



# Teaching RSE (Relationships and Sex Education) at Halsford Park Primary School.

At Halsford Park Primary School, teachers will be teaching the RSE units of work three terms a year, during the second half of the Autumn, Spring and Summer terms.

## **The Importance of RSE**

The opening paragraph of the Department for Education guidance states: "Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way." We believe this is at the heart of the RSE teaching at Halsford Park and have developed a policy that reflects this.

**The RSE Policy at Halsford Park states the following aims:** (The policy can be found on the school website)

- Provide a framework, tailored to our community in which sensitive discussions can take place.
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene.
- Help pupils develop feelings of self-respect, confidence and empathy.
- Create a positive culture around issues of sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

# What must primary schools teach in Relationships Education, Health Education and Sex Education?

From September 2020, Relationships and Health Education are compulsory in all primary schools in England. For primary aged children this includes curriculum content under two headings (DfE 2019):

## Relationships Education

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

## Health Education

- Mental wellbeing
- Internet safety and harms
- Changing adolescent body

The Christopher Winter Project

Teaching RSE  
with Confidence  
in Primary Schools

Reception to Year 6  
Lesson plans and resources

### Teaching RSE at Halsford Park Primary School.

The school will be using the Christopher Winter Project – Teaching RSE with Confidence in Primary Schools.

This 5th edition of *Teaching RSE with Confidence in Primary Schools* reflects recent developments in PSHE and the Statutory Guidance for Relationships Education, RSE and Health Education.

These resources are West Sussex approved.

The Christopher Winter Project have devised new lessons which increase the focus on families, relationships, safeguarding and keeping children safe. This resource encourages children to develop the skills of listening, empathy, talking about feelings and relationships with families and friends.

In Reception we focus on families and friendships. From Year 1 children will learn the names of the body parts, the differences between males and females and the ways in which they will develop and grow. Importantly, they will also learn to recognise unsafe and risky situations and to ask for help.

The curriculum continues to develop their knowledge and skills as they learn about the physical and emotional changes of puberty and about reproduction.

In Year 6 we have added an extra lesson on internet safety and communication in relationships.

The materials have been used to train thousands of teachers to teach RSE with confidence. Every unit has been taught in a variety of school settings and has been enthusiastically received by teachers and pupils.

# CWP Curriculum Overview

**Reception**  
**Our Lives**  
Lesson 1: **Our Day**  
Lesson 2: **Keeping Ourselves Clean**  
Lesson 3: **Families**

**Year 1**  
**Growing and Caring for Ourselves**  
Lesson 1: **Keeping Clean**  
Lesson 2: **Growing and Changing**  
Lesson 3: **Families and Care**

**Year 2**  
**Differences**  
Lesson 1: **Boys and Girls**  
Lesson 2: **Male and Female**  
Lesson 3: **Naming the Body Parts**

**Year 3**  
**Valuing Difference and Keeping Safe**  
Lesson 1: **Male and Female**  
Lesson 2: **Personal Space**  
Lesson 3: **Family Differences**

**Year 4**  
**Growing Up**  
Lesson 1: **Growing and Changing**  
Lesson 2: **What is Puberty?**  
Lesson 3: **Puberty Changes and Reproduction**



**Year 5**  
**Puberty**  
Lesson 1: **Talking about Puberty**  
Lesson 2: **Male and Female Changes**  
Lesson 3: **Puberty and Hygiene**

**Year 6**  
**Puberty, Relationships and Reproduction**  
Lesson 1: **Puberty and Reproduction**  
Lesson 2: **Conception and Pregnancy**  
Lesson 3: **Communicating in Relationships**

Whole School  
Overview

Further information can be found in the RSE policy, which can be found on the school website under 'Curriculum'.

# What do I do if I have questions about the RSE?

At Halsford Park, we welcome parent/carers communication. If you have further questions about the content of the RSE that your child will be receiving, in the first instance, please speak to your child's teacher. All questions or concerns will be answered before the lessons are taught.

## Can I withdraw my child from the RSE lessons?

### 2. Statutory requirements

As a maintained primary school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

However, we are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum.

In teaching RSE, we must have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Blackwell Primary we teach RSE as set out in this policy.

### 8. Parents' right to withdraw

Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-statutory components of sex education within RSE.

Requests for withdrawal should be put in writing using the form found in Appendix 3 of this policy and addressed to the Headteacher.

This form, and the discussion following, should be placed on CPOMS.

Alternative work will be given to pupils who are withdrawn from sex education.

We believe that this learning is an important part of safeguarding children, as knowledge empowers them. We teach them about how to stay safe and also understand the changes regarding puberty, whilst also understanding why their bodies change.

Often, when parents and carers find out what is in the curriculum, their fears are allayed as they can appreciate it is in the best interests of their child's lifelong learning and safeguarding.

The following pages outline the resources that will be used to teach the Early Years children.

# RSE in Early Years at Halsford Park Primary School.

These  
detail the  
statutory  
elements.

This is the vocabulary that will  
be used in this unit of work.

## Reception Our Lives EYFS

### Scheme of Work

Word Box: Dress, undress, clean, smelly, flannel, sponge, towel, hands, toothpaste, toothbrush, hairbrush, comb, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad.

Early Learning Goals Prime Areas	Learning Intentions and Learning Outcomes	Title	Resources
Physical Development Health and self-care	<p>Learning Intention To consider the routines and patterns of a typical day</p> <p>Learning Outcomes Understand some areas in which the children can look after themselves e.g. dressing and undressing</p>	Lesson 1 <a href="#">Our Day</a>	Glove puppet <a href="#">Our Day pictures</a>
Physical Development Health and self-care	<p>Learning Intention To understand why hygiene is important</p> <p>Learning Outcomes Explain why it is important to keep clean Understand some basic hygiene routines</p>	Lesson 2 <a href="#">Keeping Ourselves Clean</a>	Glove puppet Items related to hygiene, e.g. flannel, sponge, towel, toothbrush, toothpaste, shampoo, soap, comb, brush <a href="#">Keeping Clean pictures</a> <i>The Smelly Book</i> , Babette Cole  Additional Activities Anatomically correct dolls Suggested reading: <i>The Boy Who Hated Toothbrushes</i> , Zehra Hicks
Personal, Social and Emotional Development Making Relationships	<p>Learning Intention To recognise that all families are different</p> <p>Learning Outcomes Identify different members of the family Understand how members of a family can help each other</p>	Lesson 3 <a href="#">Families</a>	The Family Book, Todd Parr <a href="#">Families pictures</a> Paper for drawing pictures  Additional Activities Suggested reading: <i>All Kinds of Families!</i> Mary Ann Hoberman <i>I'll take you to Mrs Cole</i> , Nigel Gray

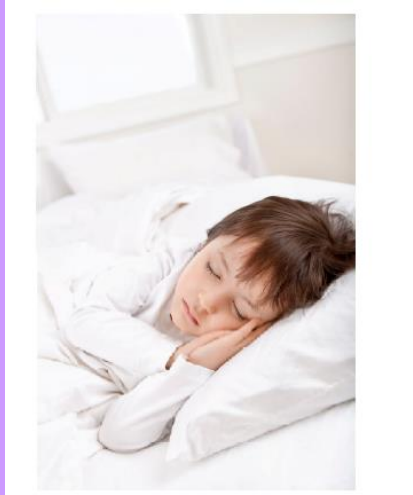
There are 3  
lessons.  
These will cover  
the following:

Lesson 1:  
Our Day

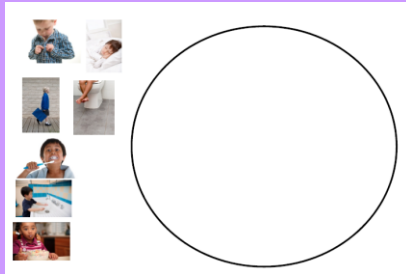
Lesson 2:  
Keeping Ourselves  
Clean

Lesson 3:  
Families





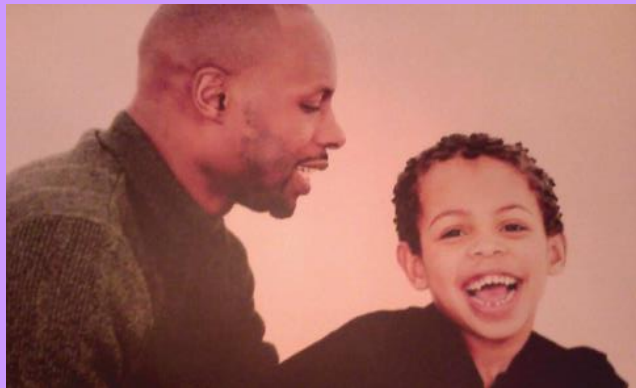
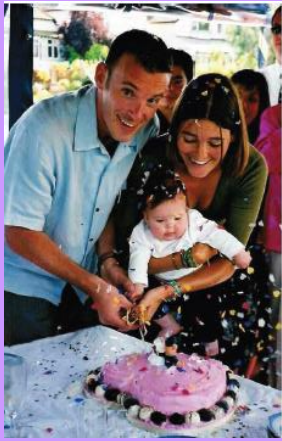
During lesson 1, these resources will be used to think about routines.







During lesson 2, these resources will be used to think about how we keep clean.



During lesson 3, these resources will be used.

