

Parent Focus Group

RSHE (Relationships, Sex, Health Education)
Draft Policy
June 2020

The purpose of the Parent Forums is to encourage open discussion between parents/carers and school staff. There will be opportunity to ask questions, share ideas, and strengthen understanding on a range of specific, pre-determined topics.

▶ **Agreement:**

- ▶ In order to gain the most out of the sessions, all participants are kindly asked to agree to the following principals:
- ▶ To be a positive participant in the session. Share views, ask questions, be involved
- ▶ To always be respectful of the views of other group members
- ▶ To allow others time to speak, and actively listen to them
- ▶ To stick to the specific topic which has been set for discussion
- ▶ To be mindful of confidentiality, and not speak about individual children, families or situations which can be identified
- ▶ To have an open mind and be receptive to different ideas
- ▶ To always keep the best interests of children at the centre of any discussion

Objectives

We want to:

- Explain the changes to requirements for RSE & Health coming in from September 2020
- Explain how we currently teach RSE & Health, and get your views on how well this curriculum works
- Get your views on what you think our RSE & Health curriculum should cover in addition to the N.C
- Explain how we'll develop our curriculum

We want all of our children to grow up healthy, safe and able to manage challenges.

From Sept 2020, all primary aged children will be taught Relationships and Health Education.

- Equip children to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

Relationships Education - the building blocks needed for positive and safe relationships, including with family, friends and online.

- By the end of primary school, pupils will have been taught content on:
- *Families and people who care for me*
- *Caring friendships*
- *Respectful relationships*
- *Online relationships*
- *Being safe*

Health Education - aiming to give children all the information they need to make good decisions about their own health and wellbeing and know where to seek support.

- By the end of primary school, pupils will have been taught content on:
- *Mental wellbeing*
- *Internet safety and harms*
- *Physical health and fitness*
- *Healthy eating*
- *Facts and risks associated with drugs, alcohol and tobacco*
- *Health and prevention*
- *Basic first aid*
- *Changing adolescent body*

What are the new RSE & H requirements?

- We must provide the following to all pupils:
 - Relationships education
 - Health education
- **We choose to teach Sex Education and parents have the right to withdraw their child from this.**
- **The science curriculum includes content on human development and the life processes of reproduction in some plants and animals, which there is no right to withdraw from.**

The current Personal, Social, Health & Citizenship (PSHCE) Curriculum at Summerlea

EYFS		NURTURE PROGRAMME X3				
Year 1	NURTURE PROGRAMME (10 weeks) Devising Class Rules Getting to know each other Problem Solving Looking after each other Happy Playtimes Making Choices	BE FRIENDLY, BE WISE Making Friends Falling Out with Friends Managing Anger Hazards in the Home & Fire Safety Road Safety	UNDERSTANDING FEELINGS Asking for Help Feeling Loved and Cared For Managing uncomfortable feelings – pride and jealousy Thoughts, Feelings and Behaviour Dealing with Worries Supporting Each Other	JOINING IN AND JOINING UP Listening Effectively Expressing Opinions Knowing Right and Wrong Needs of Living Things Developing Responsibility – looking after animals Who Else Looks After Animals?	DARING TO BE DIFFERENT Our likes and Dislikes Feeling Proud Being Special Recognising Worries Staying Calm & Relaxed Standing Up for Myself	LIVING LONG, LIVING STRONG SRE: Keeping Clean (T) SRE: Growing & Changing (T) SRE: Families & Care (T) Looking after our Teeth (D) Staying Healthy (T) Setting a Simple Personal Goal * Anti-Bullying
Year 2	NURTURE PROGRAMME (10 weeks) Devising Class Rules Getting to know each other Problem Solving Looking after each other Happy Playtimes Making Choices	SAY NO! Drugs Ed: Medicines Drugs Ed: <u>the</u> Dangers of Smoking Drugs Ed: The Dangers of Alcohol Feeling Safe – real and imaginary hazards Anti-Bullying	MONEY MATTERS Why Do We Have Money? Keeping Money Safe? Can I Afford It? Wants and Needs What Does it Mean to be Rich? Setting a Simple Goal	GLOBAL RESPONSIBILITY Foods from Around the World Customs & Rituals Special Day Foods & Celebrations How Much Chocolate Do <u>we</u> Eat? Where Does Chocolate Come From? Fair Trade Principles	GROWING UP SRE: Differences – boys/girls SRE: Differences male/female SRE: Naming Body Parts Being Unique Making Change Happen Changing our Behaviour	PEOPLE AROUND US Special People People Who Help Us Different Kinds of Families Difficult Choices – leaving home People and Places Around the World
Year 3	NURTURE PROGRAMME (10 weeks) Devising Class Rules Getting to know each other Problem Solving Looking after each other Happy Playtimes Making Choices	BE FRIENDLY, BE WISE The Importance of Friends Falling out with a Friend Managing Anger Anti-Bullying What to Do in an Emergency E-Safety	DARING TO BE DIFFERENT Similarities & Differences Feeling Good About Yourself Surprises Hopeful & Disappointed Hiding or Showing Feelings Standing Up for Myself	UNDERSTANDING FEELINGS Knowing Where to Find Help Taking Responsibility Making Wise Choices Managing uncomfortable Feelings – loss Dealing with Worries Supporting Each other	LIVING LONG, LIVING STRONG SRE: Differences between male and Female SRE: Personal Space SRE: Family Differences Feeling Happy Staying Healthy Overcoming Barriers by Reaching Goals	JOINING IN AND JOINING UP Jobs at Home and in School Representation – local council Voting & Debating Having a Say in the School Community Voluntary, Community and Pressure Groups Fund-raising
Year 4	NURTURE PROGRAMME (10 weeks) Devising Class Rules Getting to know each other Problem Solving Looking after each other Happy Playtimes Making Choices	MONEY MATTERS Keeping Track of My Money Paying <u>For</u> Goods Family Expenses Planning and Budgeting Charity Work Fund-raising for Charity	GLOBAL RESPONSIBILITY The Real Cost of Chocolate What is Fair Trade? Consumer Power The Media & Information Advertising Recognising & Challenging Stereotypes	PEOPLE AROUND US Similarities and Differences How We Are All Connected Living and Working Cooperatively Recognising & Challenging Prejudice Gender Stereotypes Contributing to Society - jobs	GROWING UP SRE: Growing & Changing SRE: Body Changes and Reproduction SRE: What is Puberty? Wishes, Hopes and Dreams	SAY NO! Drugs Ed: Risk Taking Drugs Ed: legal and illegal drugs Drugs Ed: The Effects and risks of Smoking Drugs Ed: The Effects and risks of Alcohol Keeping Safe Outside Anti-Bullying
Year 5	NURTURE PROGRAMME (10 weeks) Devising Class Rules Getting to know each other Problem Solving Looking after each other Happy Playtimes Making Choices	DARING TO BE DIFFERENT Differences of Opinion Agreeing and disagreeing Risky Choices Standing Out from the Crowd Being Assertive Anti-Bullying	JOINING IN AND JOINING UP Anti-social Behaviour – consequences of crime Risky Choices The Local Courts Voting and Debating Having a Say in the School Community Fund-raising	BE FRIENDLY, BE WISE Different Types of Friends Conflict Resolution Managing Anger Anti-Bullying First Aid Road Safety ESafety & Cyberbullying	LIVING LONG, LIVING STRONG SRE: Talking About Puberty SRE: Male and Female Changes SRE: Puberty & Hygiene The concept of Well Being Being an Effective Learner Role Models	UNDERSTANDING FEELINGS Knowing Where to Find Help Managing uncomfortable Feelings – embarrassment Put-Downs & Boost Ups Breaking Friends Forgiveness Supporting Each Other
Year 6	NURTURE PROGRAMME (10 weeks) Devising Class Rules Getting to know each other Problem Solving Looking after each other Happy Playtimes Making Choices	PEOPLE AROUND US National, Religious & Ethical Identities in the UK Different Types of Relationships Stereotyping & Judgement Put-Downs & Conflict Ending Friendships Forgiveness	SAY NO! Drugs Ed: Risk Taking – dealing with pressure Drugs Ed: legal and illegal drugs Drugs Ed: Say No to Smoking Drugs Ed: Attitudes to Alcohol Keeping Safe Outside Anti-Bullying	GLOBAL RESPONSIBILITY Rich & Poor Nations Trade Across the World Global Footprints Food Shortages & Hunger Fairness & Responsibility Reporting the News	MONEY MATTERS Earning Money Value for Money Lending and Borrowing Achieving Goals Deductions and Expenses Poverty	GROWING UP SRE: Puberty and Reproduction SRE: Relationships and Reproduction SRE: Conception and Pregnancy SRE: Being a Parent Change & Transition

What does our curriculum look like now?

- What are your thoughts on our current curriculum for RHE and education? Do you think this curriculum meets your child's needs?
- What do we do well? What could we do better?
- Is there anything we're not covering that you think we need to address?
- Is there something we could cover more/less?
- What do you think about the way we currently deliver RHE to pupils?
- As a parent, do you feel like you need more information or guidance on specific topics?

Our proposed curriculum from September 2020

- ❖ We will be using a programme of study from the PSHE Association, the national body for PSHE education, to form the basis of our curriculum.
- ❖ Learning opportunities for each key stage are organised into three core themes:
 - * Health and Wellbeing
 - * Relationships
 - * Living in the Wider World
- ❖ Whilst ensuring that the statutory requirements are comprehensively covered, this programme of study will provide children with learning opportunities related to living in a wider community, money and work. These areas are not statutory within the primary curriculum but they do meet our aim of providing our children with a broad and balanced curriculum.

Proposed long term curriculum for PSHCE

	Autumn: Relationships			Spring: Living in the Wider World			Summer: Health and Wellbeing		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and wellbeing	Growing and changing	Keeping safe
Year 1	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others; needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise; hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
Year 2	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
Year 3	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Year 4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia, personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
Year 5	Managing friendships and peer influence	Physical contact and feeling safe	Responding respectfully to a wide range of people; recognising prejudice and discrimination	Protecting the environment; compassion towards others	How information online is targeted; different media types, their role and impact	Identifying job interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid
Year 6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing topical issues	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media

Highlighted areas indicate topics that are already covered by our current curriculum.

Your feedback on our revised curriculum

- What are your thoughts on this proposed curriculum for RHE and education? Do you think this curriculum will meet your child's needs?
- What are the strengths? Are there areas that you feel would need modifying, while still meeting the statutory requirements?
- Is there anything not covered that you think we need to address?
- Is there something we could cover more/less?
- As a parent, is there anything that you would like more information or guidance on?

What happens next?

We're also getting feedback from:

- > Staff
- > Pupils
- > Governors

Once we've considered all the feedback, we'll amend our draft RHE policy, which will set out our proposed curriculum and re-share it with you.

There will be a formal consultation period before the updated policy is approved.