

Relationships, Sex and Health Education at Saint Benedict Catholic School

“Teaching children how to love, and how to be loved”



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Why are we talking to you about RSHE?



The DFE has now made it statutory guidance for schools to deliver a curriculum in Relationships, Sex and Health Education (RSHE).

The guidelines have requested that school have this curriculum planned and in place during the summer term of 2021.

We would like to consult with our whole community on this curriculum and to ask you to review our policy and offer any feedback you may have.

To reassure parents/carers, the content of RSHE has always existed here at Saint Benedict.

This new framework is in place to help formalise and promote our offer with you as the 'first teachers' of your children, and to involve you in this aspect of the school curriculum.

Our Mission Statement



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He has sent me to proclaim good news to the poor... to set the oppressed free. Luke 4:18

All Catholic Schools should endeavour to offer to all, and especially to the poor and marginalised, the opportunity of an education, of training for a job, of human and Christian formation. Christ at the Centre 2012.

As a Catholic school, with a clear mission to educate all, especially the poor and the marginalised, our RSHE curriculum is knowledge based. Woven through this knowledge-based curriculum is the opportunity to develop the mind and body, and the opportunity for Christian and human formation.

In partnership with parents, we will aim to provide our children and young people with an RSHE education which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the human person.

Mind, Soul and Body



Our RSHE curriculum is built on the same principles as our whole school curriculum in developing the mind, body and soul.

Mind

The great conversation of humanity.

Cultural literacy
Big ideas and concepts
Applying knowledge

Soul

If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging symbol.

Catholic teaching and spirituality
Ethics
Community

Body

Never doubt that a small group of thoughtful, committed citizens can change the world.

Wellbeing
Creativity
Changing the world

What is Relationships, Sex and Health Education?



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Relationships, Sex and Health Education is lifelong learning about physical, moral, social and emotional development.

It is the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care.

RSHE promotes children's self-esteem and emotional wellbeing.

RSHE helps children to form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, at school and in the community.

RSHE is helping young people to understand themselves and the world around them; providing them with the tools necessary to navigate their way safely and with confidence as they develop into young adults.

What must be taught in schools?



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The DFE guidance has identified the following statutory content which must be taught in schools;

Relationships and Sex Education	Health Education
Families	Mental wellbeing
Respectful relationships including friendships	Internet safety and harms
Online media	Physical health and fitness
Being safe	Healthy eating
Intimate and sexual relationships, including sexual health	Drugs, alcohol and tobacco
	Health and prevention
	Basic first aid
	Changing adolescent body

Within a Catholic context, the purposes for teaching RSHE are:



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To bring about growth in self-respect and self-worth, recognising that we are God's creation; created in his image and likeness.

To appreciate and understand the role of God our Father as a creator of the world and the founder of purposeful relationships.

To enable pupils to have an understanding that love, trust and faith is central to relationships.

To promote an appreciation of the nature, purposes and value of marriage and the family.

To enable pupils to understand themselves, their bodies and their emotional development.

To enable pupils to reflect and recognise the qualities that helps them to grow, develop and sustain positive and effective relationships.

Our Curriculum



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We have based our curriculum outcomes on a model produced by the Catholic Education Service, which has merged the Department for Education (DFE) guidance and the Church's interpretation of content into 3 key themes (See Curriculum Outcomes document for details)

1. Created and loved by God

The Christian imperative to love self, made in the image and likeness of God, shows the importance of valuing and understanding oneself as the basis for personal relationships.

2. Created to love others

God is love. We are created out of love for love. The command to love is the basis of all Christian morality.

3. Created to live in community (local, national and global)

Human beings are relational by nature and live in the wider community. Through our exchange with others, our mutual service and through dialogues, we attempt to proclaim and extend the Kingdom of God for the good of individual and society.

How have we developed our Curriculum?



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We have mapped our current provision to identify content and any existing gaps against the new framework.

We have created a new Personal Development programme of study to support the delivery of RSHE content. (See Personal Development Curriculum Map for more details)

We have sequenced our content to ensure it is age-appropriate and to allow knowledge to be built upon existing understanding.

Work across departments is taking place to develop a consistency in core knowledge offer from specialists where required.

Some topics will be delivered solely within the RE curriculum to ensure that the Catholic Teachings are upheld within the given context such as sex, contraception and marriage.

Staff training will be provided on how to deliver RSHE lessons and how to handle sensitive questions in the classroom.

Catholic Teaching will remain at the heart of all aspects of our curriculum, whilst retaining the flexibility for healthy discussion and an opportunity for the children to express their own views on these topics.

The content and delivery of this curriculum will be reviewed regularly, and changes will be communicated with all stakeholders.

Where will we teach this curriculum?



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A large proportion of the taught curriculum will be delivered as part the Personal Development lessons within form groups.

Personal Development - The appreciation and understanding of themselves and the world around them (Relationships, Differences, Friendships, etc)

In addition to this, there will be topics taught within the wider whole school curriculum in the following subject areas;

Religious Studies Curriculum – Moral aspects of marriage and family life, Moral aspects of sex, identity, contraception etc.

Science Curriculum – Scientific facts of Human fertility, STIs etc

Computer Science Curriculum – Online Safety, Online relationships/risks

Physical Education Curriculum – Well-being, Mental and physical health

Acts of Worship will also contribute to the RSE curriculum on a weekly basis.

*our Curriculum Mapping document identifies where the specific content is taught within the whole curriculum

The role of parents/carers



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The Church describes parents/carers as the 'first teachers' of their children. As a school we will work in partnership with parents/carers to 'complement' but not replace this primary role.

Parents/carers can review our policy on this area as part of this consultation and will always have the right to express an opinion.

Whilst parents do not have the right to withdraw their child from Health or Relationships element of RSHE, they may request that their child is withdrawn from some or all of the lessons on Sex Education.

The Science curriculum also includes content on human development, including reproduction, from which there is no right to withdraw your child.

Whilst we will always support a parents right to withdraw, it is our belief that the safest and most appropriate place for children to learn RSHE is at school, alongside their peers and in partnership with parents/carers.

We hope to continue to work positively with parents in offering this valuable curriculum to every child here at Saint Benedict Catholic School.

Online consultation



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If you have any specific questions regarding the RSHE Curriculum, please contact the school or post a response to the online survey which is available on the school website.

There will be a 2-week consultation period in which all members of the school community can ask questions or send feedback. This will be available from Monday 10th May 2021 – Friday 21st May 2021.

The consultation page will also allow access to all the relevant documents relating to the RSHE curriculum mentioned in this presentation.

Thank you for taking the time to read this presentation.