



Kimbolton School
Cambridgeshire

Kimbolton Preparatory School

Relationships and Sex Education Policy

Policy owner: Prep Head
SLT Policy: Prep Head
Policy Summary Statement: This is our policy for Relationships and Sex Education at the Preparatory School.
Release Date: Autumn 2024 Review Date: Autumn 2025



Relationships and Sex Education Policy Preparatory School

Introduction and Aims

Definition of RSE – from Sex Education Forum

Relationships and Sex Education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information skills and positive values to have safe, fulfilling relationships, to enjoy their sexuality and to take responsibility for their sexual health and well-being.

In **Relationships and Sex Education (RSE)** we will aim to provide a framework in which sensitive discussions can take place, prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene. We will help pupils develop feelings of self-respect, confidence, empathy and embrace diversity. We will create a positive culture around sexuality and relationships. We will teach pupils the correct vocabulary to describe themselves and their bodies and help pupils understand that healthy relationships are an important part of wellbeing and mental health. RSE is taught within the PSHE curriculum.

This policy and respective schemes of work are working documents. It is envisaged that the teachers in the Preparatory School will use, modify, and amend the documents to gain ownership of it and adapt it for a specific reason or issue not included in the scheme (e.g., a significant national or international event or something that affects the school community) that may arise during a year.

Statutory requirements

Our policy follows the statutory guidance given by the government (DfE) (<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>) and meets the requirements of the Independent School Standards. Aspects of RSE are implicit to the day-to-day operation of our school; incorporated through the curriculum, both in content included in subject schemes of work and through other planned learning opportunities in the school. They are captured in our written aims and expressed in the ethos of the school and behaviours of everyone. Documents that inform the school's RSE policy include:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010) this includes the Protected Characteristics
- Supplementary Guidance SRE for the 21st Century (2014)
- KCSIE
- Children and Social Work act (2017)

As a Preparatory school, we must ensure that every registered pupil who receives primary education at the school is provided with relationships education, in accordance with Section 34 of the Children and Social Work Act 2017 and the Independent School Standards.

Protected Characteristics

Age, Sex, Marriage, Disability, Ethnicity, Gender reassignment, religion/belief, sexual orientation, marriage/civil partnership, pregnancy/maternity cannot be used against an individual in any way, shape or form.



Relationships and Sex Education Policy Preparatory School

Terminology

As part of our high-quality provision for teaching PSHE, teachers will always use correct terminology when teaching about reproductive organs or references to genitalia. Staff teaching PSHE will have a guide to appropriate terminology as referenced in the Kapow SOW. We recognise that because of the nature of the subject, sensitive and controversial issues are likely to arise. These are dealt with within the aims of the school and the RSE policy as a whole. Any cause for concern will be dealt with in accordance with our pastoral systems and safeguarding arrangements.

Policy development and The Role of the Parents

This policy has been developed in consultation with staff, pupils and parents via the consultation and policy development process involving the following steps:

- The draft RSE Policy was sent to parents via a Clarion Call in August 2021 and offered the option of a YES / NO choice to agree to the RSE policy. No policy changes were required.
- Small groups of pupils were consulted to discuss RSE and what is covered in school and when. (Current action)
- The policy was developed in accordance with statutory guidance and aligned with the Independent School Regulations. The school curriculum plans have been amended accordingly.
- Staff consultation – relevant school staff have been given the opportunity to review the policy and make recommendations.
- Parent/stakeholder consultation – all parents and any interested parties have had an opportunity to offer commentary. (ongoing)
- Policy review – 2023 on a yearly cycle.

RSE Curriculum

RSE is taught **integrally** as part of our PSHE curriculum. The PSHE course is delivered to all pupils through discrete PSHE lessons taught by our teachers. One lesson of PSHE is taught per week to all year groups across the school. Elements of the programme may be supported through the bringing in of additional expertise, such as outside speakers, trained health professionals, school nurses, or the use of teachers with a particular interest or knowledge in a specific area. In addition to these discrete sessions, PSHE is also embedded within the curriculum (e.g., social issues through the teaching of English literature; health through science and PE; Citizenship through history & RE). There are also centrally organised sessions which supplement the delivery in house.

RSE focuses on teaching the fundamental building blocks and characteristics of positive relationships, including:

- Families and Relationships
- Health and Wellbeing
- Safety and the changing body
- Online relationships

These areas of learning are 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 single parent families, LGBTQ+ parents, families headed by grandparents, adoptive parents, foster parents/carers)



Relationships and Sex Education Policy Preparatory School

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).

Sex Education

Sex education is delivered through the science curriculum in Year 6 and by specialist delivery through our school nursing team. Where schools provide sex education at a primary level, parents will have the right to withdraw their child from sex education but not from statutory Relationships Education or Health Education. Parents are sent an email before the lessons, to give them an opportunity to discuss with their child if they wish, and a book (with the relevant page numbers) is recommended for parents to buy from Year 4 to 6.

In the autumn term, there will be an opportunity for parents to attend a meeting to have a look at some of the videos that the children will see during lessons. Depending on numbers, these will take place in the Hall without any children present. The meetings will be led by the PSHE Lead (except EYFS) relevant staff year group tutors will attend where possible too.

- EYFS (within the Reception welcome meetings)
- Year 1 and 2 (within the Year 1 and 2 welcome meetings)
- Year 3 and 4 (a separate meeting)
- Year 5 and 6 (a separate meeting)

The school will hold a record, if required of any withdrawal. School will contact any parents considering withdrawal to discuss directly because the children's safety and understanding is paramount.

Delivery

Using the scheme of work, the school will organise the time devoted to PSHE and RSE in various ways; for example, a cross-curricular approach, as a discrete lesson, or a combination of the two. Key Stage 1, one lesson of 40 minutes and in Key Stage 2, one lesson of 50 minutes, on a weekly basis have been allocated on the timetable.

The form Tutor/PSHE teacher may need to modify the activities to suit the time that they have available. Activities take the form of -online safety (computers or iPad's), practical activities, discussion, role play, games, a quiz and recording work in the Think Books.

Think Books

The child will use one Think Book from when they arrive at Kimbolton Prep until they leave, Reception to Year 6, a maximum of seven years. Over this time, a picture of the child's understanding and progression will occur. The children enjoy the opportunity to look through their Think Book. Not every activity will have a piece of work.

Early Years Foundation Stage (EYFS)

The Reception children follow the Early Years Foundation Stage Framework (updated 2021). It is used to inform planning in the Reception classes.

PSED; Personal Social and Emotional Development is taught during the school week as well as being woven in all areas of the curriculum and addressed daily. From September 2023, the new EYFS Kapow scheme will be used (it was released earlier in 2023).

The three main areas are '**Self-Regulation**', '**Managing Self**' and '**Building Relationships**'.



Relationships and Sex Education Policy Preparatory School

Structure

The scheme of work for Year 1 to 6 includes the following main areas of study:

1. Citizenship
2. Economic wellbeing
3. Family and relationships
4. Safety and the changing body
5. Health and wellbeing
6. Transition identity (Year 6)

Please see Appendix 1 and 2, this chart shows a more detailed yearly overview of each unit of study.

Handling Sensitive information

Any sensitive information is dealt with as per the School Safeguarding Policy. Individual family circumstances are also taken into account by the form tutor.

Roles and Responsibilities

Subject Lead: Emma Prew

Staff will be given the necessary information by the PSHE lead and updated by the Government, PSHE Association and Kapow.

Pupils / Pupil Voice

Pupils across the school will be canvassed on their thoughts from Reception to Year 6. Sampling of 'Think Books' by the PSHE lead will occur during the school year.

Parents' right to withdraw

Where schools provide sex education at a primary level, parents will have the right to withdraw their child from sex education but not from statutory Relationships Education or Health Education.

Training

RSE: All staff at Kimbolton Prep received INSET training (Sept 2020). Each September there will be a refresher update and during the year, as and when required. We will provide a framework in which sensitive discussions can take place, prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene. We will help pupils develop feelings of self-respect, confidence, and empathy. We will create a positive culture around sexuality and relationships. We will teach pupils the correct vocabulary to describe themselves and their bodies and help pupils understand that healthy relationships are an important part of wellbeing and mental health.

Teaching strategies and tracking

The teaching strategies used are those which make learning active. In particular, the teaching strategy of circle time is seen as very important. Many primary schools have developed circle time across the key stages, starting in Reception. Circle Time is a powerful strategy in meeting the needs of all the children we teach; it also helps significantly in promoting high self-esteem for all children. Other teaching strategies can be used to cover the topic areas.



Relationships and Sex Education Policy Preparatory School

Currently, PSHE is a non-assessed subject. Aspects of the children's work will be recorded in a 'Think Book', which will follow them through Reception upwards to Year 6 and will help track their progress showing progression. At the end of a topic or term, teachers may give a quiz or multiple-choice questions to get a picture of the child's understanding. Additional support and resources may be beneficial if children have not grasped a topic.

Monitoring and Evaluation of Lessons

Tutors teach their class RSE and will monitor and evaluate by informal observations, discussions, completing activities in their Think Books such as making posters, pictures, mind maps, and completing written activities. Children will also be given the opportunity to be able to self-reflect.

Approval

This policy has been approved by the Prep teachers, Governing body and the medical team.

Review and Evaluation

Our teaching programme will be reviewed regularly in consultation with parents, teachers and pupils.

Open Consultation

The Department for Education is holding a review of the RSHE statutory guidance. The closing date for consultation closing is the 11th July 2024. The DofE are consulting on views on proposed changes to the statutory guidance on teaching:

- relationships education
- relationships and sex education
- health education

At Kimbolton Prep, we will continue to teach RSE using the Kapow Scheme and any changes made will be taught from September 2025.

E.Prew Preparatory School PSHE and RSE Subject Leader