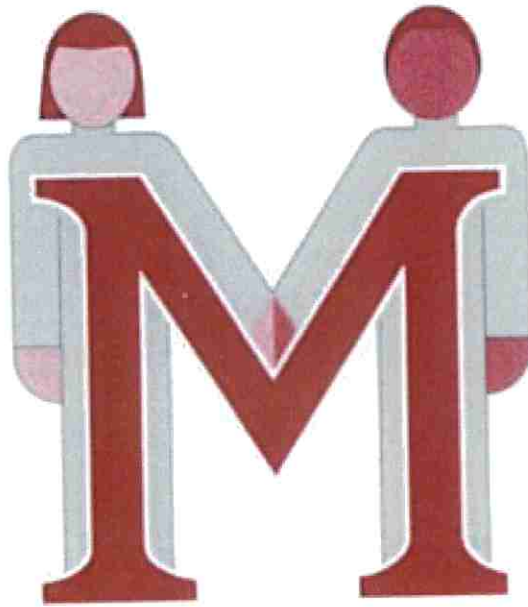


MOULSHAM INFANT SCHOOL



RSHE POLICY



RSHE Policy Document

Vision

At Moulsham Infant School, we believe the RSHE prepares our children for the real life challenges that they will face now and throughout their later lives. We consider Relationships, Sex and Health Education to be important for our pupils and our school because it promotes the ability to reflect on their own needs and to celebrate their uniqueness. We want to empower them to make informed decisions about their wellbeing (both mentally and physically), whilst also being considerate to others. We strive to give our children the nurture and tools needed to communicate, reflect and become resilient people. At Moulsham Infant School, we want our children to express themselves freely, feel validated and heard.

Intent

Although a RSHE lesson will be taught as an explicit lesson in the class, at Moulsham, we firmly believe that it is not just what is taught in the lesson that is important. In order for our pupils to grow and learn life skills: spiritually, morally, culturally, mentally and physically; our growth mind-set ethos will be evident within the whole school for all lessons. We pride ourselves on being role models to the children; encouraging children to ask themselves enquiry questions to enable them to be reflective thinkers.

These are our main aims for all pupils:

- Develop character skills to support healthy and safe relationships.
- Developing skills to form positive beliefs, values and attitudes.
- Develop their vocabulary and emotional literacy to enable them to talk about and manage their feelings.
- Understand the fact every human being is unique and has the right to be respected.
- Develop a level of tolerance and understanding and empathy- without losing their own values of who they are and what they feel and believe.
- Understand choices that they can make to keep a healthy body and mind.

At Moulsham, we are very aware that our intended RSHE curriculum may vary in response to emerging issues and to reflect the rapidly changing world in which our pupils are living and learning.

Implementation

The RSHE programme is led by Mrs A Hartshorne-Abbott, teaching staff are responsible for delivering high quality lessons each week and will be supported by other agencies as appropriate. Each learning objective has been allocated to year groups using the 'spiral learning' approach, giving the children a chance to revisit a familiar objective again. The subject leader has created Smart resources for each lesson, which provides ideas and a structure to teach these lessons. All staff involved in the delivery of RSHE receive a manual, ensuring pupils are taught with consistent approaches to RSHE throughout their time at Moulsham School. Staff meetings and training days continue to update staff members of any changes within the curriculum. Some content within the RSHE curriculum crosses over into other subject areas: Physical Education, Design and Technology, Religious Education and Computing. All of these subject leaders are involved in ensuring the objectives are covered through our cross curricular

links. We decided that as we are an infant school, we would not teach any Sex Education due to age appropriateness.

Studies show that using fictional scenarios and case studies which pupils may identify are a great way to distance our pupils. Therefore we have a variety of methods to teach each objectives, including:

- Books
- Role-play
- Storytelling
- Discussions
- Debating
- Puppets
- Images
- Short film clips
- Using current media news – for instance Newsround
- Class and whole school assemblies
- Class council

Awareness dates that we shall be observing:

Anti Bullying week - November

Child's Grief Awareness week - November

Children in Need / Comic relief – November / March

International Women's Day – March

Health and Fitness week - July

Safe and effective practice

Through our RSHE curriculum, children learn in a rich and fun way, but very importantly at Moulsham Infant school, we provide an inclusive learning environment which is safe and empowering for everyone involved. Each teacher is given a RSHE manual – highlighting how to approach a RSHE lesson; with distinctive 'Golden Rules' to follow. Children then agree on their very own 'children friendly' class versions of these rules to follow too.

Moulsham's RSHE Ground rules:

-We will be open and honest. We will not put anyone 'on the spot'.

-We will keep the conversation within the room and we know that our teacher will not repeat what is said in the classroom unless they are concerned someone is at risk, in which case they will follow the school's safeguarding policy.

-It is okay for us to disagree with another person's point of view but we will not judge anyone, make fun of anyone, or put anyone down. We will 'challenge the opinion not the person'.

- Taking part is important. However, we have the right to pass on answering a question or participating in an activity.

- We will listen to the other person's point of view and expect to be listened to.

- We know that no question is a silly question.

- If we need further help or advice, we know how and where to seek it confidentially, both in school and in the community. We will encourage friends to seek help if we think they need it.

Health and Fitness Week

Each year, Moulsham celebrates a week of Health and Fitness. This will be a week where the whole school focus heavily on physical and mental health.

Children will be immersed in our '5 to thrive' concept which encourages children to thrive by doing the following five things...

- Connect (talk to others)
- Keep learning (challenge yourself)
- Give (share your time, love, fundraising)
- Take Notice (Listen to your needs and those of others)
- Be Active (exercise)

Safeguarding

When teaching any sensitive topic, such as RSHE which deals with family life, safe and appropriate touching and healthy relationships, we recognise the potential to uncover incidents of abuse through children's disclosures. All members of staff who deliver any of our Relationship Programme, have statutory training around safeguarding children and are all aware of our school's safeguarding policy and procedures in the case of a disclosure or suspicion of a safeguarding concern.

Keeping parents and Carers informed

We believe that successful teaching around RSHE can only take place when parents and school work together. Especially, considering we both want children to grow up safe and happy in healthy relationships, with the ability to manage their emotions and speak up when they feel unsafe. Therefore, we are committed to working together with parents.

To do this we:

- Have the RSHE policy available to parents through our website.
- Have had a parent consultation.
- Through the role of family liaison and school councillor.

Impact

By the end of each lesson there will be an opportunity for teacher assessments and more formal assessments to measure the impact of learning. We may also see a change in behaviour of the children, perhaps how they deal with problems in the playground/ how they deal with anxiety. Most importantly, we will begin to see our children flourish, making decisions to keep themselves safe, healthy and happy. Clearly reflecting about everyday life situations, using their knowledge and skills to manage in an ever changing world.

Monitoring

Assessments are made through a combination of observation, discussion and written work by class teachers, who will update Target Tracker Assessment yearly. The subject leader will also be monitoring

work, giving pupils a voice by asking them questions about the curriculum and continue to have links with PE, DT, RE and ICT leaders.

Resources / Schemes used in school

We have an extensive range of books in our RSHE cupboard that we purchased for our PSHE curriculum. New books are regularly bought and donated to update our resources. The books are located in our RSHE cupboard in front of the school hall in the main corridor. Books are in alphabetical order by book title with a PSHE/RSHE label on the front. Books have also been categorised into specific values and topics. A list of these is attached within the cupboard.

Our scheme of work was created by the Subject Leader using the curriculum, PSHE association training and The Children's Health Project lesson plan ideas.

Renewal

This policy will be renewed every 3 years, or amendments made when needed.

Date approved by staff : - October 2021

Date approved by governors : - 16th November 2021

To be reviewed :- November 2024