

Working together to help our children at Barnes Infant Academy to be.....

happy

healthy

confident

cooperative

resilient

independent



self aware

caring

What is RSE

RSE is Relationships and Sex Education.

Relationship Education is compulsory for all primary age pupils from September 2020.

Sex Education is not compulsory in Primary Schools however the Department for Education do recommend that schools have a sex education programme tailored to meet the age, mental and physical maturity of their pupils.

As an infant school this involves the children learning about how they have grown and changed since they were babies, knowing the names for different body parts and being introduced to reproduction through the life cycle of some animals. This is also incorporated into the science curriculum.

This area of learning makes an essential and significant contribution to safeguarding children and young people during their school age years and into the future.



Why is it important?

It helps to protect the children, to keep them safe and help them to be healthy and happy.

RSE helps create safe school communities.

It promotes positive, healthy attitudes and relationships.

In today's increasing complex world that our children are growing up in, it is important that children are provided with the knowledge and opportunity to be safe and healthy and to manage themselves in a positive way. (DfE 2020) It is important that children have the opportunity to talk openly about emotions and to develop the confidence and vocabulary whilst doing so. Learning the words to describe feelings and emotions, the correct terms for parts of the body and developing "healthy literacy" is vital for children to stay safe and seek help if they feel at risk of being harmed.



We want our children to feel:



Safe

Healthy

Happy

What does RSE look like at Barnes Infant Academy?



Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

Families and people who care for me

Caring friendships

Respectful relationships

Online relationships

Being safe

Our RSE provision is appropriate for our pupils based on their:

Age

Physical and emotional maturity

Religious and cultural backgrounds

Special Educational Needs and/or disabilities

Positive relationships are key to what we do at Barnes Infant Academy. We want relationships between staff and children, children and children and the school and our community to be strong. We also want to empower our children to recognise and know what to do if they do not feel safe or if something has happened that they are not comfortable with.

What does RSE look like at Barnes Infant Academy?



This is embedded in all that we do each day; modelling positive relationships, providing the children with the opportunities to explore and develop friendships, having the opportunity to discuss and share ideas and questions.

We have regular key worker sessions where the children are able to share and discuss their thoughts, feelings and ideas.

All children join in with discrete PSHE sessions through our Jigsaw programme, this helps to promote relationship education and the curriculum, ensuring that children are supported when knowing how to stay safe and to be healthy and happy. It also helps children to build emotional resilience.

The `Class Buddy` scheme helps to promote relationships and well being.

Regular assemblies provide the opportunity to discuss themes and promote high expectations.

Themed days and weeks further promote our curriculum and topics.

What will my child learn?

- Children will develop positive relationships with themselves and others.
- They will develop social skills and understand why these are important.
- Children will learn about kindness and acceptance of others who are different to themselves.
- Children will explore friendship and how to be a good friend and how to solve problems with friends.
- They will explore how to develop consideration and respect.
- Children will find out how to stay safe within everyday life, relationships and when on line.

There are six jigsaw puzzles that run throughout the year. Each year group across school will be working on the same theme at the same time. This is a spiral based curriculum so that each year, as the themes are revisited, there is progression with the skills, knowledge and experiences. The puzzles are:



Autumn 1—Being in my world

This is about understanding routines and rules at the start of the school year. During this theme we also explore rights, responsibilities, rewards and consequences.

Autumn 2—Celebrating Difference

This is about celebrating who we are as individuals. It is about recognising that we have similarities and differences and about valuing the differences in ourselves and others.

Spring 1—Dreams and Goals

This is about setting ourselves goals and trying our very best to achieve those goals. It encourages the children to work collaboratively and to recognise that sometimes they will face challenges but it is about how we deal with such challenges. It also explores how we feel when we do achieve our goals.

Spring 2—Healthy Me

This helps the children to understand how healthy eating contributes to healthy living but also all of the other factors that contribute to this including sleep, keeping clean, appropriate use of medicines. This theme also reinforces stranger danger when helping children to stay healthy and safe.



Summer 1—Relationships

This explores friendship and relationships. It encourages the children to identify the values of a good friend and helps the children to solve problems together. It also helps the children to consider how they can help themselves and others feel better if they are hurt or upset.

Summer 2—Changing Me

This theme helps the children to understand changes in the world and in themselves. The children explore how they have grown and changed. This also helps the children to prepare for change when moving to the next year group.

During the theme of Changing Me, the children in Years 1 and 2 explore how boys are different to girls. During this the children will be introduced to the correct terminology for body parts. These are introduced early to normalise this vocabulary and to support safeguarding. Whilst introducing the names we will be reinforcing the PANTS rules (NSPCC initiative) where children are reminded that such body parts are private.



Talk PANTS and you've got it covered – This NSPCC campaign is introduced to all children

PANTS is a really easy way for you to explain the Underwear Rule to children:



Privates are private

The parts of their body covered by underwear are private. No one should ask to see or touch their private parts or ask them to look at or touch anyone else's. Sometimes doctors, nurses or family members might have to. Explain that this is OK, but that those people should always explain why, and ask if it's OK first.

Always remember your body belongs to you

Your body belongs to you and no one else.

No one has the right to make you do anything that makes you feel uncomfortable. And if anyone tries, you have the right to say no. Remember you can always talk about anything which worries or upsets them.

No means no

You have the right to say "no" to unwanted touch – even to a family member or someone you know or love. You are in control of your body and your feelings should be respected.

Talk about secrets that upset you

Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You need to feel able to speak up about secrets that worry you and know that saying something won't get you into trouble. Telling a secret will never hurt or worry anybody in your family or someone you know and love.

Speak up, someone can help

If you ever feel sad, anxious or frightened you should talk to an adult you trust. This doesn't have to be a family member. It can also be a teacher or a friend's parent. Whatever the problem, it's not your fault and you would never get into trouble for speaking up.

For further information you can visit www.nspcc.org.uk-pants



What is mindfulness?

What are the benefits of this?

Mindfulness is the ability to focus your attention on the present moment.

We have regular mindfulness sessions that help the children to:

- Regulate their emotions
- Build emotional resilience
- Enhance focus and attention
- Choose responses to situations rather than react in the moment.

Mindfulness sessions are part of our weekly jigsaw PSHE sessions when we have `calm me` time, but we also have mindfulness at other points of the day and week.

Mindfulness is developed further when the children participate in weekly yoga or weekly mindfulness sessions delivered by an external provider.





How can I support my child?

Talk regularly with your child – encourage them to develop an understanding of different feelings, share stories to support this. Encourage your child to share how they are feeling, talk about feelings and help your child to recognise that it is ok to feel sad/scared/worried/angry. Talk about why they are feeling this way, discuss possible strategies they can use to help them when they do feel like this.

Play games together – this will help to develop turn taking skills and help your child learn to accept that they will not always win.

Help your child to understand that it is ok to get something wrong, it is part of learning.

Share stories with your child and discuss the emotions, actions and consequences.

If your child is accessing the internet please ensure that this is always when you are with them and in the same room so that you can monitor what they are accessing. Talk to your child about the importance of not sharing any details with anyone on line.

Reinforce the importance of staying safe and talk to your child about people who they can talk to both at home and school if they are ever worried/scared/upset.

Where can I find out more?

The links below provide more information:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf>

See link on school website to PSHE and RSE policies.

What if I have any questions?

Please do not hesitate to contact the school. Mrs Rushworth is the member of staff responsible for this area of the curriculum.

Thank you for your
time

