

## Relationships, Sex and Health Education.

### **Statement of Central Park Primary Schools Relationship, Sex and Health Education (RSHE) Policy**

At Central Park Primary School, we work hard to ensure all our children are taught how to be healthy and safe in their lives and the choices they make; this includes recognising and forming positive life sustaining relationships with others both in the real and virtual world. This enables our children to be healthy, safe, independent and responsible members of society

When planning and delivering the Relationships, Sex and Health Education curriculum, as laid out by the Department of Education, respect is central to everything we do, and is one of our school values – Honesty, Kindness and Respect. We educate our children about the diverse world in which we live as well as how to behave and live in a healthy manner, safeguarding the wellbeing of ourselves and those we love.

The aims of Relationship, Sex and Health Education (RSHE) at our school are to:

- Provide a framework in which sensitive discussions can take place, exploring issues and values
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of relationships and sexuality
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Prepare pupils for puberty and the importance of health and hygiene
- Developing children emotionally, socially and culturally
- Learn about relationships, healthy lifestyles, diversity and personal identity

We value PSHE as one way to support children's development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning. We use Jigsaw and Coram Life Education as our chosen teaching and learning resources and tailor the content and teaching programme to meet our children's needs. RSHE is delivered as a spiral curriculum that enables pupils to build on their prior learning by revisiting some themes to further develop knowledge, values and skills in an age and stage-appropriate manner. As such, some themes are repeated to enable a deeper exploration of the related issues.

We have worked hard with our community to create a curriculum that we are proud of and we continue to work with our families to adjust the learning to meet the needs of all our learners. We encourage you to discuss your child's relationships, sex and health education with them at home. If you would like to know more information about our programme of relationships, sex and health education, please feel free to come in and talk to any member of staff.