

## RSHE (Relationships, Sex and Health Education) at Tollerton Primary School (15/1/21)

Laura Williams is our RSHE and PSHE leader responsible for developing the RSHE curriculum. As a school we chose to teach RSHE through our Jigsaw PSHE Scheme, which is a comprehensive scheme of work for the whole primary school from Reception to Y6. Jigsaw teaching materials integrate PSHE, emotional literacy, social skills and spiritual development in a whole-school approach. Within the scheme, RSE lessons are included, which are age appropriate and which comply with the government's statutory guidance on teaching RSE within the primary age. The spiral method of teaching ensures that learning from previous years is revisited, adding new concepts, knowledge and skills, year on year in an age appropriate manner. We believe that this scheme helps Tollerton children to understand and respect their bodies and be able to cope with the changes of puberty and the confusion behind it. It develops positive and healthy relationships appropriate to their age and development. It also ensures that they respect others. We are able to support our children to have positive self-esteem and body image and to understand the influences and pressures around them. We also empower them to be safe and safeguarded.

### RSE coverage

The Jigsaw PSHE relationship and sex education units of work (RSE) aim to give children their entitlement to information about relationships, puberty and human reproduction, appropriate to their ages and stages of development. This work is treated in a matter-of-fact and sensitive manner to allay embarrassment and fear and helps children to cope with change, including puberty, and to learn about families, friendship and healthy relationships. Jigsaw aims to build the positive.

### Teaching sex education in an age-appropriate way

The 'changing me' unit is taught over a period of 6 weeks in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage. All lessons are taught using simple, child friendly language and pictures, which help children understand the changes more effectively. The key concepts that children learn in Jigsaw are inner strength, self-esteem and resilience.

### Teaching health education

Health education is taught in the second half of the spring term and consists of a series of lessons based around the unit title 'healthy me'. This unit is revisited between Reception and Y6 and develops the ideas and concepts at age appropriate times for our pupils. Topics include exercising, friendships, falling out, trust, keeping safe and what makes a healthy relationship. It is within this unit that we look at families and how these are made up. Health education is a statutory part of the curriculum.

### Relationships education at Tollerton Primary School

This is taught as strands running throughout the year in our comprehensive PSHE scheme but is also taught as two complete units in the autumn term (celebrating differences) and in the first part of the summer term (relationships). The lessons are well structured and age appropriate and cover topics which will help inform our pupils about life in the world around us. Lessons build year on year and help to inform and enable pupils to understand about healthy relationships with friends in an age appropriate way and about online healthy relationships. As they develop, we hope our relationships education will enable them to understand that there are different family groups, and all can be healthy relationships. We would hope that they would also be able to challenge prejudice because they are well informed.

### RSHE Elements -Relationships, sex and health education are broken down into the following 2 main lenses:

Relationships	Physical health and mental wellbeing
Families and people who care for us	Mental wellbeing
Caring friendships	Internet safety and harms
Respectful relationships	Physical health and fitness
Online relationships	Healthy eating
Being safe	Drugs, alcohol and tobacco
	Health and prevention
	Basic first aid
	Changing adolescent body