

Relationships and Health Education

Following new DfE guidance from September 2020, and in collaboration with parents, children and staff, TNHPS has developed our curriculum to include Relationships and Health Education across the whole school. This enables all children to grow up healthy, happy, safe and able to manage the challenges and opportunities of modern Britain. Our RHE policy details how this is done and includes information about what is taught. Further details can also be found below and in the PSHE section of our website.

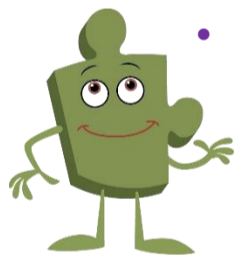
The Relationships and Health aspects of the curriculum are taught in each year group through the Jigsaw scheme of work. As a school we have also chosen to cover Sex Education. This develops in content and detail appropriate to the growing ages and needs of the children in school.

Relationships. What do we cover?

At TNHPS our focus is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and with adults. All of this is presented at an age appropriate level during exciting and engaging PSHE lessons using our Jigsaw scheme. The DfE statutory elements are covered across the 6 units of Jigsaw. Each area is visited in each year group, with children building an ever-increasing knowledge base. A full break down of all of this can be found by clicking the following link.

[Jigsaw progression map TNHPS](#)

Our scheme covers the DfE requirements of:



- Families and people who care for me
 - Caring friendships
- Respectful relationships
- Online relationships
 - Being safe

Health. What do we cover?

In this area we focus on teaching the characteristics of good physical health and mental wellbeing. Within this we make sure that we are clear that mental wellbeing is a normal part of daily life, in the same way as physical health. This includes pupils being taught about the benefits and importance of daily exercise, good nutrition and sufficient sleep, and giving pupils the language and knowledge to understand the normal range of emotions that everyone experiences. This should enable pupils to articulate how they are feeling, develop the language to talk about their bodies, health and emotions and judge whether what they are feeling and how they are behaving is appropriate and proportionate for the situations that they experience.

Our scheme covers the DfE requirements of:



- 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

Sex Education. What do you need to know?

Pupils across school are taught Sex Education at a level appropriate to their age. We use the Medway Primary PSHE Education scheme as a starting point for our lessons. In KS1 children learn about male and female animals and their lifecycles. They talk about how boys' and girls' bodies are different and how they change from being a baby to an adult. They learn and correctly label the words for different parts of the body. In KS2 children learn about boys and girls and the changes that will happen to their bodies as they grow and change. They talk through puberty and about the changes in a male and female. Further learning is about some of the changes that will happen such as the need to use deodorant and wash hair more if it is greasy. Children learn that their feelings may change and that this is a normal change that happens to all people going through puberty. Children also learn about the body will also change inside and we learn about what happens inside our body. At times further up in years 5 and 6 boys and girls sometimes have different lessons in this topic. They talk about body changes in more detail and don't need to feel embarrassed. In upper KS2 where lessons cover sexual intercourse the content is shared with parents prior to the lessons being taught. A link to this can be found in this section of the website.

You cannot withdraw your child from PSHE lessons or Relationships Education, nor can you withdraw them from any part of the Science curriculum however you may consult with the Headteacher about a request to withdraw from some or all of the Sex Education lessons. Further information for how to do this can be found in the policy.