



# **FORT FEDERATION**

*Friendship for all, One vision, Readiness to learn and Trusting in God*

The Lord is my rock, my fortress and my protector  
2 Samuel 22:2

## ***PSHE and RSE Policy***

Policy Version: New version April 2021

Policy

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Next  
Review Date: Summer 2022

Signed by Chair:

Date:



Living, loving and learning forever:  
becoming the best  
as we journey together

**The policies of this Federation have been developed from our vision. Our belief is that our policies seek to create inclusive, holistic environments based on Christian values linked to British shared values where all adults and children can flourish.**

At the Fort Federation, we believe that every child is unique and special and valued by God.

## **Our School Vision**

We are a caring Christian community where everyone adopts an “I can” attitude; everyone feels valued, safe and loved by God. We celebrate our God-given individuality, achievements and talents and we aspire, with God’s help, to become the best that we can be. We believe that each one of us has the ability to achieve our highest potential, living and learning in the fullness of God.

I can do all things through Christ who gives me strength.

*Philippians 4v13*

## **Aims and Key Principles**

Our Christian values underpin our ethos; every child is valued and encouraged to achieve their full potential. Every member of our school community is encouraged to respect and value each other. Wherever possible we make close links between our values, worship and PSHE curriculum.

Personal, social, health and economic education (PSHE) are an important and necessary part of all pupils’ education. Through a planned programme of learning, we aim to provide our pupils with the knowledge, understanding and skills that they need in order to manage their lives both now and in the future. As part of a whole school approach, we aim to develop the attributes our pupils need to thrive as individuals, as part of a family and as a confident member of the wider community.

Our school is committed to serving its community and surrounding areas. We recognise the multi-cultural, multi faith and ever-changing nature of the United Kingdom, and therefore those we serve. We also understand the vital role we have in ensuring that groups or individuals within the school are not subjected to intimidation or radicalization by those wishing to unduly, or illegally, influence them. At our school we embrace the British Values of: Democracy, The rule of law, Individual liberty, Mutual respect and Tolerance of those of different faiths and beliefs.

We want our children to learn to understand and respect our common humanity, diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

## **Pupil Learning Outcomes**

We want our children to develop self-awareness, positive self-esteem and confidence, enabling them to:

- Have a sense of purpose
- Value self and others
- Form healthy and positive relationships
- Make and act on informed decisions
- Communicate effectively
- Work with others
- Respond to challenge

- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become healthy and fulfilled individuals

## **Curriculum Content**

PSHE (which includes Relationships and Sex Education) is taught weekly through a planned programme of work that follows the Jigsaw PSHE programme. Jigsaw brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive scheme of learning. Teaching strategies are varied and are mindful of preferred learning styles and the need for differentiation. Jigsaw is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time. This enables each Puzzle to start with an introductory collective worship, generating a whole school focus for adults and children alike.

There are six Puzzles in Jigsaw that are designed to progress in sequence from September to July. Each Puzzle has six Pieces (lessons) which work towards an 'end product', for example, The School Learning Charter or The Garden of Dreams and Goals.

Each Piece has two Learning Intentions: one is based on specific PSHE learning (covering the non-statutory national framework for PSHE Education but enhanced to address children's needs today); and one is based on emotional literacy and social skills (covering the SEAL learning intentions but also enhanced). The enhancements mean that Jigsaw is relevant to children living in today's world as it helps them understand and be equipped to cope with issues like body image, cyber and homophobic bullying, and internet safety.

Every Piece (lesson) contributes to at least one of these aspects of children's development. This is mapped on each Piece and balanced across each year group.

For children in Reception, the lesson plans clearly identify the Early Learning Goal (ELG) and the Development Matters levels (D4 - D6) that will be that session's focus. Every plan has child-initiated and Adult-led activity ideas for both the indoor and outdoor learning environment.

## Jigsaw Content

Jigsaw covers all areas of PSHE for the primary phase, as the table below shows:

| Term             | Puzzle name            | Content  |
|------------------|------------------------|--|
| <b>Autumn 1:</b> | Being Me in My World   | Includes understanding my place in the class, school and global community as well as devising Learning Charters) |
| <b>Autumn 2:</b> | Celebrating Difference | Includes anti-bullying (cyber and homophobic bullying included) and diversity work                               |
| <b>Spring 1:</b> | Dreams and Goals       | Includes goal-setting, aspirations, working together to design and organise fund-raising events                  |
| <b>Spring 2:</b> | Healthy Me             | Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices            |
| <b>Summer 1:</b> | Relationships          | Includes understanding friendship, family and other relationships, conflict resolution and communication skills  |
| <b>Summer 2:</b> | Changing Me            | Includes Relationships and Sex Education in the context of looking at change                                     |

Opportunities for linking aspects of PSHE will also be identified and developed by class teachers through Theme teaching. We also aim to cover aspects of PSHE through special theme days and weeks e.g. Healthy Living week.

## Learning and Teaching

In line with our Learning and Teaching Policy, a range of teaching strategies will be used to ensure that learning is purposeful, active and exciting. Jigsaw is written as a universal core curriculum provision for all children. Inclusivity is part of its philosophy. All pupils will work within a safe, secure climate to be able to explore their own and others' attitudes, values and skills. Lessons will involve a high level of interaction where each pupil has planned opportunities for learning which will give them scope to work to their full potential.

Establishing a safe, open and positive learning environment based on trusting relationships between all members of the class, adults and children alike, is vital to successful and effective teaching and learning within this subject. Each class will establish ground rules based on the following:

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive

Weekly Jigsaw learning happens in Reception once the children have settled in and links are made with other learning opportunities for personal, social and emotional development. In KS1 and KS2. PSHE lessons are part of the weekly timetable. Learning opportunities in other subjects through our theme led curriculum are being developed and specific events and activities are to be planned into the school year to enrich learning. Teachers will choose the method most appropriate for their whole class to meet the objectives of the lesson. All classes use circle time to promote and discuss issues within PSHE and citizenship.

Where possible as a school we try to develop our PSHE ethos to many aspects of school life. "Respect" is one of our school rules. We aim to put this into practice by valuing the opinions and ideas of our pupils. We try to involve our pupils in new initiatives that have strong PSHE links. We will develop playground leaders at lunchtime. Where appropriate some classes use worry boxes to encourage children to voice their concerns. Our school council is also very much involved in collecting opinions and feeding back ideas on how we can improve our school and aspects of school life. We work hard to develop courageous advocacy – our children are actively encouraged to identify issues that they feel passionately about, develop action plans and then work to improve the issue. Previous examples of this are the development of our butterfly garden, charity work to support refugees and work to reduce the waste and recycling within school.

## **Parental and Community Involvement**

Parents are invited to join in events in school. Parents are regularly informed of events and developments on the website and school newsletter.

Working with parents is a vital part of the whole school approach to PSHE.

We also have a close relationship with our church community. The vicar and the Open the Book team from St Mary's lead worship in the school. We aim to involve outside agencies, including NSPCC, School Liaison Police Officer, dental health advisors, e-safety advisors, the fire brigade and Devon Wildlife Trust to deliver aspects of the PSHE curriculum where possible.

Relationships and Sex Education (RSE) is taught in the summer term through the Jigsaw programme.

We recognise that Relationships and Sex Education is a highly sensitive subject but we firmly believe that effective RSE can make a significant contribution to the development of the personal skills needed by pupils if they are to establish and maintain relationships. It also enables children and young people to make responsible and informed decisions about their health and well-being.

Due to our status as a Church of England school, we will teach within a framework of Christian values and the Christian understanding that sex is a gift of God as part of creation. Whilst we use relationships and sex education to inform children about sexual issues, we do this with regard to matters of morality and individual responsibility, and in a way that allows children to ask and explore moral questions. Sensitivity and respect will be shown to all children when teaching about personal relationships and sex education and RSE is taught in a

way to ensure that there is no stigmatization of children based on their home/personal circumstances.

Our RSE teaching and learning is set within a context that is consistent with the school's Christian ethos and values:

- It is based on inclusive Christian principles and values emphasising respect, compassion, loving care and forgiveness.
- It is taught in the light of the belief in the absolute worth of all people and the unconditional infinite love of God.
- It reflects that sex is a gift from God: a human longing for an intimate union.
- It is sensitive to the circumstances of all children and is mindful of the expressions of family life in our culture, yet it should also uphold the Christian values regarding relationships and marriage.
- Issues regarding human sexuality should be addressed sensitively.
- The exploration of reproduction and sexual behaviour within the science curriculum should stand alongside the exploration of relationships, values and morals and Christian belief.

Whilst pupils are given the opportunity to explore their own attitudes, values and beliefs and to develop an individual moral code that will guide their actions, this is exercised within an understanding of the right of people to hold their own views within a framework of respect for others. We are educating our children to live in the real world with all its contradictions. We mustn't let our adult knowledge and bias prevent us seeing things from a child's perspective. Our focus is on building healthy attitudes and positive relationships in an environment where difference is celebrated and everyone is included and valued for who they are.

### Jigsaw RSE Content

The grid below shows specific RSE learning intentions for each year group in the 'Changing Me' Puzzle.

| <b>Year Group</b> | <b>Piece Number and Name</b>       | <b>Learning Intentions<br/>'Pupils will be able to...'</b>  |
|-------------------|------------------------------------|---|
| 1                 | Piece 4<br>Boys' and Girls' Bodies | identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina<br>respect my body and understand which parts are private  |
| 2                 | Piece 4<br>Boys' and Girls' Bodies | recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private<br>tell you what I like/don't like about being a boy/girl |
| 3                 | Piece 1<br>How Babies Grow         | understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby<br>express how I feel when I see babies or baby animals  |

|   |                                       |   |
|---|---------------------------------------|---|
|   | Piece 2<br>Babies                     | understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow<br>express how I might feel if I had a new baby in my family  |
|   | Piece 3<br>Outside Body Changes       | understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies<br>identify how boys' and girls' bodies change on the outside during this growing up process<br>recognise how I feel about these changes happening to me and know how to cope with those feelings |
|   | Piece 4<br>Inside Body Changes        | identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up<br>recognise how I feel about these changes happening to me and how to cope with these feelings                              |
| 4 | Piece 2<br>Having A Baby              | correctly label the internal and external parts of male and female bodies that are necessary for making a baby<br>understand that having a baby is a personal choice and express how I feel about having children when I am an adult  |
|   | Piece 3<br>Girls and Puberty          | describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this<br>know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty                    |
| 5 | Piece 2<br>Puberty for Girls          | explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally<br>understand that puberty is a natural process that happens to everybody and that it will be OK for me   |
|   | Piece 3<br>Puberty for Boys and Girls | describe how boys' and girls' bodies change during puberty<br>express how I feel about the changes that will happen to me during puberty  |
|   | Piece 4<br>Conception                 | understand that sexual intercourse can lead to conception and that is how babies are usually made<br>understand that sometimes people need IVF to help them have a baby<br>appreciate how amazing it is that human bodies can reproduce in these ways   |
| 6 | Piece 2<br>Puberty                    | explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally<br>express how I feel about the changes that will happen to me during puberty  |

|   |  |
|---|--|
| Piece 3<br>Girl Talk/Boy<br>Talk              | ask the questions I need answered about changes during puberty<br>reflect on how I feel about asking the questions and about the answers I receive   |
| Piece 4<br>Babies –<br>Conception to<br>Birth | describe how a baby develops from conception through the nine months of pregnancy, and how it is born<br>recognise how I feel when I reflect on the development and birth of a baby                                |
| Piece 5<br>Attraction                         | understand how being physically attracted to someone changes the nature of the relationship<br>express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this |

The Church of England Guidelines state that RSE should be based on the following principles and is something that we will adhere to within the teaching and learning of RSE at Fort Federation

- Children should learn the importance of committed relationships, family and marriage as key building blocks of community and society.
- RSE includes learning about physical and emotional development.
- Children will be taught the cultural and religious differences about matters of sexuality.
- RSE is part of the wider social, personal, moral and spiritual development.
- Children should be made aware of the way in which advertising and the media influence their views about sexuality.
- Children should be made more aware of the spiritual dimensions and the joys of intimacy.
- Children should be taught to have respect for their own and others peoples' bodies
- Children should learn about their responsibilities to others, and be aware of the consequences of sexual activity.
- Children should learn that some people choose not to engage in sexual activity and that this should be respected and valued as a response to the gift of faith.
- Children should be taught to understand the power of sexual desire.
- Children should be made aware that sex can be used compulsively, competitively and destructively.
- Children need to learn the importance of protecting themselves and of self-control.
- Children should be made aware of God's forgiveness and that there is always a way back.
- Children should learn that it is important to build positive relationships that involve trust and respect.
- Children need to learn how to keep themselves safe when using the internet and other forms of technology.
- Children need to be aware of responsible use of all forms of technology in order to respect the well-being and integrity of others.



Alongside the Jigsaw Curriculum teachers will use the material and teaching resources from the Stonewall website to supplement the areas of equality and inclusivity in relation to sexuality. This will be age appropriate and begins from Reception class.

### **Withdrawal from RSE Lessons**

Parents/carers have the right to withdraw their children from all or part of the Relationships and Sex Education provided at school except for those parts included in statutory National Curriculum Science. Those parents/carers wishing to exercise this right are invited in to see the headteacher and/or PSHE lead who will explore any concerns and discuss any impact that withdrawal may have on the child. Once a child has been withdrawn they cannot take part in the RSE programme until the request for withdrawal has been removed. Materials are available to parents/carers who wish to supplement the school RSE programme or who wish to deliver RSE to their children at home.

### **Teaching Sensitive and Controversial Issues**

Sensitive and controversial issues are certain to arise in learning from real-life experience. Teachers will be prepared to handle personal issues arising from the work, to deal sensitively with, and to follow up appropriately, disclosures made in a group or individual setting. Issues that we address that are likely to be sensitive and controversial because they have a political, social or personal impact or deal with values and beliefs include: family lifestyles and values, physical and medical issues, financial issues, bullying and bereavement. Teachers will take all reasonable, practical steps to ensure that, where political or controversial issues are brought to pupils' attention, they are offered a balanced presentation of opposing views. Teachers will adopt strategies that seek to avoid bias on their part and will teach pupils how to recognise bias and evaluate evidence. Teachers will seek to establish a classroom climate in which all pupils are free from any fear of expressing reasonable points of view that contradict those held either by their class teachers or their peers.

### **Answering Difficult Questions and Sensitive Issues**

Staff members are aware that views around PSHE and RSE related issues are varied. However, while personal views are respected, all PSHE and RSE issues are taught without bias using Jigsaw. Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect that others have the right to a different opinion.

Both formal and informal PSHE and RSE arising from pupils' questions are answered according to the age and maturity of the pupil(s) concerned. Questions do not have to be answered directly, and can be addressed individually later. The school believes that individual teachers must use their skill and discretion in this area and refer to the designated safeguarding lead.

Our school believes that PSHE and RSE should meet the needs of all pupils, answer appropriate questions and offer support. In Jigsaw Pieces that cover RSE provision, this should be regardless of their developing sexuality and be able to deal honestly and sensitively with sexual orientation, answer appropriate questions and offer support. Homophobic bullying is dealt with strongly yet sensitively. The school will liaise with parents/carers on this issue to reassure them of the content and context.

## **Involving Parents and Carers**

The school believes that it is important to have the support of parents, carers and the wider community for the Jigsaw PSHE programme. Parents and carers are/will be given the opportunity to find out about and discuss the Jigsaw PSHE programme through:

- Parent/carer Jigsaw awareness session
- Information leaflets/displays

The parents' section of our school website, "Keeping your child safe", offers a wide range of advice and guidance to support parents. It can be found on the parent information section under areas of Safeguarding.

## **Assessment**

Children's understanding, knowledge and skills are assessed through observation, discussion, questioning and group participation. Children will be encouraged to talk about and reflect on their own experiences. In KS1 we use Jigsaw Journal Floor books and in KS2 every child has a Jigsaw Journal that will follow them through their time at school. As well as being a record of their learning, it will also be used as an assessment tool.

For the early years, evidence of learning will be in the children's Learning Journals and in the class Jigsaw Journal Floor Book. General comments about PSHE will be included in annual reports to parents. Individual pupil profiles will also reflect areas of health and well-being.

## **Monitoring and Evaluation**

The PSHE subject leader will monitor delivery of PSHE through observation and discussion with teaching staff to ensure consistent and coherent curriculum provision. Evaluation will be based on:

- Pupil and teacher evaluation of the content and learning processes
- Monitoring of Jigsaw Journals
- Staff meetings to review and share ideas

## **Links with Other Policies**

We recognise the clear link between PSHE and citizenship and the following policies and staff are aware of the need to refer to these policies when appropriate

- Behaviour Policy
- Equality Policy
- Accessibility Plan
- Acceptable use and E-Safety Policy
- Intimate Care Policy

- RE Policy
- Safeguarding and Child Protection Policy
- Use of photography and equipment by Parents and Carers Policy
- SEND Policy
- Learning and Teaching Policy

### **Training and Support for Staff**

All staff benefit from Jigsaw PSHE training in order to enhance their PSHE delivery skills. Opportunities are provided for staff to identify individual training needs on a yearly basis and relevant support is provided.

In addition to this, support for teaching and understanding PSHE issues is incorporated in our staff INSET programme, drawing on staff expertise and/or a range of external agencies.

### **Confidentiality and Child Protection Issues**

As a general rule a child's confidentiality is maintained by the teacher or member of staff concerned. If this person believes that the child is at risk or in danger, she/he talks to the designated safeguarding lead who takes action as laid down in the Safeguarding Children Policy. All staff members are familiar with the policy and know the identity of the member of staff with responsibility for Child Protection issues. The child concerned will be informed that confidentiality is being breached and reasons why. The child will be supported by the teacher throughout the process.

Fort Federation is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment. The Safeguarding Children Policy and procedures are available on our website and provide comprehensive information regarding all forms of child exploitation.