

MICKLEOVER PRIMARY SCHOOL

Date Approved:	_	
Signature:	Chair of Governors	
Review date: March 2022		
Member of Staff responsible: K Halliday		
Date of Policy: March 2020		
Name of Policy: Relationships, Sex and Health Education (RSHE)		

At Mickleover Primary School

We are:

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Successful and skilled for life



Relationships, Sex and Health Education (RSHE) Policy

INTRODUCTION

This policy has been written in accordance with the statutory guidance from the Department for Education issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996. This policy contains information on how our school will meet its legal duties, with which schools must comply, when teaching Relationships Education and Health Education.

The Relationships Education and Health Education (England) Regulations 2019, make Relationships Education compulsory for all pupils receiving primary education. They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory in independent schools.

For the purpose of this policy, "relationships and sex education" is defined as teaching pupils about healthy, respectful relationships, focusing on family and friendships, in all contexts, including online.

For the purpose of this policy, "health education" is defined as teaching pupils about physical health and mental wellbeing, focusing on recognising the link between the two and being able to make healthy lifestyle choices.

DEVELOPMENT OF THE POLICY

This policy has been developed by working in Partnership with schools in Derby City (See appendix 1 for list). A core focus of this partnership was seeking and gaining the views of local religious and community groups, ensuring representation of the protected characteristics of the Equality Act 2010.

CONSULTATION WITH PARENTS

The school understands the important role parents play in enhancing their children's understanding of relationships and health. Similarly, we also understand how important parents' views are in shaping the curriculum.

The school works closely with parents by establishing open communication – all parents are consulted in the development and delivery of the curriculum, as outlined in appendix 2 of this policy.

Parents are provided with the following information:

- The content of the relationships and health curriculum
- The delivery of the relationships and health curriculum, including what is taught in each year group
- The legalities surrounding withdrawing their child from the subjects
- The resources that will be used to support the curriculum

The school aims to build positive relationships with parents by inviting them into school to discuss what will be taught, address any concerns and help parents in managing conversations with their children on the issues covered by the curriculum.



Parents will be informed annually at parents' meetings/through the school website/through our half termly year group letters about the content of the Relationships and Heath Education taught in each year group. Parents will be invited to discuss the content with the class teacher. In addition, parents will be consulted in the review of the curriculum and this policy, and are encouraged to provide their views at any time.

CURRICULUM CONTENT

Relationships, sex and health education focuses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. Health education focuses on equipping pupils with the knowledge they need to make good decisions about their own health and wellbeing.

We understand our responsibility to deliver a high-quality, age-appropriate relationship and health curriculum for all our pupils. This policy sets out the framework for our relationships and health curriculum, providing clarity on how it is informed, organised and delivered.

RELATIONSHIPS EDUCATION

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to

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

See table below for the content laid out in the DfE Guidance:

Families

PSHE Matters Units:

Relationships

Year 1, Year 3, Year 5

- That families are important for children growing up because they can give love, security and stability
- The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care
- That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
- That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed



Caring Relationships

PSHE Matters Units: Relationships Year 1, Year 3, Year 5 And Difference and Diversity Year 1, Year 3, Year 5 Being Me Year 2, Year 4, Year 6

- How important friendships are in making us feel happy and secure, and how people choose and make friends
- The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right
- How to recognise who to trust and who not to trust, how to judge when a friendship is
 making them feel unhappy or uncomfortable, managing conflict, how to manage these
 situations and how to seek help or advice from others, if needed

Respectful Relationships

PSHE Matters Units: Bullying Matters Year 1, Year 3, Year 5 Being Safe units: Year 2, Year 4, Year 6

- The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
- Practical steps they can take in a range of different contexts to improve or support respectful relationships
- The conventions of courtesy and manners
- The importance of self-respect and how this links to their own happiness
- That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority
- About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help
- What a stereotype is, and how stereotypes can be unfair, negative or destructive
- The importance of permission-seeking and giving in relationships with friends, peers and adults

Online Relationships

PSHE Matters Units: Growing Up and Being Safe Year 2, Year 4, Year 6

- That people sometimes behave differently online, including by pretending to be someone they are not
- That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous
- The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
- How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met
- How information and data is shared and used online



Being safe

PSHE Matters Units: Being Safe Year 2, Year 4, Year 6

- What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
- About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe
- That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact
- How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
- How to recognise and report feelings of being unsafe or feeling bad about any adult
- How to ask for advice or help for themselves or others, and to keep trying until they are heard
- How to report concerns or abuse, and the vocabulary and confidence needed to do so
- Where to get advice e.g. family, school and/or other sources

Health Education

The aim of teaching pupils about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. It should enable them to recognise what is normal and what is an issue in themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources.

- Mental well -being
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

See table below for the content laid out in the DfE Guidance:



Mental wellbeing

PSHE Matters Units: Exploring Emotions Year 1, Year 3, Year 5

- Mental wellbeing is a normal part of daily life, in the same way as physical health.
- There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.
- Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
- It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

Internet safety and harms

E-safety work in Computing and PSHE Matters units: Being Safe Year 2, Year 4, Year 6 Bullying Matters Year 1, Year 3, Year 5

- For most people the internet is an integral part of life and has many benefits.
- About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
- How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
- Why social media, some computer games and online gaming, for example, are age restricted.
- The internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health
- How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.
- Where and how to report concerns and get support with issues online

Physical Health and Fitness

PE lessons and PSHE Matters Units: Being Healthy Year 1, Year 3, Year 5

- The characteristics and mental and physical benefits of an active lifestyle.
- The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
- The risks associated with an inactive lifestyle (including obesity).
- How and when to seek support including which adults to speak to in school if they
 are worried about their health.



Healthy Eating	What constitutes a healthy diet (including understanding calories and other)
D&T Food units, Science units in Year 2 Fighting Fit 9 Healthy Eating), Year 4 Animals including humans (Teeth & Digestion)	 what constitutes a healthy diet (including understanding calones and other nutritional content). The principles of planning and preparing a range of healthy meals. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
Drugs alcohol and tobacco PSHE Matters units: Drug Education Year 2, Year 4, Year 6	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
Health and Prevention D&T Food units, Science units in Year 2	 How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. About safe and unsafe exposure to the sun, and how to reduce the risk of sun
Fighting Fit (including Healthy Eating), Year 4 Animals including	 damage, including skin cancer. The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
humans (Teeth & Digestion) PSHE Matters unit	 About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. About personal hygiene and germs including bacteria, viruses, how they are
Being Healthy Year 1, Year 3, Year 5.	 spread and treated, and the importance of handwashing. The facts and science relating to allergies, immunisation and vaccination.
Basic First Aid Reception: People who help us Then KS2 St John's Ambulance lessons	 How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
Changing adolescent body PSHE Matters units: Growing Up Year 2, Year 4, Year 6 Exploring Emotions Year 5 Science lessons on RSE for Year 4, Year 5 and Year 6	 Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11 including physical and emotional changes. About menstrual wellbeing including the key facts about the menstrual cycle.

DELIVERY

Relationships and Health Education is taught throughout the whole school curriculum. This includes within the Personal, Social, Health Education (PSHE) curriculum, science curriculum, Physical

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Education (PE), computing and some aspects are included in religious education (RE). (Please see appendix 3 for coverage of the statutory content across the school's curriculum.)

Pupils will mainly be taught in their class groups. Single gender lessons will be used as deemed appropriate by the school e.g. about the changing body. It is important to note that although separated groups may have different activities, the messages and information they receive will be consistent. It is important that children learn about all changes not just their own.

Through effective organisation and delivery of the subject, we will ensure that:

- Core knowledge is sectioned into units of manageable size.
- The required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work.
- Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real-life situations.

In addition, teachers will:

- Deliver a high-quality and age-appropriate relationships and health curriculum in line with school and statutory requirements.
- Use a variety of teaching methods and resources to provide an engaging curriculum that meets the needs of all pupils.
- Ensure they do not express personal views or beliefs when delivering the programme.
- Model positive attitudes to relationships and health education.
- Respond to any safeguarding concerns in line with the Child Protection and Safeguarding Policy.

QUESTIONS

Teachers will attempt to answer pupils' questions and concerns in a sensitive, age and development appropriate manner. Individual teachers will use skill and discretion in these situations and refer to Relationships, Sex and Health Education (RSHE) Lead and Designated Mental Health and Wellbeing Lead.

Teachers will apply the following principles:

- Clear ground rules will be established and set out for each session
- Pupil questions will be encouraged and opportunities to ask questions openly and in private eg. post it notes/question boxes will be provided
- Clarity about the topics being taught will be shared with pupils
- If a child's question is not appropriate to answer in front of the class, the teacher will explain calmly that this is not part of today's discussion and will discuss later.
- Individual questions may be answered by the teacher at the end of the session.
- Some questions may be referred to the child's parents to provide an answer; in these circumstances the class teacher will make contact.

All staff members at the school will undergo training on a yearly basis to ensure they are up-to-date with the relationship and health education programme and associated issues.



Members of staff responsible for teaching the subjects will undergo further training led by the relationships, sex and health education subject leader, to ensure they are fully equipped to teach the subjects effectively.

Training of staff will also be scheduled around any updated guidance on the programme and any new developments, which may need to be addressed in relation to the programme.

EQUALITY AND ACCESSIBILITY

The school creates a safe environment where all staff and children are respected and free to express their beliefs and opinions without fear of discrimination. The school understands its responsibilities in relation to the Equality Act 2010, specifically that it must not unlawfully discriminate against:

- Women/girls and men/boys
- People of different races
- Disabled people
- People with different religions or beliefs or with no religion or belief
- People of different ages
- Lesbian, gay and bisexual and straight people
- People who have changed their sex

The school is committed to making reasonable adjustments wherever possible to promote accessibility and inclusivity of the curriculum. The school understands that pupils with SEND or other needs (such as those with social, emotional or mental health needs) are entitled to learn about relationships and health education, and the programme will be designed to be inclusive of all pupils.

Teachers will understand that they may need to be more explicit and adapt their planning of work and teaching methods in order to appropriately deliver the programme to pupils with SEND or other needs.

The curriculum will be taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include a mum and a dad, blended families (step/half siblings) single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Provisions under the Equality Act 2010 allow our school to take positive action, where it can be evidenced to be proportionate, to respond to particular disadvantages affecting a group because of a protected characteristic. When deciding whether support is necessary to support pupils with a particular protected characteristic, we will consider our pupils' needs, including the gender and age range of our pupils.

We will encourage children to be respectful of the differences between boys and girls, but we will also be careful of assuming that boys and girls have distinct characteristics which can lead to negative stereotyping. For example, we will discourage negative characterisation of gender such as "boys don't

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cry", or "girls shouldn't play football" and dispel any manifestations of discrimination from an early age. In order to foster healthy and respectful peer-to-peer communication and behaviour between boys and girls, the school implements a robust Behaviour Policy, which set out expectations of pupils.

SEX EDUCATION

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

The school is free to determine whether pupils should be taught sex education beyond what is required of the national curriculum. At our school, we **do not** teach pupils sex education beyond what is required of the science curriculum. Our lessons are taught through our curriculum Science units and through the Growing Up and Changes units for PSHE Matters. Year 4 girls have a 'periods talk' in the Summer term and parents are invited to an information session prior to this with Year 4 staff. In Year 5 pupils work to produce a 'baby booklet' to document changes to themselves as they have grown from a baby to a 10-year-old. Boys and girls are taught separately about the changes their bodies are and will be going through as they begin to mature into adolescence. In Year 6 this work is recapped and pupils learn about the changes that the opposite gender will go through as well. Parents in Years 5 and Year 6 are invited to an RSE meeting in the Summer term to share the work and materials that their children will be using in the classroom before pupils start this unit.

In line with our school's safeguarding policy, if a child is at risk of sexual harm, additional actions will be taken to ensure children have the knowledge and skills to keep themselves and others safe.

PARENTS' RIGHT TO WITHDRAW

Parents **do not** have the right to withdraw their children from relationships education or the programme of study as part of the requirements of the science curriculum. The school will continue to teach the science curriculum as set out in the National Curriculum (see appendix 4 for objectives taught and terminology used). The changing of the adolescent body topics will be taught in single sex groups and, where possible, by a member of staff of the same gender.

MONITORING AND REVIEW

This policy will be reviewed on a biannual basis by the relationships, sex, health education (RSHE) subject lead, Headteacher and governors.

This policy will also be reviewed in light of any changes to statutory guidance, feedback from parents, staff or pupils, and issues in the school or local area that may need addressing.

The governing board is responsible for approving this policy.

Any changes made to this policy will be communicated to all staff, parents and, where necessary, pupils by newsletter and the school website.

This policy links with the following other school policies and documents:

Equality Statement

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- Mental Health and Wellbeing policy
- E Safety Policy
- Maths Policy
- Safeguarding Policy
- PE/ Sports Premium action plan



APPENDIX 1

CONSULTATION PARTNERS:

- Akaal Primary School
- Arboretum Primary School
- Dale Primary School
- Firs Primary School
- Hardwick Primary School
- Mickleover Primary School
- PearTree Infant and Walbrook Nursery School
- Pear Tree Junior School
- Shelton Infant School
- St Chad's Church of England Nursery and Infant School
- St James' Church of England Infant and Nursery School
- St James' Church of England Junior School
- Zaytouna Primary School
- Derby City Council Education Officer

Representatives from:

- The Muslim faith
- The Sikh faith
- Church of England
- Methodist
- Virtual School
- Derbyshire LGBT+



APPENDIX 2

How Mickleover Primary school consulted parents in the development and delivery of the curriculum:

Our school understands the important role parents play in enhancing their children's understanding of relationships and health. Parents' views are important in shaping the curriculum.

Our school works closely with parents by establishing open communication – all parents are consulted in the development and delivery of the curriculum through workshops/meetings/letters/surveys

Parents are provided with the following information:

- The content of the relationships, sex and health curriculum
- The delivery of the relationships, sex and health curriculum, including what is taught in each year group
- The legalities surrounding withdrawing their child from the subjects
- The resources that will be used to support the curriculum

Our school aims to build positive relationships with parents and invited them into school to discuss what will be taught, address any concerns and help parents in managing conversations with their children on the issues covered by the curriculum.

Parents are consulted in the review of the curriculum and this policy, and are encouraged to provide their views at any time. Our Parents' Forum were introduced to and discussed the new statutory framework in the Spring of 2020 and parents were given the opportunity to feedback on the new RSHE policy in March 2020 through email (due to school closures because of Coronavirus).

In the Summer term, Year 4, 5 and 6 parents are invited to information sessions to discuss the work completed by pupils regarding RSE. Materials to be used in the classroom are shared with parents to help prepare them for questions that their child may have about the work completed in school. As new materials become available to support teaching and learning these will be shared with parents.



APPENDIX 3

Objectives taught and terminology used in the science curriculum as set out in the National Curriculum

Year 1

Statutory requirements

- describe and compare the structure of a variety of common animals (fish, amphibians, reptiles, birds and mammals, including pets)
- identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

Notes and guidance (non-statutory)

Pupils should use the local environment throughout the year to explore and answer questions about animals in their habitat. They should understand how to take care of animals taken from their local environment and the need to return them safely after study. Pupils should become familiar with the common names of some fish, amphibians, reptiles, birds and mammals, including those that are kept as pets.

Pupils should have plenty of opportunities to learn the names of the main body parts (including head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth) through games, actions, songs and rhymes. Pupils might work scientifically by: using their observations to compare and contrast animals at first hand or through videos and photographs, describing how they identify and group them; grouping animals according to what they eat; and using their senses to compare different textures, sounds and smells.

Year 2

Statutory requirements

Pupils should be taught to:

notice that animals, including humans, have offspring which grow into adults

Notes and guidance (non-statutory)

Pupils should be introduced to the basic needs of animals for survival, as well as the importance of exercise and nutrition for humans. They should also be introduced to the processes of reproduction and growth in animals. The focus at this stage should be on questions that help pupils to recognise growth; they should not be expected to understand how reproduction occurs.



Notes and guidance (non-statutory)

The following examples might be used: egg, chick, chicken; egg, caterpillar, pupa, butterfly; spawn, tadpole, frog; lamb, sheep. Growing into adults can include reference to baby, toddler, child, teenager, adult.

Pupils might work scientifically by: observing, through video or first-hand observation and measurement, how different animals, including humans, grow; asking questions about what things animals need for survival and what humans need to stay healthy; and suggesting ways to find answers to their questions.

Year 3 and Year 4 - nothing linked

Year 5

Statutory requirements

Pupils should be taught to:

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals.

Pupils should find out about different types of reproduction, including sexual and asexual reproduction in plants, and sexual reproduction in animals.

Statutory requirements

Pupils should be taught to:

describe the changes as humans develop to old age.



Notes and guidance (non-statutory)

Pupils should draw a timeline to indicate stages in the growth and development of humans. They should learn about the changes experienced in puberty.

Pupils could work scientifically by researching the gestation periods of other animals and comparing them with humans; by finding out and recording the length and mass of a baby as it grows.

Year 6

Pupils should learn how to keep their bodies healthy and how their bodies might be damaged – including how some drugs and other substances can be harmful to the human body.

APPENDIX 4

How Mickleover Primary School covers curriculum

the statutory content of relationships and health education across the school's

	All units are li	PS pupils are taught inked to work by the The unit o	and Health Education Co specific PSHE units thro PSHE Association and f bjectives are linked to t	ugh PSHE Matters, Derl follow the statutory req the PSHE Association lo	byshire Scheme of work uirements for RSE from ng term overview.	t for PSHE. I September 2020.
Reception			ntly taught the SEAL unit will also use new PSHE		oport from TWINKL PSF	IE units.
	New Beginnings	Getting on and Falling Out and Say No to Bullving	Good to be Me	Going for Goals	Relationships	Changes
Year 1	Being Healthy H1 - Exploring what a healthy lifestyle means. H1 - Identifying the benefits of a healthy lifestyle. H2 - Identifying ways of keeping healthy. H2 - Recognising what they like and dislike. H2 - Recognising that choices can have good and not so good consequences. H3 - Setting simple goals. H6 - Recognising the importance of personal hygiene. H7 - Developing simple skills to help prevent diseases spreading.	Difference and Diversity L4 - Understanding that they belong to different groups. L8 - Identifying ways in which they are unique. R5 - Sharing opinions on things that matter using discussions. R8 - Identifying and respecting the differences and similarities between people.	Exploring Emotions R1 - Recognising a range of feelings in ourselves and other people. R1 - Recognising how others show feelings and how to respond. R2 - Recognising that their behaviour can affect others. H1 - Communicating feelings to others. H4 - Developing simple strategies for managing feelings. H4 - Using words to describe a range of feelings.	Relationships R2 - Recognising our behaviour can affect others. R4 - Recognising what is fair and unfair, kind and unkind, what is right and wrong. R6 - Listen to other people and play and work co-operatively (including strategies to resolve simple arguments through negotiation). R7 - Offering constructive support and feedback to others. R9 - Identifying their special people (family, friends, carers) and how they should care for each other.	Being Responsible L1 - Identify how they can contribute to the life of the classroom and school. L2 - Construct and explore the importance of rules. L3 - Explore and understand that everyone has rights and responsibilities. L5 - Identify what improves and harms their environments. R4 - Recognise what is fair/unfair, right/wrong, kind/unkind.	Bullying Matters R2 - Recognising their behaviour can affect others. R6 - Listening to others and working cooperatively. R11 - Identifying that people's bodies can be hurt. R12 - Recognising when people are being unkind to them or others, who to tell and what to say. R13 - Identifying different types of teasing and bullying, to identify that these are wrong and unacceptable. R14 - Identifying strategies to resist teasing/bullying if experienced or witnessed.



Year 2	Drug Education	Being Safe	Money Matters	Being Me	Growing Up	Changes
	H1 - Exploring the	H11 - Identifying	L6 - Recognising	L4 - Recognise they	H8 - The process of	H5 - Exploring what
	importance of	household	what money looks	belong to different	growing from young	change means.
	physical, mental	products are	like.	groups	to old.	H5 - Exploring loss and
	and emotional	hazards if not	L6 - Identifying how	and communities	H9 - Exploring	change and the
	health.	used properly.	money is obtained.	such as family and	growing and	associated feelings.
	H2 - Exploring how	H12 - Exploring	L6 - Understanding	school.	changing and	H8 - Exploring the
	to make informed	rules for and ways	the ways money can	L8 - Explore ways in	becoming	changes of growing from
	choices.	of keeping	be used.	which they are all	independent.	young to old.
	H11 -	safe in a range of	L7 - Understanding	unique.	H10 - The correct	H9 - Managing change
	Understanding the	situations.	how to keep money	L9 - Identify ways in	names for the main	positively.
	role of drugs	H13 - Knowing	safe and	which we are the	parts of	H13 - Identifying
	as medicines.	who to go to if	what influences	same as	the body (including	strategies and where to
	H11 - Identifying	they are worried.	choices.	all other people; what	external genitalia).	go for help.
	alternatives to	H14, H15 -		we have in common with	H13 - Identifying people who they can	
	taking medicines. H11 - Identifying	Recognising that they share a		everyone else.	ask for help and think	
	that household	responsibility for		R7 - Offer	about how they might	
	products, including	keeping		constructive support	do that.	
	medicines, can be	themselves and		to others.	H15, R3 - Identifying	
	harmful if not	others safe.		R9 - Identify what	ways of keeping safe	
	used properly.	H16 - Exploring		makes them special.	and	
	H12 - Identifying	what is 'privacy';			knowing they do not	
	rules for and ways	their right to keep			keep secrets.	
	of keeping safe.	things private and			H16 - About privacy	
	H15 - Recognising	the importance of			in different contexts.	
	they have a shared	respecting others'			H16 - About	
	responsibility for	privacy.			respecting the needs	
	keeping themselves	L2 -			of ourselves	
	and	Understanding			and other people.	
	others safe.	why rules are			R8 - Identifying	
		important in			similarities and	
		keeping us safe.			difference.	
		L10 - Identifying			R10 - What physical	
		people who work			contact is	
		in the			acceptable.	
		community and			L8 - That everybody	
		how to ask for			is unique.	
		help.				



Year 3	Being Healthy	Difference and	Exploring Emotions	Relationships	Being Responsible	Bullying Matters
		Diversity	R1 - Recognising a	R2 - Recognising	L1 - Research,	R7 - Understanding that
	H1 - Exploring what	R10 - Identifying	wide range of	what constitutes a	discuss and debate	their actions affect
	affects their	how to listen and	emotions in	healthy	topical issues.	themselves and others.
	physical, mental	respond	themselves and	relationship and	L2 - Identify why	R11 - Identifying the
	and emotional	respectfully to a	others.	develop the skills to	rules are needed in	importance of working
	health.	wide range of	R1 - Responding	form positive and	different situations.	towards shared goals.
	H2 - Understanding	people.	appropriately to a	healthy relationships.	L3, L4 -	R12 - Developing
	the concept and	R13 -	range of	R3 - Recognising	Understanding that	strategies for getting
	benefits of	Recognising the	emotions in	ways in which a	there are human	support for
	a balanced healthy	differences and	themselves and	relationship	rights to protect	themselves or for others
	lifestyle.	similarities	others.	can be unhealthy	everyone.	at risk.
	H2 - Identifying how	between people,	R7 - Understanding	and whom to talk to if	L7 - Explore rights	R13 - Identifying that
	to make informed	but understand	their actions affect	they need support.	and responsibilities,	differences and
	choices.	everyone is equal.	themselves and	R4 - Recognising	rights and duties at	similarities
	H3 - Understanding	R14 -	others.	different types of	home, school,	arise from a number of
	what is included in a	Recognising the	R12 - Developing	relationship.	community and the	factors.
	balanced diet.	nature and	strategies to resolve	R7 - Understanding	environment.	R14, L6 - Understanding
	H3 - Understanding	consequences of discrimination.	disputes.	that actions affect themselves and	L7 - Develop skills to	the nature and
	what may influence	R16 -	R12 - Identifying	others.	carry out responsibilities.	consequences of discrimination, teasing,
	our choices.	Recognising and	strategies to manage emotions.	R9 - Understanding	L8 - Explore how to	bullying and aggressive
	H5 - Setting goals.	challenging	H1, H6 - Deepening	when it is right to	resolve differences	behaviour (including
	113 - Setting goals.	stereotypes.	their understanding	'break a	and	cyberbullying, prejudice-
		stereotypes.	of good and not so	confidence' or 'share	respect others' points	based language,
			good feelings.	a secret'.	of view.	'trolling').
			H6 - Extending	R10 - Listening and	L9 - Explore what	R18 - Knowing how to
			vocabulary to help	responding	being part of a	recognise bullying and
			explain the	respectfully.	community	abuse in all its forms.
			range and intensity	R21 - Understanding	means and how they	abuse in all its forms.
			of feelings.	personal boundaries.	belong.	
			H7 - Recognising	personal boundaries.	belong.	
			conflicting emotions.			
			continuing ciriodolis.			



commun L9 - Iden being pa commun means. L11 - Ap range of the UK. R10 - Lis respond respectfu R13 - Ide that diffe similaritie people a	loring kinds of bilities I and in the ity. Itifying what ity I are identities in other identities in the identities in t	Money Matters L10 - Identify the role of voluntary and charity groups. L12 - Understanding different values and customs. L13 - Exploring how to manage money. L13 - Explaining the importance of money in people's lives and how money is obtained. L14 - Understanding the concepts of interest, loan, debt and tax. L16 - Understanding enterprise and begin to develop enterprise skills.	Being Safe H2 - Understanding how to make informed choices. H10 - Exploring how to recognise, predict and assess risks in different situations. H11 - Understanding that increased independence brings increased responsibility to keep themselves safe. H15 - Understanding how rules can keep them safe. H15 - Identifying where and how to get help. H21 - Developing strategies for keeping physically and emotionally safe in different situations. H22 - Understanding the importance of protecting information particularly online. H23, H24, H25 - Understanding how to become digitally responsible.	Drug Education H2 - Recognising how to make informed choices. H9 - Understanding that people have different attitudes to risk. H10, H11 - Recognising, predicting and assessing risks in different situations. H14 - Where to get help and how to ask for help. H17 - Distinguishing between safe and harmful and to know some substances can be harmful if misused. H21, H23 - Learning rules about staying safe.	Growing Up Including puberty talk for girls H4 - That images in the media do not always reflect reality. H5 - Celebrate our strengths/qualities. H8 - About the kind of changes that happen in life and the associated feelings. H12 - That simple hygiene routine can prevent the spread of bacteria. H18 - About the changes that happen as they grow up. H20 - The right to protect our bodies. R4 - About differences and similarities between people, but understand everyone is equal. R8 - About the difference between acceptable and unacceptable and unacceptable physical contact. R13 - Knowing the names of the body parts. R16 - Recognise and challenge stereotypes.
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H1 - Exploring what affects their physical, mental and benefits of a balanced healthy lifestyle. H2 - Understanding that others are the same or different situations. R13 - Exploring how we make choices about the food we eat. R14 - Recognising a discuss and debate topical issues. R12 - Developing strategies for getting different types of relations. R3 - Recognising a discuss and debate topical issues. L2 - Identify my for ubles are beded in different situations. R3 - Recognising what a baby book). R2 - Recognising what a feat the read and and there are some cultural practices against problems. R16 - Exploring what is meant by the terms sex, gender identiny attributions. R17 - Understanding that there are some cultural practices	Year 5	Being Healthy	Difference and	Bullying Matters	Being Responsible	Relationships	Exploring Emotions
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Year 6	Drug Education H2 - Knowing how to make informed choices. H10, H17 - Identifying a range of drugs/substances and assessing some of the risks/effects. H13 - Identifying influences and when an influence becomes a pressure. H14 - Developing skills of how to ask for help. H15 - Identify basic emergency procedures. H16 - Understanding the term 'habit' and why habits can be hard to change.	Being Me L7 - Exploring different kinds of responsibilities at school and in the community. L9 - Identifying what being part of a community means. R13 - Identifying that differences and similarities between people arise from a number of factors.	Being Safe H2 - Understanding how to make informed choices. H10 - Exploring how to recognise, predict and assess risks in different situations. H11 - Understanding that increased independence brings increased responsibility to keep themselves safe. H15 - Explaining how rules can keep them safe. H15 - Identifying where and how to get help. H16 - Understanding the term 'habit.' H21 - Developing strategies for keeping physically and emotionally safe in different situations. H22 - Understanding the importance of protecting information particularly online. H23, H24, H25 - Understanding how to become digitally responsible.	Money Matters L10 - Identify the role of voluntary and charity groups. L12 - Understanding different values and customs. L13 - Exploring how to manage money. L13 - Explaining the importance of money in people's lives and how money is obtained. L14 - Understanding the concepts of interest, loan, debt and tax. L16 - Understanding enterprise and begin to develop enterprise skills.	Changes Pupils learn about changes to boys and girls as they grow. Resources to help these units include excerpts from Channel 4 'Living and Growing' DVD and new resources from Christopher Walker RSE scheme of work. H6 - Explaining intensity of feelings. H6 - Exploring and managing the difficult emotions. H7 - Acknowledging and managing change positively. H8 - Managing transition to secondary school. H8 - Exploring and managing loss, separation, divorce and bereavement. H14 - Practising asking for help and knowing where to go for help.	Growing Up Work on 'Alright Charlie' on protecting pupils from online dangers is included in this term. H4 - Exploring how images in the media and online do not always reflect reality. H6 - Identify the intensity of feelings. H7 - Recognising conflicting feelings. H12 - That simple hygiene routine can prevent the spread of bacteria. H13 - Identify pressures and influences. H18 - Understanding changes that happen at puberty. H19 - Understanding what puberty and human reproduction is. R2- Identifying qualities of a healthy relationship R5 - About committed loving relationships. R13 - About differences and similarities between people, but understand everyone is equal. L1 - Debate topical issues.
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PSHE Matters is divided into 12 themes for KS1, which are taught over a period of two years (6 units per year). Then these themes are revisited over Year 3 and 4 and finally again in Year 5 and 6.

How else do we cover the statutory requirements at MPS?

For mental health and wellbeing pupils in Years 1 to 6 have a termly lesson on mental health and wellbeing from the PSHE Association in addition to our PSHE units Exploring Emotions in Year 1, Year 3 and Year 5. In the Autumn term each year we have a whole school theme week for Anti-bullying and Mental Health and Wellbeing.

https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans The PSHE Association units cover the following themes:

Lessons in key stage 1 and 2 include teaching about:

- Identifying and talking about feelings
- Understanding how feelings affect behaviours
- Strategies to manage feelings
- The link between mental and physical health
- Managing the transition to secondary school / key stage 3

Year group	Lesson 1 completed during Autumn theme week	Session 2 completed during Spring term	Session 3 completed during Summer term
Year 1 and	We all have feelings	Good and not so good feelings	Big Feelings
Year 2	Learning objective Pupils will learn: To recognise and describe different feelings in themselves and others	Learning objective Pupils will learn: that feelings change and that not everyone experiences the same feeling in the same situation	Learning objective Pupils will learn: about 'big' feelings and how to manage them
	Learning outcomes By the end of the lesson, pupils will be able to: recognise and name some feelings that they might have explain how feelings can make their bodies feel inside describe how other's might be feeling identify who can help them	Learning outcomes By the end of the lesson, pupils will be able to: identify feelings that are good and not so good recognise that people feel differently about things and situations explain what can change their feelings (from good to not so good and from not so good to good) suggest things that can help them and others to feel better	Learning outcomes By the end of the lesson, pupils will be able to: recognise that feelings can intensify (get stronger) describe how big feelings can affect their behaviour identify what can help them feel better when they have a big feeling (including talking to trusted adults) use words or phrases to ask for help with feelings



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Year 3 and	Everyday feelings	Expressing feelings	Managing Feelings
Year 4	Learning objective	Learning objective	Learning objective
	Pupils will learn: about the different feelings	Pupils will learn: about ways of expressing	Pupils will learn:
	and emotions people experience; how	feelings and emotions and why this is	about managing feelings and emotions
	feelings and emotions change and what	important	in different situations
	helps people to feel good		about getting help, advice and support
		Learning outcomes	with feelings and emotions
	Learning outcomes	By the end of the lesson, pupils will be able to:	9-1-1-1
	By the end of the lesson, pupils will be able	 name a wide range of feelings and 	Learning outcomes
	to:	emotions	By the end of the lesson, pupils will be able
	identify that feelings/emotions are part of	match feelings to a scale of intensity and	to:
	a person's health and wellbeing	identify strong feelings	explain how feelings and emotions can
	recognise that feelings usually change	describe different feelings and how they	influence actions and behaviour
	throughout the day	are experienced in the body	identify ways of coping with feelings in
	give examples of everyday things that	recognise why it is important for people	different situations
	can affect feelings	to express their feelings	explain why it is important to talk about
	describe what can help people to feel	to express their recilligs	feelings and describe how this can feel
	good/better		
	good/bettel		recognise that help, advice and support about feelings as many from different.
			about feelings comes from different
\			sources
Year 5 and	Mental Health and Keeping Well	Managing Challenges and Change	Feeling common anxieties when
Year 6	Learning objective	Learning objective	transitioning to secondary school
	Pupils will learn: about mental health; what it	Pupils will learn: about how feelings and	<u>Learning objective</u>
	means and how we can take care of it	emotions are affected and can be managed at	Pupils will learn:
		changing, challenging or difficult times	about the feelings and common
	<u>Learning outcomes</u>		anxieties pupils face when starting key
	By the end of the lesson, pupils will be able	<u>Learning outcomes</u>	stage 3/moving to secondary school
	to:	By the end of the lesson, pupils will be able to:	ways of managing these feelings.
	explain what is meant by the term 'mental'	 describe what can impact on mental 	
	health'	health (life events and circumstances)	Learning outcomes
	identify everyday behaviours that can	and how mental wellbeing can be	By the end of the lesson, pupils will be able
	help to support mental (and physical)	affected	to:
	health	 recognise conflicting emotions and when 	identify feelings people might
	recognise that we can take care of our	these might be experienced	experience when starting a new school /
	mental health (as well as our physical	 explain how feelings and emotions 	moving to secondary school (KS3)
	health)	change over time	recognise common causes of worry,
		 identify positive actions to support mental 	challenges and opportunities that may
		wellbeing during difficult times, including	be part of this transition
		identifying their personal support network	identify and evaluate the usefulness and
	1	i i i i i i i i i i i i i i i i i i i	- Identity and evaluate the decidiness and



	reliability of different sources of support
	and information available; explain how
	to access them
	identify ways to positively manage the
	move to secondary school (KS3)

HEALTH AND PREVENTION

The school holds a Silver Food for Life Accreditation from the Soil Association, for our education work in food education. All pupils have taught food sessions with our Catering manager through the year and we also have a KS2 cooking club. Our certificate for this award is displayed in school.

We are a sunsafe accredited school. All pupils complete sun safety awareness sessions in school. We have a sun safe policy which is reviewed annually. All pupils have access to sun cream at school and parents are asked to provide hats and sun cream for their children as part of our annual reaccreditation. We discuss the Sun's UV rating each day with pupils so that they are aware of the impact on their skin and all staff are asked to model sun safety awareness by wearing appropriate clothing, hats and sun cream. https://www.sunsafeschools.co.uk/ Our certificate is displayed in school.

ONLINE SAFETY AND E-BULLYING

In our Computing sessions all pupils work on e-safety units as part of our Rising Stars curriculum. We also take part in the annual Internet Safety day during February. In Year 6 pupils work with the 'Alright Charlie' materials against grooming, which are delivered by our Inclusion/Safeguarding Manager and Year 6 teachers. Parents from Year 5 and 6 are invited to view these materials and have a discussion with staff in preparation for the sessions being delivered in school in our annual RSE meetings.

BASIC FIRST AID

Annually from September KS2 pupils will take part in annual First Aid sessions based on St John's Ambulance. https://www.sja.org.uk/get-advice/first-aid-lesson-plans/

These will be taught by class teachers, with support from our trained school first aiders.



HOW DO WE TEACH THE NON-STATUTORY ASPECTS OF PSHE, SUCH AS FINANCIAL CAPABILITY?

At Mickleover Primary School pupils are taught financial capability through the PSHE units Money Matters in Year 2, Year 4 and Year 6. We also focus on money in Maths and all year groups in school complete 'Moneysense for schools' workshops biannually. The school holds a Natwest Moneysense Accredited Schools award (achieved December 2019) https://natwest.mymoneysense.com/workshops/

Our banner for our accreditation is displayed outside school.

The units we have used in 2019-2020 are:

- How we use money (5-8s) Year 1 and Year 2
- Super smoothie shop (5-10s) for Year 3 and Year 4
- Fraud scene investigators (8-12s) Year 5 and Year 6

These sessions are taught by class teachers with the support of banking staff from Natwest, RBS and Barclays.



BRITISH VALUES AND HOW THEY LINK TO OUR WORK IN RSHE.

Core British Values . I can influence the way school runs through the school I recognise that it is unacceptable council team and by talking to staff. to dismiss the beliefs and opinions of anyone. . I can influence my lessons through putting my hand up and responding. · I understand that discussions about Democracy sensitive issues will be controlled and structured. Tolerance Liberty . I am free to think as I see fit. . I have the freedom to make . I recognise that I am as equally choices that affect me but I responsible for my learning as the recognise I am accountable for teacher. all my actions. · I take responsibility for all my actions - good or bad. · We all have a responsibility to promote and protect the well Respect Responsibility . I recognise that everyone is being of others. entitled to their opinion as long as it does not promote extremism. · I understand that everyone is Law entitled to a voice within the . I understand that the school rules are used to mirror society classroom. laws and must be respected. . I will listen to others as I would . I recognise that there will be consequences for my actions. like to be listened to. X Social - Moral - Spiritual - Cultural X



DEMOCRACY

Throughout their time at MPS there will be many occasions where children will have the opportunity to vote and for their voices to be heard. We understand that the children's opinions about their school are valid and need to be at the heart of our decision making. All staff will model this process through asking questions and inviting children's answers and opinions, whether it be in lessons, during assemblies, at lunchtime or on the playground. For example, in child-initiated learning, all children are developing their decision making skills and learning to make informed choices and take responsibility for them. Older children often take part in debating activities or engage in public speaking on various topics.

Our School Council has members elected from each class and have regular meetings to represent the views of their classmates. Our school behaviour policy is clear that children are expected to contribute and co-operate, taking into account the views of others. Our Values also promote democracy.

THE RULE OF LAW

We consistently reinforce our high expectations of children. Children are taught the value and reasons behind our expectations (rules) that they are there to protect us, that everyone has a responsibility and that there are consequences when rules are broken. They recognise that whilst we have rules at school, other rules and laws exist in the country for the same reasons.

- At the beginning of each academic year each class work on our school promises and how these relate our class rules in the classroom with their peers and the teacher. These are then displayed in the class and referred to as necessary.
- By signing the Home School Agreement all parents/carers, children and teachers show commitment to uphold the school rules.
- Children are helped to learn to manage their behaviour and take responsibility for their actions. We help children to understand the connection between actions and consequences; rights and responsibilities.

Visits from the fire service, road safety experts, the police and visits to the various community buildings help us to reinforce this message.

INDIVIDUAL LIBERTY

Within school, children are actively encouraged to make choices, knowing that they are in a safe and supportive environment. As a school we educate and provide boundaries for our children to make choices safely, through our provision of a safe environment and engaging teaching. Children are encouraged to know, understand and exercise their rights and personal freedoms, whilst recognising that they have various responsibilities to fulfil.

We support each child to become as independent as possible so that they are encouraged to become good and valued citizens. We endeavour to demonstrate that everyone has rights; this includes the right to say 'No' when appropriate.



Some children will be able to take responsibility for particular roles, such as monitors, buddies or prefects. Learning to do things independently is an important part of learning to understand yourself. We believe that in fostering a careful and helpful environment and encouraging independence we can boost and nurture a healthy self-esteem.

Whether it be through their choice of learning challenge, how to record their work, choosing which of our many extra-curricular activities to participate in or what to eat at lunchtime, our children are given the freedom to make many choices.

MUTUAL RESPECT

Respect is one of our school values. Children learn that their behaviour has an effect on their own rights and those of others. All members of our school community treat each other with respect.

Events and circumstances are planned for pupils to go into the community to meet with a variety of people in different situations which include: sports events, community events and shared participation with other schools.

We support others our community in a variety of ways for example: singing songs and carols to others; collecting Harvest goods for our local Methodist church and elderly neighbours, as well as participating in national charitable events such as Children in Need, Comic Relief and fund raising for local charities.

Part of our school ethos and behaviour policy has revolved around core values such as 'Respect', and children model this by caring, sharing and listening to others. Our staff help children to understand how to respect by talking about how actions/words can affect others.

TOLERANCE OF THOSE OF DIFFERENT FAITHS AND BELIEFS

We aim to enhance children's understanding of different faiths and beliefs by participating in a range of celebrations throughout the year. Through our school values, all children are taught to respect everyone regardless of their faith and beliefs.

In the curriculum through Religious Education, PSHE, English, Art, Geography and History, as well as our Assembly themes, children consider cultures from other parts of the world, different faiths and beliefs. We invite visitors from our community to share their knowledge and to enhance learning both within classes and for the whole school or we visit local places of worship.

To celebrate being British we:

- Study key historical figures and events in British history through our topics
- Learn about our Patron Saints and various myths and legends from Britain in topic lessons, assemblies and through Literacy work.
- Dance and listen to music from the different regions of Britain
- Learn key geographical facts about Britain
- Study our native wildlife both within our grounds and beyond

Motivated to learn, Proud of our achievements, Successful and skilled for life.



- Support national events such as the Olympics and the World Cup
- Strive to have a good sense of humour in the face of adversity!

In PSHE Matters pupils are specifically taught units related to British Values. In the units Being Responsible in Year 1, Year 3 and Year 5 develop their awareness of the Rule of Law and in the Difference and Diversity units, which are also taught in Year 1, Year 3 and Year 5, pupils develop their Tolerance of those of Different Faiths and Beliefs. This work is also developed through our RE lessons based on the Derbyshire RE Syllabus.