



Heigham Community Federation

Wellbeing Curriculum (RHE & PSHE) Policy 2024-25

Last updated / approved:

July 2024

Federation Policy for RSHE and Wellbeing Curriculum (2024-2025)

Statement of Intent

At Avenue Junior School and Recreation Road Infant School, we aim to equip our pupils with the knowledge, skills, and values needed to manage their lives in a healthy, safe, and positive manner both now and in the future. Our RSHE and Wellbeing Education programmes are designed to foster self-esteem, resilience, and respect, preparing pupils to be successful and happy individuals who contribute meaningfully to society.

Legal Framework

This policy is based on the following legislation and statutory guidance:

- Section 80A of the Education Act 2002
- Children and Social Work Act 2017
- The Relationships Education, Relationships and Sex Education, and Health Education (England) Regulations 2019
- Equality Act 2010
- DfE (2019) 'Relationships Education, Relationships and Sex Education (RSE) and Health Education'
- DfE (2013) 'Science programmes of study: key stages 1 and 2'
- DfE (2021) 'Teaching about relationships, sex, and health'

Roles and Responsibilities

Governing Board

The governing board is responsible for:

- Ensuring all pupils make progress in achieving the expected educational outcomes.
- Ensuring the curriculum is well-led, effectively managed, and well-planned.
- Evaluating the quality of provision through regular and effective self-evaluation.
- Ensuring teaching is delivered in ways that are accessible to all pupils, including those with SEND.
- Providing clear information for parents on subject content and their rights to request withdrawal.
- Ensuring the subjects are resourced, staffed, and timetabled appropriately.

Executive Headteacher

The Executive Headteacher is responsible for:

- Ensuring that policies and curricula are effective, and that they meet statutory requirements.
- Conducting an annual review of this policy.

Heads of School

The Heads of School at Avenue Junior School and Recreation Road Infant School are responsible for:

- The overall implementation of this policy.
- Ensuring staff are suitably trained to deliver the subjects.
- Ensuring that parents are fully informed of this policy.
- Reviewing requests from parents to withdraw their children from the subjects.
- Discussing requests for withdrawal with parents.
- Reporting to the Executive Headteacher and Governing Board on the effectiveness of this policy.

Subject Leaders

The subject leaders are responsible for:

- Overseeing the delivery of the subjects.
- Ensuring the subjects are age-appropriate and high-quality.
- Providing teachers with adequate resources and support.
- Ensuring the curriculum meets statutory requirements.
- Monitoring and evaluating the effectiveness of the subjects.

Teachers

Teachers are responsible for:

- Delivering a high-quality, age-appropriate curriculum.
- Using a variety of teaching methods and resources.
- Responding to safeguarding concerns according to school policies.
- Modelling positive attitudes and behaviours.
- Liaising with the SENDCO to support pupils with additional needs.

SENDCO

The SENDCO is responsible for:

- Advising teaching staff on identifying and supporting pupils' individual needs.
- Supporting staff in adapting teaching methods for pupils with SEND.
- Coordinating support for pupils with additional needs.

Organisation of the Curriculum

Both schools employ a 'spiral curriculum' approach, allowing pupils to revisit and build on core themes over time. This method ensures a developmental approach that is responsive to pupils' needs and the changing world.

Avenue Junior School Curriculum Overview

- **Relationships Education:**
 - Families and people who care for me
 - Caring friendships
 - Respectful relationships
 - Online relationships
 - Being safe
- **Sex Education:**
 - My body and the changing adolescent body
 - How a baby is conceived and born
- **Health Education:**
 - Mental wellbeing
 - Internet safety and harms
 - Physical health and fitness
 - Healthy eating
 - Drugs, alcohol, and tobacco
 - Health and prevention
 - Basic first aid
 - Changing adolescent body

Recreation Road Infant School Curriculum Overview:

- **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
 - Physical health and fitness
 - Healthy eating
 - Drugs, alcohol, and tobacco
 - Health and prevention
 - Basic first aid
 - Understanding body changes

Consultation and Communication with Parents

Both schools prioritise strong communication with parents to enhance the effectiveness of the RSHE and Wellbeing programmes. Consultation methods include:

- Annual workshops and consultation events
- Surveys and feedback forms
- Regular meetings and open-door policies
- Detailed curriculum overviews shared via the school website or in print upon request

Delivery of the Curriculum

Across the Federation

Curriculum Approach

Both Avenue Junior School and Recreation Road Infant School employ a 'spiral curriculum' approach, allowing pupils to revisit and build on core themes over time. This method ensures a developmental approach that is responsive to pupils' needs and the changing world. The RSHE and Wellbeing curricula are delivered in a non-judgemental, non-biased, and fully inclusive manner, ensuring that all pupils have equal access to the education provided.

Teaching Methods and Strategies

In both schools, the RSHE and Wellbeing curricula are delivered through a variety of engaging teaching methods. These include storytelling, discussions, quizzes, and artistic presentations. Teachers at both schools are trained to handle sensitive issues and disclosures with care, following safeguarding protocols to ensure a safe and supportive environment for all pupils.

Involvement of External Experts

Both schools may involve external experts to enhance curriculum delivery. These experts are vetted to ensure their content is age-appropriate and aligns with the school's policies. External sessions are supervised by school staff to maintain a consistent approach.

Staff Training

All staff involved in teaching the RSHE and Wellbeing Curriculum receive regular training to ensure they are equipped with the necessary knowledge and skills. Training includes updates on legislation, teaching methodologies, and safeguarding practices.

Pupil Consultation and Feedback

Pupil consultation is a key component of the RSHE and Wellbeing curriculum development in both schools. Regular feedback is gathered from pupils through surveys, discussions, and focus groups to ensure the curriculum remains relevant and effective.

Monitoring Quality

The quality of RSHE and Wellbeing teaching is regularly monitored through lesson observations, learning walks, and reviews of teaching materials. Feedback from these activities is used to inform continuous improvement.

Confidentiality and Safeguarding

Confidentiality agreements are established at the beginning of RSHE and Wellbeing lessons to ensure a safe and supportive environment. Teachers follow safeguarding protocols when disclosures are made that indicate a risk of harm.

At Avenue Junior School

Delivery Methods

The RSHE curriculum at Avenue Junior School is delivered through planned, timetabled lessons across key stages. Teachers use high-quality, inclusive resources and a needs-led approach that avoids shock or distress. Teaching methods include storytelling, discussions, quizzes, and artistic presentations. External experts may enhance delivery, and all staff involved receive regular training to stay current with best practices.

Classroom Environment

A safe and supportive environment is crucial for effective RSHE learning. Lessons follow a routine, with a working agreement and clear ground rules supporting confidentiality and safeguarding. Discussions are depersonalised to protect privacy, and scientific language is used to ensure clarity and appropriateness. Pupils can ask questions through various methods, such as the 'ask-it basket' and 'question cards,' ensuring inclusive participation and sensitive handling of difficult topics.

Trauma-Informed Approach

The school adopts a trauma-informed approach, encouraging pupils to create a 'helping hand' of trusted adults they can turn to for support. Any concerns raised are addressed according to the school's safeguarding policy. Building a sense of belonging and connection is vital to learning, so classrooms are welcoming, and relationships are founded on equality, positivity, and respect. Pupils' voices are valued and impactful, contributing to a safe and effective RSHE environment.

Assessment

Assessment is conducted at the end of each topic to ensure pupils are making progress. Teaching and learning are monitored through learning walks, team teaching, and informal drop-ins.

At Recreation Road Infant School**Delivery Methods**

The Wellbeing Curriculum at Recreation Road Infant School is taught through standalone lessons, assemblies, circle times, and thematic learning. Teaching strategies include character-based scenarios to promote engagement and understanding while ensuring pupil safety and confidentiality.

Classroom Environment

A safe and supportive classroom environment is essential for effective wellbeing education. Lessons are structured to create a routine that supports confidentiality and safeguarding, with clear ground rules and a working agreement. Discussions are managed carefully to protect privacy, and inclusive participation is encouraged through various interactive methods.

Assessment

Assessment is informal and ongoing, using group discussions, written tasks, and drawings. The Wellbeing subject leader monitors the quality of teaching through self-evaluations, lesson observations, and planning scrutiny.

Equality and Accessibility

Both schools are committed to providing an inclusive curriculum that respects the diverse backgrounds and needs of all pupils. The RSHE and Wellbeing curricula are delivered in a non-judgemental, non-biased, and fully inclusive manner, ensuring that all pupils have equal access to the education provided.

Withdrawing from the Subjects**Across the Federation**

There is no right to withdraw from Relationships Education or Health Education as these are statutory. However, parents/carers have the legal right to withdraw their children from all or part of Sex Education in primary school, except for the biological aspects included in the national science curriculum.

At Avenue Junior School

Parents/carers wishing to withdraw their children from some or all of the Sex Education curriculum at Avenue Junior School should contact Mrs. Agnew. She will arrange a meeting with the parents/carers and the Head of School to discuss the

request and next steps. During this meeting, the benefits and potential drawbacks of withdrawal will be discussed to ensure parents make an informed decision.

Process for Withdrawal

1. Parents/carers contact Mrs. Agnew to express their wish to withdraw their child.
2. A meeting is scheduled with Mrs. Agnew and the Head of School.
3. Discussion of the benefits and potential drawbacks of withdrawal.
4. Agreement on next steps, including documenting the decision.

Monitoring and Revisiting the Decision

- The school will work with the parent and pupil to monitor the situation.
- The decision to withdraw will be revisited at regular intervals to ensure it remains in the best interest of the pupil.

At Recreation Road Infant School

At Recreation Road Infant School, parents do not have the right to withdraw their children from Relationships and Health Education as these are statutory subjects. However, the school encourages open discussions with the Head of School to address any concerns parents may have.

Addressing Concerns

1. Parents/carers contact the Head of School to discuss concerns.
2. A meeting is arranged to address these concerns and provide support and information.
3. Ongoing communication to ensure parents feel informed and involved in their child's education.

Confidentiality and Safeguarding

In both schools, confidentiality agreements are established at the beginning of RSHE and Wellbeing lessons to ensure a safe and supportive environment for all pupils. Teachers follow safeguarding protocols when disclosures are made that indicate a risk of harm.

Confidentiality, Signposting, and Handling Disclosures

Teachers at both schools are trained to handle sensitive issues and disclosures with care. Confidentiality agreements are established at the beginning of RSHE and Wellbeing lessons to ensure a safe and supportive environment for all pupils. Teachers will follow safeguarding protocols when disclosures are made that indicate a risk of harm.

Assessment and Monitoring

Avenue Junior School

Assessment is conducted at the end of each topic to ensure pupils are making progress. Teaching and learning are monitored through review of floor books, learning walks, team teaching, and informal drop-ins.

Commented [MA1]: We also use floorbooks

Recreation Road Infant School

Assessment is informal and ongoing, using group discussions, written tasks, and drawings. The Wellbeing subject leader monitors the quality of teaching through review of floor books, self-evaluations, lesson observations, and planning scrutiny.

Involving External Experts

Both schools may involve external experts to enhance curriculum delivery. These experts are vetted to ensure their content is age-appropriate and aligns with the school's policies. External sessions are supervised by school staff to maintain a consistent approach.

Staff Training

All staff involved in teaching RSHE and Wellbeing Curriculum receive regular training to ensure they are equipped with the necessary knowledge and skills. Training includes updates on legislation, teaching methodologies, and safeguarding practices.

Monitoring Quality

The quality of RSHE and Wellbeing teaching is regularly monitored through lesson observations, learning walks, and reviews of teaching materials. Feedback from these activities is used to inform continuous improvement.

Involving Pupils

Pupil consultation is a key component of our RSHE and Wellbeing curriculum development. Regular feedback is gathered from pupils through surveys, discussions, and focus groups to ensure the curriculum remains relevant and effective.

Review and Updates

This policy is reviewed annually by the governing board, Executive Headteacher, and Heads of School. Any updates based on feedback, changes in legislation, or emerging themes are communicated to all stakeholders.