

PSHCE & RSE at Jarrow Cross



After reading through the slides and listening to the information, you can then visit the website- **KEY INFORMATION: PSHCE UPDATED CURRICULUM-** and explore the content of resources used within the classroom.



What is PSHCE?

“PSHCE education is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain.”

“Evidence shows that well-delivered PSHCE programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged.”

How can schools meet statutory requirements effectively?

- **Many schools are well on the way to delivering these commitments** and should build on, rather than unpick, what they're already doing well. [85% of schools already teach PSHE that covers health and relationships](#). The new requirements are about **raising and 'levelling up' of PSHCE standards** across all schools in a way that does not cause undue burden on workload and resources.
- **PSHCE education needs regular curriculum time like any other subject.** 'Drop down' or 'off timetable' days can enhance a timetabled programme of regular, planned lessons but are not an appropriate or effective alternative to one. [91% of school leaders surveyed by NAHT agree on the need for regular, timetabled PSHCE lessons.](#) (See [our guidance on models of PSHE delivery](#).)
- **Schools should tailor their programme to the needs of pupils and communities in order to be effective. There is no 'one-size-fits-all solution':** there are many useful programmes and resources that schools can use to *support* their PSHCE provision, but PSHCE programmes should always be tailored to the needs of a school's own pupils and community. (See our [PSHE planning toolkits for KS 1 & 2](#).)

Why is this so important?

Health

PSHE education forms a bridge between education and public health.

Chief Medical Officer

Safety

When pupils receive lessons on relationships and sex, disclosures about abuse and exploitation increase significantly.

International Cochrane study, 2015

Academic attainment

A virtuous cycle can be achieved, whereby pupils with better health and well-being achieve better academically

PSHE Education: A Review of Impact and Effective Practice, DfE, 2015

Flourishing

A curriculum for life?

UK Youth Parliament

Impact on pupils

- Helps children to make healthy decision as they grow up;
- First Aid will be taught across schools for the first time. Our current out of hospital cardiac arrest survival rate is 12%. In Norway that routine teaches first aid in schools the rate is 52%.

(PSHE Association)



The Equality Act 2010

What are my rights as a parent?

Health & Relationships

- Health and Relationships Education will be compulsory for all children regardless of their age

Primary Age Sex Education

- You can request to withdraw your child from the sex part of the curriculum
- Jarrow Cross C of E Primary School will only teach the Science statutory requirements, therefore withdrawal is not required.

Secondary Age Sex Education

- You can request to withdraw your child from sex education (but not the science part of the National Curriculum).
- Your child will have a right to opt INTO sex education from their 15th birthday (specifically three terms before they turn 16)

Special Setting

- A request to withdraw your child will be based on their age and level of maturity. These will generally be decided on an individual basis

- Parents will not be able to withdraw their child from any aspect of Relationships Education or Health Education.
- Parents will be able to withdraw their child (following discussion with the school) from **any or all aspects of Sex Education**, other than those which are part of the science curriculum, up to and until three terms before the age of 16.
- After that point, the guidance states that 'if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms.'
- Where pupils are withdrawn from sex education, schools should document the process and will have to 'ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.'

Withdrawing a child must be in everyone's best interest

IMPORTANT NOTE:

As a school, a decision has been made that staff will ONLY teach the statutory requirements of Sex Education and will not go beyond what is expected within the national curriculum for science (SEE SLIDE 12). Therefore, the option of withdrawal does not apply in this instance.

Our Policies

"Schools do not have to have a policy for Health Education, or for broader PSHCE education, but we would recommend having a PSHCE policy that includes (or links to) your RSE policy and includes specific information on Health Education." **PSHE Association**

The following policies have links to this subject area.

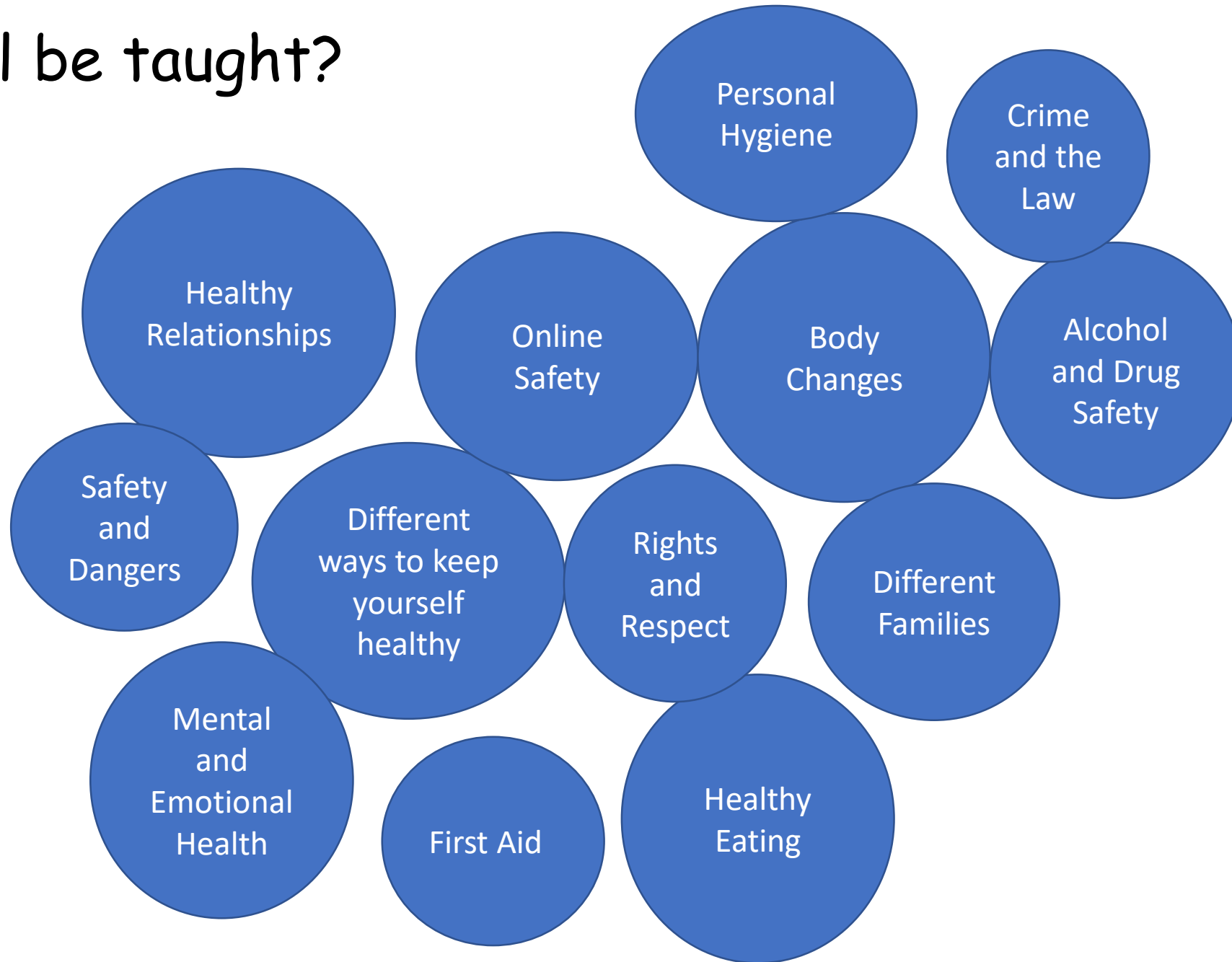
- Anti-bullying
- PSHCE
- Relationships and Sex Education
- P.E.

<https://www.jarrowcross.co.uk/policies>

How the PSHE and RSE Curriculum will be taught

- Lessons will only teach the facts and be age appropriate
- By a mixture of trained teachers and specialists;
- In a safe environment;
- In a way that builds skills, knowledge and attitudes.

What will be taught?



What will be taught in more detail...

Relationship topics include:

1. Families and people who care for me
2. Caring friendships
3. Respectful relationships
4. Online relationships
5. Being Safe

(See DfE guidance for more information linked specifically to topics- web link on final slide)

Physical health and wellbeing topics include:

1. Mental wellbeing
2. Internet safety and harm
3. Physical health and fitness
4. Healthy eating
5. Drugs, alcohol and tobacco (within science curriculum)
6. Health and prevention
7. Basic first aid
8. Changing adolescent body

(See DfE guidance for more information linked specifically to topics- web link on final slide)

Resources

The PSHCE/RSE lead (Miss Elcoate) has created a programme of work and all of the resources at an age-appropriate level.

To find out what the topics each year groups are covering, take a look at our year group topic overviews.

For any topics you would like to know specific information, contact the school and we can show you specific resources.

For the majority of our Relationships curriculum we use two main schemes/programmes:

- KidSafe
- Operation Encompass
- Espresso: Relationships (will be using from September 2021)

The programmes of work and resources are available to view on our website.

Science curriculum and what it looks like:

Science Programme of Study

Animals including humans	
KS1	<ul style="list-style-type: none">• identify, name, draw and label the basic parts of the human body (including external genitalia) and say which part of the body is associated with each sense;• notice that animals, including humans, have offspring which grow into adults;• find out about and describe the basic needs of animals, including humans, for survival;• describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
KS2	<ul style="list-style-type: none">• identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat;• identify that humans and some other animals have skeletons and muscles for support, protection and movement;• describe the simple functions of the basic parts of the digestive system in humans;• identify the different types of teeth in humans and their simple functions;• identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood;• recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function;• Understand the changes that happen involving the body (menstruation and puberty);• describe the ways in which nutrients and water are transported within animals, including humans.

Right of withdrawal

RECAP OF IMPORTANT NOTE:

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The following slide will show you the key scientific objectives that cover and link with PSHCE.

NOTE: ALL OF THE OBJECTIVES ON THE FOLLOWING SLIDE HAVE BEEN TAUGHT FOR MANY YEARS.

KS1 Science objective:

'identify, name, draw and label the basic parts of the human body'

Staff will inform the children of the correct, scientific terms for body parts.

This does not mean we are telling the children they have to refer to them as those or disregard the names given to them at home. It is simply to educate and inform them of the correct terminology in relation to safeguarding/child protection.

Using the correct terminology...

Why is it important?

Here are some hard hitting facts...

One day, a little girl told her teacher "my uncle licked my cookie" the teacher thought nothing of it and said "next time ask for another cookie". Months go by, and the mother of the child was talking to the teacher about a rash on the child's "cookie" and that's when the teacher realized what the child was trying to say.

Here's the problem. If you do not teach your children the proper names for their parts, people can miss important signs of sexual abuse.

Penis and vagina are not bad words. Basic anatomy isn't wrong and there's no such thing as anatomy being "age appropriate".



Child Sexual Abuse Fact



Penis & Vagina Aren't Bad Words.



Teaching your children the proper names for their body parts helps to protect them. 



In a study...

It was stated by those who were convicted (sex offenders) that they **steered away** from children who could identify the correct, scientific body parts. This was because they deemed the children as being **more intellectually aware** and they **worried** that the children had been informed of the signs of an unhealthy relationship/boundaries etc which would **risk** them being caught...

What's next?

- Take a look at the information;
- Any questions you may have contact Miss Elcoate or Mrs McBeth
- Familiarise yourself with the guidance for parents which support you to have sensitive conversations with your child (see final two slides).
- Next week, you will be asked to complete an online questionnaire.

For more information:



Promotional material

**Relationships, sex and health
education: guides for parents**

Search 'RSE FAQ' on GOV.UK

Search 'RSE Parent Guide' on GOV.UK



Key info: curric: foundation subjects: PSHCE
<https://www.jarrowcross.co.uk/pshce/>

Support for Parents to Have Difficult Conversations with Their Child

- **Talking to your Child about Growing Up/Puberty**
- <https://childrenshealthsurrey.nhs.uk/services/advice-talking-your-children-years-5-6-about-puberty>
- **Puberty Leaflets**
- <https://www.nhs.uk/livewell/puberty/documents/4youmarch2010nonprinting.pdf>
- **Talking to your child about mental health**
- <https://www.mentallyhealthyschools.org.uk/getting-started/how-to-start-a-conversation-with-children-about-mental-health/>