Coley Primary School
PSHE including Relationships and Sex Education (RSE)

Parent Information

The purpose of this meeting is to inform you about the relationships and sex education (RSE) provision offered at our school.

Why PSHE matters

Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future.

These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain. When taught well, PSHE education helps pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life.

PHSE Association – Curriculum for Life Report

Why is PSHE important to pupils?

Today's school pupils are growing up in a world full of opportunities but with many risks and anxieties too. While some risk-taking behaviours, such as substance misuse, appear to be in decline, other – often linked – issues are emerging, particularly in relation to pupils' mental health, relationships and safety, both offline and, increasingly, online. PSHE education helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. From making responsible decisions about alcohol to succeeding in their first job, PSHE education helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up.

PHSE Association – Curriculum for Life Report

Why is PSHE important to schools?

A growing body of research shows that pupils who are emotionally healthy do better at school. PSHE education helps children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships. PSHE education also helps pupils to develop skills and aptitudes - like teamwork, communication, and resilience - that are crucial to navigating the challenges and opportunities of the modern world, and are increasingly valued by employers.

PHSE Association – Curriculum for Life Report

Why is PSHE important to parents?

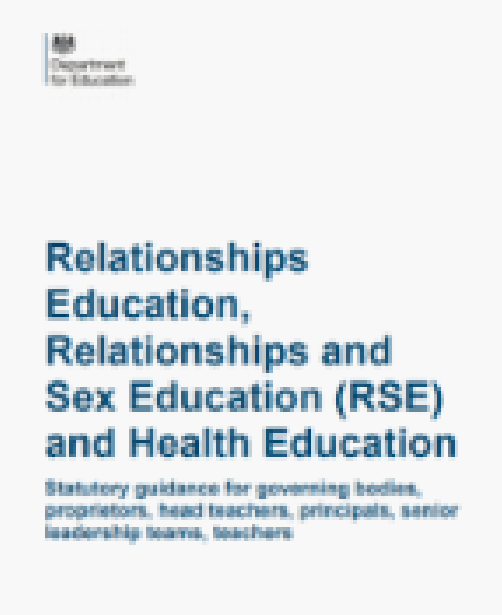
An overwhelming majority of parents support the view that schools should prepare children for life and work, not just for exams. 90% of parents say that all schools should teach PSHE education. We believe that parents welcome a partnership between home and schools which supports their children's personal and social development, and help deal with issues of increasing complexity such as those related to mental health and staying safe, both online and offline.

While there is consensus about the need for PSHE education, it is understandable that parents will want to ensure that a school's programme is appropriate for their children.

PHSE Association – Curriculum for Life Report

Statutory Guidance

Statutory guidance for Relationships, RSE and Health education was published in June 2019 and will be replace existing statutory SRE guidance from 2000. This new guidance outlines what schools must cover – though not everything that schools should cover – in PSHE from September 2020, and as a result as a school we have had to update our provision.



Click on picture to find out more.

Under the new guidance, Relationships Education at primary school will be compulsory. We believe that, to be effective, RSE should be taught within a broader PSHE programmes of study.

Relationships education focusses on giving children the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy.

Health education focusses on equipping children with the knowledge they need to make good decisions about their own health and wellbeing.

Definition of RSE (Relationships and Sex Education) and Health Education

RSE is part of lifelong learning about the social, emotional and physical aspects of growing up, relationships, sex, human sexuality and sexual health. RSE, within PSHE also gives children and young people, essential skills for building positive, enjoyable, respectful relationships and non-exploitative relationships and staying safe both on and offline. Health education is about physical health and mental wellbeing, focussing on recognising the link between the two and enabling the children to make healthy lifestyle choices. It is important that RSE fosters gender and LGBT+ equality, challenging all forms of discrimination and bullying. It enables children to develop their own moral values, which may include reflecting on a variety of different issues, beliefs and viewpoints and builds their self-esteem and confidence to view their own sexuality positively.

Coley Primary PSHE including RSE Policy

Curriculum Intentions

The intent of our PSHE curriculum, is to deliver lessons which are accessible to all, and help our children get the most out of the outcomes so that they know more, remember more and understand more. It is strongly tied to our relationships, relationships and sex (RSE), health education and wellbeing programme and promotes the essential foundations needed to enable children to achieve their best, academically and socially and tackle many of the moral, social and cultural issues that are part of growing up in an ever changing world.

At Coley, the children will be given the vocabulary and support they need to enable them to articulate their feelings. The intention is to promote mental wellbeing and empathy across the whole school and into the community. The children in our school come from a range of family backgrounds and life experiences. We believe it is important to consider children's starting points, differing levels of knowledge and understanding and build upon these through PSHE.

We want our children to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society, in terms of race, religion and relationships. We want our children to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community by learning tolerance, treating each other equally, fairly, with kindness and with mutual respect, preparing them for their future lives. PSHE also encompasses health and wellbeing.

At Coley, we will give the children the knowledge to be able to make informed choices with regards to keeping healthy e.g. food and exercise. Our intent is also for our children to stay safe, learn to manage risks and make decisions. In an ever increasing technological world, we also want our children to use online resources safely and know how to get help when they feel unsafe.

Key Headlines from the school's PSHE including RSE policy

Creating a Safe and Supportive Learning Environment

We will create a safe and supportive learning environment through 'ice-breaker' activities and by establishing clear 'ground rules' regarding discussions. Confidentiality within the classroom is an important component of PSHE, and teachers are expected to respect the confidentiality of their children as far as possible. If in the course of a PSHE lesson, a child may indicate in some way that they are 'vulnerable' or 'at risk' then staff will adhere to the school's Child Protection and Safeguarding Policy. Children will be fully informed of the school's responsibilities in terms of confidentiality and will be aware of what action may be taken if they choose to report a concern or make a disclosure.

Coley Primary PSHE including RSE Policy

Key Headlines from the school's PSHE including RSE policy

Entitlement and Equality Opportunity

At Coley Primary, we recognise the right for all children to have access to a PSHE education which meets their needs. Teaching will take into account the age, gender, ability, readiness, religion and cultural background, and those with English as a second language, to ensure that all children can fully access PSHE education provision. If necessary, the school is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum whilst still ensuring that children have access to the learning they need to stay safe, healthy and understand their rights as individuals.

As far as appropriate, children with SEND or other needs (such as those with social, emotional or mental health needs) should follow the same PSHE education programme as all the other children. Careful consideration should be given concerning the level of differentiation needed and in some cases the content or delivery will have to be adapted. Teachers understand that they may need to work with individual children where required, and if appropriate. It is not the school's policy to withdraw children with SEND from PSHE education to catch up on other national curriculum subjects: these aspects of personal and social development are as important to all children as their academic achievement. *Coley Primary PSHE including RSE Policy*

Key Headlines from the school's PSHE including RSE policy

Sex Education

All children must be taught the aspects of sex education outlined in the primary science curriculum – that includes teaching about the main external parts of the human body, how a body changes as it grows from birth to old age, including puberty, and the reproductive process in some plants and animals.

At Coley Primary School, we **do not** teach children sex education beyond what is required in the science curriculum, except in Year 6. At this age, some children are aware that sexual intercourse does not always result in a baby and they may have heard about some common methods of contraception (e.g. condoms, contraceptive pill or avoiding sexual intercourse). As part of the Growing and Changing unit, children in Y6 will be taught that pregnancy can be prevented by contraception. **Why?**

Coley Primary PSHE including RSE Policy

News

18th September 2019

Reading teenage pregnancy rate among the highest in England

READING has one of the highest teenage pregnancy rates in the country, figures reveal.

The British Pregnancy Advisory Service attributed the dramatic decline in English teenagers becoming pregnant over the last two decades to substantial shifts in their lifestyles.

Office for National Statistics data shows there were 30.3 conceptions per 1,000 women aged 15 to 17 in the area between April and June last year, the latest period for which data is available.

To find out more on teenage pregnancy rates in Reading, click on the link below:
https://www.reading.gov.uk/jsna/teenage-pregnancy-rates

Parents' Right to Request Withdrawal

Relationships and health education are statutory at primary and parents **do not** have the right to withdraw their child from the curriculum. As sex education is not statutory at primary (other than what must be taught as part of the science curriculum) parents have the right to request to withdraw their child from all or part of the sex education curriculum.

Requests for withdrawal should be put in writing and addressed to the headteacher. The headteacher will discuss the request with the parent and take appropriate action.

Coley Primary PSHE including RSE Policy

Working with Parents

The school understands the important role parents play in enhancing their children's understanding of PSHE and RSE. Parents are provided with the opportunity to find out and discuss the school's PSHE and RSE curriculum. As always we have an open door policy, and parents are encouraged to come into school to ask questions and discuss concerns about what will be taught. We will also try to help parents in managing conversations with their children on the issues covered by the curriculum.

You now have an opportunity to view our school policy which you can find at the top of the PSHE page and the long term overview outlining the topics for your child's year group. If you want to know about what is covered in your child's year, then please read the Knowledge Organiser. If you have any suggestions for what you would like to see taught in RSE lessons, please let us know.

If you have any questions or would like to make a comment about PSHE then please email: smcilwain@coleyprimary.reading.sch.uk

Thank you for taking the time to read our Parent Information. We hope you found it useful. If you need any more information, check out the website. There is a selection of information leaflets to help you and a list of useful websites.