



Brookland Infant and Nursery School



Relationships and Sex Education (RSE) Policy

Staff: March 2025
Governors: March 2025



INTENT

Brookland Infant and Nursery School is a community school for children between 3-7 years old. Our children come from widely different social and family backgrounds with a wide social and ethnic mix and many varied family backgrounds and we have a relatively high proportion of children with Additional Educational Needs. At Brookland Infant and Nursery School, Relationships and Sex Education (RSE) are an integral part of our Personal, Social and Emotional Development (PSED) and Personal, Social, Health and Education (PSHE) and KS1 Science curriculums throughout our school. We have a responsibility to prepare our children for life in 21st Century Britain and support them in being able to recognise and form healthy relationships; respecting and valuing others in a caring and empathetic way.

The RSE element of our Science and PSHE curriculum will continue to reflect our Brookland Values of Courage, Respect, Friendship, Tolerance, Honesty and Responsibility and link with our statutory duties to actively promote British Values, comply with the Equality Act, keep our children safe and meet the changing needs of all children and adults in our school community. It enables our children to make a positive contribution to their community and wider society; preparing them for life beyond our school.

We understand our responsibility to deliver a high-quality, age-appropriate RSE curriculum for our children. We also value the relationships we have with our parents/carers and will continue to keep them informed of the developments in PSHE curriculum and the RSE element. This policy covers Brookland Infant and Nursery School's approach to RSE, providing clarity on how it is informed, organised and delivered.

AIMS

- To enable children to understand and respect their bodies, to lead a healthy lifestyle and be able to cope with changes, without fear or confusion
- To develop confidence in talking, listening and thinking about feelings and relationships
- To help children to develop positive and healthy relationships appropriate to their age and development.
- To support children in developing and showing respect for themselves and others
- To support children to have positive self-esteem and body image, and to understand the influences and pressures around them
- To demonstrate and promote responsibility for their own actions and make informed choices that impact on their future
- To teach children to be accepting of the different beliefs, cultures, religions, sexual orientations, physical and mental abilities, backgrounds and values of others around them.
- To empower children to be safe and safeguarded

It is our duty to promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society and prepare pupils at the school for the opportunities, responsibilities and experiences of later life. (Section 78, Education Act 2002).

Here at Brookland Infant and Nursery School, we understand that it is our responsibility as adults in school to:

- Provide sensible, honest, unbiased and straightforward answers to questions raised by children to help children to develop as emotionally mature human beings.
- Provide information which is easy to understand and appropriate to the age and maturity of the children.
- Encourage the development of communication and social skills.



- Encourage the development of positive values and attitudes and teach relationship and sex education in the context of positive relationships at an age-appropriate level.

IMPLEMENTATION

Guidance from the DfE under sections 34 and 35 of the Children and Social Work Act 2017 makes Relationships Education and Health Education statutory in all Primary schools.

The DfE Guidance 2019 (p.23) recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils'.

At Brookland Infant and Nursery School we have concluded from the DfE Guidance that sex education refers to Human Reproduction. Therefore, to ensure we teach this at an age appropriate level, we teach this in a scientific context, and knowing that National Curriculum Science requires children to know how mammals reproduce, we have opted to teach this within our Science curriculum, not within PSHE or Relationships and Sex Education as we believe this is most appropriate for our children. This does also mean that the parental right to withdraw their child is not applicable. We are of course happy to discuss the content of the curriculum with all parents and invite you to contact the Headteacher.

Below is the KS1 Science Curriculum which informs the Sex Education coverage within our RSE curriculum:

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
- Notice that animals, including humans, have offspring which grow into adults
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

At Brookland Infant and Nursery School, we also acknowledge that relationships and sex education also includes:

'Giving young people the information they need to help them develop healthy, nurturing relationships of all kinds' (RSE Statutory Guidance, DfE 2019).

We include the statutory Relationships and Health Education within our whole-school PSHE Programme.

In the EYFS we follow the EYFS Statutory Framework with the focus on Personal, Social and Emotional Development (PSED). We consider that this includes laying foundations of understanding about growth, change, differences and respect for one another. The children learn to show sensitivity to others' needs, which then allows them in Key Stage 1 to recognise and manage emotions within a range of relationships.

In Key Stage 1, to ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to our children's needs and ensures what we teach meets the statutory Relationships and Health Education requirements.

Topics covered in the Relationship Education and Science (RSE at KS1).

- Describe good and not so good feelings and ways to manage them to make them feel better.
- Understand how to keep clean.



- Understand why personal hygiene is important.
- Identify similarities and differences between opposite genders.
- Know about growing and changing and that babies grow into children and then into adults.
- Describe their family and understand why everyone's family is special.
- Identify which people look after them, who to go to if worried.
- Describe some of the similarities and differences between boys and girls.
- Understand that some people have fixed ideas about what boys and girls can do.
- Notice that animals, including humans, have offspring which grow into adults.
- Name the main body parts, including the male and female private parts.
- Understand it is important to look after their body because that can help them have a healthy lifestyle.
- Understand that everyone's body is different and that we celebrate difference.

In addition to planned Science and PSHE lessons, topics will also be addressed through:

- Assembly themes
- Stories
- Circle time
- Group work
- Whole class discussions
- Visitors into school such as the school nurse, Community Police liaison officers, parents, carers and grandparents.

We assess children's learning through contributions they make during lessons, class discussions, interactions with their peers and staff using the school Science and PSHE assessment frameworks.

EQUAL OPPORTUNITIES

At Brookland Infant and Nursery School, we believe that all children have a right to an education which develops the qualities and competencies needed for full and effective membership of the community. It is essential that we explore the children's prior learning that they bring to the classroom to ensure individual needs and experiences are understood to identify different starting points. We will ensure equality by recognising and respecting children's' different abilities, levels of maturity and personal circumstances, for example: their gender, identity, faith or culture as well as their sexual orientation, gender identity, faith or culture of their immediate family.

We will ensure that questions from children involving sensitive or contentious issues of a religious or cultural nature or of a sexual orientation or gender identity nature, are listened to carefully by staff, responded to sensitively and are referred back to parents to answer such questions and discuss further with their child. We will respect children's' unique starting points by providing learning that is inclusive to all our learners' individual needs and circumstances. We recognise the needs and beliefs of the cultural groups that are represented in our school and will apply our RSE policy with sensitivity.

WORKING WITH PARENTS

At Brookland Infant and Nursery School, we are committed to working with closely parents and carers and know that the most powerful RSE is when there is collaboration between



school and home. Parents are informed of our RSE programme through our Curriculum Maps published on our school website. Any questions from the children that require more explicit information will be directed back to parents by the class teachers. At Brookland Infant and Nursery School we will be delivering RSE through our KS1 Science curriculum and our PSHE curriculum at an age-appropriate level. This does mean that the parental right to withdraw their child is not applicable. We are of course happy to discuss the content of the curriculum with all parents and invite you to contact the Headteacher.

SAFEGUARDING AND CHILD PROTECTION

RSE plays an important part in fuelling the statutory duties all schools have to meet. The subject helps children understand the difference between safe and abusive relationships and equips them with the knowledge and skills to get help if they need it. All children have the right to:

- Say no
- Respect their own body
- Speak out and know that someone can help

We have a Safeguarding and Child Protection Policy and clear procedures for its implementation. Any concerns must be referred to a member of the Designated Team for Child Protection.

MONITORING AND EVALUATION

The Head Teacher is responsible for monitoring this policy. The PSHE Subject Leader will monitor and evaluate Relationship and Sex Education through discussions with colleagues, scrutinising work, displays, reviewing planning, learning walks, lesson observations and discussions with children. In light of the changes to RSE from September 2020, this policy will be reviewed annually to reflect the significant changes.