

# St Austin's Catholic Primary School



## RSHE Policy

### Autumn (2) 2024

Policy agreed by the Full Governing Body of St Austin's Primary School:

On: .....10<sup>th</sup> December 2024..... Signed:..... *A Kay Davis*  
(Chair of Governors)

To be reviewed:.....Autumn (2) 2026.....

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we will love and serve as Jesus taught"

"En nuestro colegio todos somos especiales.  
Amaremos y serviremos como Jesús nos enseñó"

# St. Austin's Catholic Primary School



## Relationship, Sex and Health Education Policy

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### Rationale

*'I have come that you might have life and have it to the full'*  
(Jn.10.10)

Reviewed and agreed by governors	Autumn 2024
Next review	Autumn 2026
Headteacher	Colette Hickey
Chair of Governors	Anna Hosey-Davis

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

1. Review – Miss Clarke, Ms. Campbell and Miss Vallely
2. Staff consultation – SLT meeting and then all school staff were given the

opportunity to look at the policy and make recommendations.

3. Parent/stakeholder – This policy was shared with parents on our school website
4. Pupil consultation (26.04.22) – we investigated what exactly pupils want from their Relationship, Sex and health education.
5. Ratification – once amendments were made, the policy was shared with governors and ratified.

#### **Rationale**

*'I have come that you might have life and have it to the full'*  
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We are involved in Relationships, Sex and Health Education (RSHE) precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSHE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity. RSHE, therefore, will be placed firmly within the context of relationship as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE (and the Welsh Assembly Government) RSHE will be firmly embedded in the PSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All RSHE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

#### VALUES AND VIRTUES

Our programmes Come and See and Journey In Love enshrines Catholic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential in responding to the God's call to love others with a proper respect for their dignity and the dignity of the human body. The following virtues will be explicitly explored and promoted: faithfulness, fruitfulness, chastity, integrity, prudence, mercy and compassion.

#### AIM OF RSHE AND THE MISSION STATEMENT

Our Mission Statement commits us to the education of the whole child (spiritual, physical, intellectual, moral, social, cultural, emotional) and we believe that RSHE is an integral part of this education. Furthermore, St. Austin's aims state that we will endeavour to raise pupils' self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes. It is in this context that we commit ourselves in partnership with parents, to provide children and young people with a "positive and prudent sexual education" which is compatible with their physical, cognitive, psychological, and

spiritual maturity, and rooted in a Catholic vision of education and the human person.

#### Objectives

To develop the following **attitudes and virtues**:

- reverence for the gift of human sexuality and fertility;
- respect for the dignity of every human being – in their own person and in the person of others;
- joy in the goodness of the created world and their own bodily natures;
- responsibility for their own actions and a recognition of the impact of these on others;
- recognising and valuing their own sexual identity and that of others;
- celebrating the gift of life-long, self-giving love;
- recognising the importance of marriage and family life;
- fidelity in relationships.

To develop the following **personal and social skills**:

- making sound judgements and good choices which have integrity, and which are respectful of the individual's commitments;
- loving and being loved, and the ability to form friendships and loving, stable relationships free from exploitation, abuse and bullying;
- managing emotions within relationships, and when relationships break down, with confidence, sensitivity and dignity;



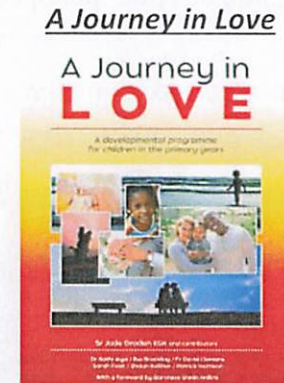
- managing conflict positively, recognising the value of difference;
- cultivating humility, mercy and compassion, learning to forgive and be forgiven;
- developing self-esteem and confidence, demonstrating self-respect and empathy for others;
- building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups and so developing the ability to assess pressures and respond appropriately;
- learning to recognise the appropriate stages in the development of relationships;
- assessing risks and managing behaviours in order to minimise the risk to health and personal integrity.

**To know and understand:**

- the Church's teaching on relationships and the nature and meaning of sexual love;
- the Church's teaching on marriage and the importance of marriage and family life;
- the centrality and importance of virtue in guiding human living and loving;
- the physical and psychological changes that accompany puberty;
- the facts about human reproduction, how sexual love is expressed and how love plays an essential and sacred role in procreation;

**Resources**

We acknowledge that parents and carers are the key persons for children learning about Relationship, Sex and Health Education. Our role and our programme simply complement their role in nurturing their children's human wholeness. However, the role of parents and our day to day interactions in school are currently supported by the following curriculum resources:



**Assessment Recording and Reporting**

A record is kept in teacher's planning of the delivery of Relationships, Sex and Health Education. The programme is assessed, monitored and evaluated by the subject leaders in accordance with the school's monitoring and evaluation policy. Pupils are given the opportunity for self evaluation at an appropriate level for each year group. Reporting is made in individual pupil's reports under 'General Development'.

### Outside Agencies

The expertise of outside agencies may be used appropriately to support the school's delivery.

### Curriculum Continuity

The school has an ongoing dialogue with the PSHE subject leader of St. Austin's; Relationships, Sex and Health Education, RE, Collective Worship, Spiritual, Moral and PSHE policies complement each other as appropriate.

### Safeguarding Procedures

The school has procedures to deal with any sensitive issues or children thought to be vulnerable. Staff will pass on any concerns of this nature to the designated child protection officer in school.

### The Governing Body

The Governing body and Foundation Governors in particular recognise their responsibility to ensure the Relationships and Sex Education programme follows Diocesan principles and reflects the Church's teaching as outlined in "Leaning to Love" the Bishops of England and Wales document 2016.

### The role of Parents

The Church has always recognised that it is the privilege and the responsibility of parents to educate and inform their children in all matters pertaining to personal growth and development particularly in the sensitive area of their moral education and sexual development. The Church also recognises that many parents require help and support in this task from both schools and parishes.

The Governing body fully subscribes to the views expressed by the Bishops' Conference and will always ensure that:

- Parents are supported in their task.
- Parents are consulted and kept informed of the Relationships, Sex and Health Education Programme; its contents, evaluation and review and any subsequent developments.

### Right of Withdrawal

It is our hope that parents would wish their children to be involved in the schools positive and prudent programme of Relationship, Sex and Health Education, following annual consultation regarding the school's approach. However, we recognise parents have the right to withdraw their children from such lessons (not included in National Curriculum Science) after discussion with the headteacher.

### Monitoring and Review

This policy will be monitored annually by the Relationships, Sex and Health Education subject leaders and will be reviewed annually by the Governing Body. Parents/carers will be consulted before any proposed changes.

This policy has been formally adopted by the Governing Body of St. Austin's Catholic Primary School. It will be reviewed by the Governors and headteacher in conjunction with all the staff annually from the date below.

Signed.....  
(Chair of Governors)

Date.....

## **Appendix 1**

### **A Journey in Love themes**

**Nursery:** Wonder at God's love

**Reception:** God loves each of us in our uniqueness

**Year One:** We meet God's love in our family

**Year Two:** We meet God's love in the community

**Year Three:** How we live in love

**Year Four:** God loves us in our differences

**Year Five:** God loves me in my changing and development

**Year Six:** The wonder of God's love in creating new life

## **Appendix 2**

Come and See and

Relationship, Sex and Health Education



### **Introduction**

The following is intended as a guide for linking Relationship, Sex and Education with Come and See.

Some of these aspects might be covered in the EXPLORE section where the topic is being introduced, starting with the pupil's own experience, and extending into the REVEAL and RESPOND sections. Some ideas may be used in the REVEAL process where the teaching is explicitly concerned with Scripture and the teaching of the Church. Some topics offer more explicit teaching to develop ideas about Relationship and Sex Education, some less so.

Another way of using this section is when teaching Religious Education which occurs in other aspects of the curriculum e.g. Science, P.E, PSHE etc.



### Appendix 3

#### **Statutory Science Curriculum**

Early Years Foundation Stage children learn about life cycles. Through ongoing personal, social and emotional development they develop the skills to form relationships and think about relationships with others. **In Key Stage 1 children learn:**

- That animals, including humans, move, feed, grow and use their senses and reproduce
- To recognise and compare the main external parts of the bodies of humans
- That humans and animals can reproduce offspring and these grow into adults
- To recognise similarities and differences between themselves and others ☒ To treat others with sensitivity

#### **In Key Stage 2 children learn:**

- That the life processes common to humans and other animals including nutrition, growth and reproduction
- About the main stages of the human life cycle