintaining	A Good Night's Sleep Game Cards
		good physical and mental health.	Guided Meditation
		To learn why sleep and rest are important for	My Sleep Meditation Sheet
		growing and keeping healthy.	Sleep factor Power point
		To know medicines, including vaccinations and	Resource 1: Mia's story
		immunisations, can help people stay healthy and	Resource 2: What can Mia do to rest and
		manage allergies.	relax?
		To understand the importance of, and routines	Resource 2a: What can Mia do to rest
		for, brushing teeth and visiting the dentist.	and relax? — Expected answers
		To learn about food and drink which affect dental health.	Resource 3a: Mia's new bedtime routine
		To learn ways to feel good, calm down or change	Spider diagram on the board/flip chart
		their mood e.g. playing outside, listening to music,	with 'Things that keep Mia awake' in the
		spending time with others.	middle section.
		To learn to manage big feelings including those	KS1 Dental Power point
		associated with change, loss and bereavement.	Draw/Write sheets
		To learn when and how to ask for help, and how	Resource : Food & drink cards
		to help others, with their feelings.	Resource 2:Steps to brushing teeth
			Resource 3: who can help cards
			Ways to Wellbeing power point
			5 Ways to Wellbeing worksheet
			Tree template Drug and Alcohol Power point
			Drug and alcohol lesson plan and the
			,
			following resources:
			Feel better scenarios – resource 1
			Medicine cards – resource 2
			Scenarios sheet - pairs or groups -
			Resource 2 – under Mental Health
			lessons pdf – lesson 4 - change and loss
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Year 1	Spring	Families and people who care for me / Being safe	'Library Lion' by Michelle Knudsen
	2	To learn about what rules are and how they	body Outline
		change for different situations.	A sick day for Amos McGee by Philip C
		To learn that different people have different	Stead or video –
		needs.	Grid – on large sheet of paper
		To learn how we care for people, animals and	Tidy by Emily Gravett
		other living things in different ways.	Writing frame –for job advertisements –
		To learn how we can look after the environment.	editable and need words inserted in the
		To learn about the different jobs and the work	word bank
		people do.	A Superhero like you by Dr Ranj'
		To understand that different strengths and	Sheet of folded card – for each child
		interests are needed to do different jobs.	Sheet of folded card for each child
		To learn about people whose job it is to help us in	
		the community.	
Year 2	Spring	Caring Friendships / Respectful friendships /	Clancy and Millie and the Very Fine
	2	Online relationships/ Being safe / Internet safety	House by Libby Gleeson
		and harms	30 x green leaf shapes
		To learn how important friendships are in making us feel happy and secure, and how people choose	Large tree (to put on the wall) or tree
		and make friends.	branch/twigs in a pot of sand
		To learn the importance of respecting others, even	Book - A Rainbow of Friends by
		when they are very different from them (for	P.K.Hallinan
		example, physically, in character, personality or	Friendship Wreath –
		backgrounds), or make different choices or have	Person template, glue, felt pens,
		different preferences or beliefs.	coloured pencils, skin tone pencils, paper
		To learn the characteristics of friendships.	plates (one per group, each with the
		To know that there is a range of emotions in	centre cut out).
		relation to different experiences and situations.	Book - Olive and the Big Secret by Tor
		To begin to identify whether what they are feeling and how they are behaving is appropriate and	Freeman
		proportionate.	Paper Planes by Jim Helmore
		To learn to recognise when a friendship is making	Up the Creek by Nicholas Oldland
		them feel uncomfortable or unhappy, managing	'
		conflict, how to manage these situations and how	Problem solving Sheet – A3
		to seek help from others, if needed.	The Only Way is Badger by Stella J Jones
		To learn that most friendships have ups and	
		downs, and that these can often be worked	
		through so the friendship is repaired or even	
		strengthened and that resorting to violence is	
		never right.  To learn where and how to report concerns and	
		•	
		get support with issues online.	
		To learn how important friendships are in making	
		us feel happy and secure, and how people choose	
		and make friends.	
		To learn that most friendships have ups and	
		downs, and that these can often be worked	
		through so the friendship is repaired or even	
		strengthened and that resorting to violence is	
		never right.	

# Year 1 Sum 1 Caring friendships / Respectful relationships / Online relationships / Being safe To understand that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

not make others feel lonely or excluded.

To know how friendships are important in making us feel happy and secure and how people choose and make friends.

To know practical steps they can take in a range of contexts to improve or support respectful relationships.

To understand the conventions of courtesy and manners.

To know how to respect others who are different and make friends.

To know that people behave differently on online, including pretending to be someone else.

To know practical steps they can take in a range of contexts to improve or support respectful relationships.

To understand the conventions of courtesy and manners.

To know how to respect others who are different and make friends.

To know when a friendship is making them feel unhappy or uncomfortable and how to seek help or advice from others.

To know how to consider friendships online and how to seek advice or help.

To know the importance of respecting others even when they are different.

To know how the characteristics of friendships and how to get support with problems and difficulties. To know that most friendships have ups and downs, and that these can be worked through so the friendship is repaired or even strengthened and that resorting to violence is never right. To know when a friendship is making them feel unhappy or uncomfortable and how to seek help or advice from others.

To know how important friendships are in making us feel happy and secure, and how people choose and make friends.

To know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

To know practical steps they can take in a range of different contexts to improve or support respectful relationships.

Too shy for show and tell – by Beth Bracken and Jennifer A. Bell Big Al by Andrew Clements Link –

<u>Listening Power Kids 14- Getting Along-</u> <u>Children's Story Telling Read Along-</u> <u>Howard B.Wigglebottom - YouTube</u>

Hunter's Best Friend at School – Laura Malone Elliott

A Secret Worth Sharing by Johnathan Emmett

Applause cards

Year 2	Sum 1	Health and prevention / Being safe / Basic first	Medway –Lesson 2 – Resource E –
		aid	Picture of a baby and child
		To learn about the human cycle and how people	Medway –Lesson 2 – Resource I –
		grow old.	Things we can do(now, in the future)
		To learn how our needs and bodies change as we	The Growing Story by Ruth Krauss and
		grow up.	Helen Oxenbury
		To learn about the change as people grow up,	Helpful/Harmful Cards
		including opportunities and responsibilities.	Amritt's Dilemmas
		To learn about things that people can put into	People who help us labels
		their body or onto their skin (e.g. medicines and	Feel Better Scenarios
		creams) and how these can affect how people feel.	Medicine Cards
			Case Studies
		To learn about medicines, and the people who help them to stay healthy.	Empty, washed packaging from
		To learn to recognise risk in everyday situations,	household products, including cleaning
		e.g. road, water and rail safety and medicines.	products and medicines.
		To learn about the rules for keeping safe around	Hazard Labels Sheet
		medicines and other household products.	Safety Rules and Labels (True, False,
		To learn to recognise risk in everyday situations,	depends on situation)
		e.g. road, water and rail safety and medicines.	Safety Rule Scenarios
		To learn to keep themselves safe in familiar and	Keeping Safe PowerPoint
		unfamiliar environments, such as in school, online,	What would you do? scenario cards
		and 'out and about'.	Teaching Children to Call 999 - Bing video
		To learn to identify potential unsafe situations,	Teaching children how to call 999 in an
		who is responsible for keeping them safe in these	emergency with Lookout Lion - Bing
		situations, and steps they can take to avoid or	<u>video</u>
		remove themselves from danger.	How to make a call to emergency
		To learn to keep themselves safe at home in	services - BBC Teach
		relation to electrical appliances, fire safety and medicines/household products.	
		To learn to recognise risk in everyday situations,	Emergency Services PowerPoint
		e.g. road, water and rail safety and medicines.	
		To learn how to respond if there is an accident and	
		someone is hurt.	
		To learn about whose job it is to keep us safe and to get help in an emergency, including how to dial	
		999 and what to say.	
Year 1	Sum 2	Being safe / Caring friendships / Mental well-	Pantosaurus video –
		being	https://www.youtube.com/watch?v= Sz
		To learn about what it means to keep something	bMEVYiyg&feature=emb_title
		private.	NSPCC PowerPoint
		To learn about situations when someone's body or	PANTS template
		feelings might be hurt and whom to go to for help.  To learn to recognise what makes them special	Pumpkin Soup by Helen Cooper
		and unique including their likes, dislikes.	
		To learn how they are the same but different to	I Am Special Because   and other books
		each other.	and songs from Akili and Me, African
		To be to say what they are good at.	<u>cartoons! - Bing video</u>
		To learn to manage and whom to tell when finding	Beautiful Oops by Barney Saltzberg
		things difficult, or when things go wrong.	
		To learn it is okay to make a mistake.	
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# Year 2 Sum 2 Being Safe / Respectful relationships / Mental Howard Wigglebottom story – Listening well-being / Internet safety and harms Power 3- Kids Bullying-Children's To learn the difference between good secrets and Literature Story Telling Read Alongbad secrets. Howard B.Wigglebottom - YouTube To learn to recognise hurtful behaviour, including Belonging PowerPoint online. My community worksheet To know what bullying is and different types of Elmer series by David McGee bullying. This is Our House by Michael Rosen To understand how someone may feel if they are I Want It! | Values, Money & Me being bullied. (valuesmoneyandme.co.uk) To know what to do and whom to tell if they see I want it - Needs and wants (2<sup>nd</sup> page) or experience hurtful behaviour, including online. To learn about being part of different groups, and the role they play in these groups e.g. class, teams, faith groups. To learn how a community can help people from different groups to feel included. To recognise that they are all equal, and ways in which they are the same and different to others in their communities. To be able to communicate ideas and views. To be affirming to self and others. To know what money is and it's different forms e.g. coins, notes, and different ways of paying for things e.g. debit cards, electronic payments, apple pay using phones. To know how money can be kept and looked after. To know about getting, keeping and spending money. To recognise the difference between needs and

wants.

and wants.

To know how people make choices about

spending money, including thinking about needs