



Highlands School Relationships and sex education (RSE), health education
and PSHE policy
January 2021
Information pack for parents/carers

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Introduction

In June 2019, the DfE published [‘Relationships education, relationships and sex education \(RSE\) and health education.’](#) From September 2020 the new statutory RSE and health education guidance comes into effect.

At Highlands School we believe that our high-quality relationships, sex and health education and a broader personal, social, health and economic education (PSHE) will stay with our students for life. Our DARE values are at the heart of everything we do at Highlands School and our relationships, sex, health and PSHE curriculum embody these core values. We will begin delivering our new RSE, health education and PSHE curriculum in January 2021.

The purpose and scope of this information pack

The partnership between home and school plays an important role in students achieving their potential, and we value the committed parental support that is part of Highlands School. As part of the new statutory guidance, schools are required to consult with parents/carers and governors regarding the new RSE and health education curriculum. We want to ensure we create and maintain an open dialogue between parents/carers, giving you every opportunity to understand the purpose and content of relationships education and RSE, and ensure confidence in our curriculum.

The RSE, health education and PSHE policy has been synthesised into this information pack so that parents/carers have easy access to the main aspects of the proposed policy.

Within this pack we will

- share our proposed RSE and PSHE policy
- give parents/carers an opportunity to ask questions and give feedback on the policy.

Highlands School: Relationships and sex education (RSE), health education and personal, social, health and economic education (PSHE) Policy
 Information pack for parents/carers

Our proposed RSE and health education policy

Our full draft relationships and sex education and health education policy can be found [here](#), but a summary of the key questions parents/carers may have, are addressed below.

Question	Answer
<p>1. What are the aims of relationships and sex education at Highlands School?</p>	<p>To:</p> <ul style="list-style-type: none"> ● Provide a framework in which sensitive discussions can take place. ● Help students develop feelings of self-respect, confidence and empathy ● Create a positive culture around issues of sexuality and relationships ● Teach students the correct vocabulary to describe themselves and their bodies. ● Educate students on how to keep themselves physically, emotionally and mentally safe within relationships. ● Ensure that all students have a comprehensive understanding of what it means to give and receive consent with in sexual and romantic relationships ● Prepare students for puberty and give them an understanding of sexual development ● To ensure students can keep themselves safe online. ● Ensure that our RSE curriculum is LGBT+ inclusive. ● To support students in developing a positive body image and to challenge notions of body shaming.
<p>2. What are the aims of health education at Highlands School?</p>	<p>To:</p> <ul style="list-style-type: none"> ● Provide students with the information that they need to make good decisions about their own health and wellbeing ● Teach students how to recognise what is normal and what is an issue in themselves and others and, when health and wellbeing issues arise, know how to seek support as early as possible from appropriate sources. ● To make links between good physical health and positive mental wellbeing, and vice versa. ● Develop students' self-control and ability to self-regulate, and teach strategies for doing so. ● Reduce stigma attached to health issues, in particular those to do with mental wellbeing and sexual health. ● Prepare students for the changes they will experience physically, emotionally and mentally in their

Highlands School: Relationships and sex education (RSE), health education and personal, social, health and economic education (PSHE) Policy
 Information pack for parents/carers

	<p>development to adulthood. This will include puberty and menstruation education.</p> <ul style="list-style-type: none"> • Ensure students understand how to develop and maintain routines around personal hygiene.
<p>3. How has the RSE, health education and PSHE policy been developed?</p>	<p>The PSHE Association is the national body for Personal, Social, Health and Economic (PSHE) education, leading the effort to ensure that every pupil receives high-quality provision. They provide expert advice, training and high-quality resources.</p> <p>Our curriculum has been developed in line with the PSHE Association’s recommendations and framework for RSE, health education and PSHE.</p> <p>The proposed policy has been developed in consultation with staff and governors, and will take into account the feedback of parents/carers through this consultation process. We will also consult students, investigating what students want from the RSE curriculum.</p> <p>Once parents/carers and students have fed back, the policy will be reviewed to take into account this feedback, and then be ratified by the governing body.</p> <p>Any amendments made to the policy will be shared with parents/carers.</p>

Highlands School: Relationships and sex education (RSE), health education and personal, social, health and economic education (PSHE) Policy
Information pack for parents/carers

<p>4. What are the key topics of the RSE and health education curriculum?</p>	<p>By the end of secondary school, students will have been taught content on:</p> <ul style="list-style-type: none"> ● families respectful relationships, including friendships ● online media ● being safe ● intimate and sexual relationships, including sexual health ● 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
<p>5. How will the RSE, health education and PSHE curriculum be delivered?</p>	<p>For year 7 and year 8 RSE, health education and PSHE will be taught through:</p> <ul style="list-style-type: none"> ● the year 7 science curriculum ● the citizenship curriculum ● the weekly 30-minute PSHE tutor time programme ● RSE Off timetable days (year 8 only) taught by specialist teachers ● The science curriculum (year 7 only) <p>For years 9-13 RSE, health education and PSHE will be taught through:</p> <ul style="list-style-type: none"> ● The weekly 30-minute PSHE tutor time programme ● RSE off timetable days taught by specialist teachers <p>Our spiral curriculum ensures that key topics are revisited throughout secondary school, where knowledge will build on previously taught content.</p>

Highlands School: Relationships and sex education (RSE), health education and personal, social, health and economic education (PSHE) Policy
 Information pack for parents/carers

<p>6. Who will deliver the curriculum content to my child?</p>	<p>The RSE and health education curriculum will be taught in a variety of ways. We train staff to be aware and sensitive to the personal circumstances of students.</p> <p>For year 7 and 8 students, some aspects of the curriculum will be taught through citizenship lessons by class teachers, as well as by form tutors through our weekly PSHE tutor time programme.</p> <p>Year 7 will also be taught statutory sex and reproduction as part of the science national curriculum, by specialist science staff.</p> <p>For years 8-13, some of the more sensitive RSE curriculum content will be delivered through off timetable days. These sessions will be delivered by a team of specialist, internally trained staff.</p> <p>We ensure that when teaching RSE, health education and PSHE we do so in an inclusive manner. We acknowledge and celebrate what unites us as a community and what makes us unique. We teach students to be inclusive, respectful and sensitive to the wide-ranging diversity within our school, our community and the wider world.</p>
<p>7. What if I don't agree with the content being delivered?</p>	<p>We feel it is important that we work in partnership with students' safety at the forefront. All content that we deliver is planned with the purpose to meet our obligation to provide students with high-quality and age-appropriate teaching of RSE.</p> <p>If any parent/carer has concerns regarding any of the planned curriculum, we welcome the opportunity to work together to share those concerns, and will be happy to arrange an opportunity to meet to do so.</p> <p>Any concerns can be sent in via email to your child's head of year in the first instance.</p>

Highlands School: Relationships and sex education (RSE), health education and personal, social, health and economic education (PSHE) Policy
Information pack for parents/carers

<p>8. Can I refuse permission for my child to be taught RSE and health education?</p>	<p>The school feels strongly that all students should have the opportunity to engage fully with all aspects of relationships and sex education, and health education. We are committed to ensuring students are educated and empowered to keep themselves physically, emotionally and mentally safe, and feel it is highly important that students have a clear understanding of all components of RSE and health education.</p> <p>A student can only be withdrawn from aspects of the curriculum that are defined as ‘sex’ education. They cannot be removed from any aspects of relationships or health education. As a school, we define this as sex education in relation to contraception and sexually transmitted infections, under the ‘intimate relationships’ topic.</p> <p>A parent/carer maintains the right to withdraw their child from sex education up to and until three terms before the child turns 16. After that point, if the child wishes to receive sex education rather than be withdrawn, the school is required to make arrangements to provide the student with sex education during one of those terms.</p> <p>We feel it is important to note this content does overlap significantly with aspects of health education, and withdrawing your child from these sessions will affect their ability to learn vital information that can keep them safe and healthy.</p>
<p>9. How will the delivery of RSE, health education and PSHE be monitored?</p>	<p>The delivery of PSHE, RSE and health education is monitored by the senior leaders responsible. Monitoring and evaluation will be conducted through the whole school quality assurance process in addition to subject specific learning walks, work sampling, staff feedback, student voice and the quality assurance of teaching materials.</p> <p>Students’ development in RSE is monitored by class teachers as part of our internal assessment systems.</p>
<p>10. What is the process for requesting to withdraw my child from sex education?</p>	<p>Any requests to withdraw should be put in writing and addressed to the headteacher. The headteacher or senior leader responsible for RSE will arrange a time to meet with the parent/carer to discuss their concerns and to outline the importance of RSE. If after this meeting the parent/carer still wishes to withdraw their child from sex education, then arrangements will be made for this to happen and alternative work will be given to these students.</p> <p>More information can be found in our RSE day special feature newsletter, on pages 5-6.</p>

Highlands School: Relationships and sex education (RSE), health education and personal, social, health and economic education (PSHE) Policy
Information pack for parents/carers

<p>11. How can I give feedback on the proposed RSE and health education policy?</p>	<p>All parents/carers are invited to complete a voluntary survey in response to our proposed policy. Any questions or comments can be made through this form.</p> <p>Please click on the following link to complete the survey: RSE and health education consultation survey</p> <p>Please complete your response by Monday 7th December 2020.</p>
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