



'Loving to Learn, Learning to Love'



Growing Up and Getting On Education Policy (also known as RSE Policy)

Last Reviewed: March 2025

Review Date: March 2026

Introduction

This policy is a legal requirement and states the aims, objectives and strategies for the teaching of Sex and Relationships Education (SRE) at St Mark's CE Primary School. This is in line with the Relationship and Sex Education (RSE) and Health Education guidance, September 2020, which was statutory from June 2021. It focuses on healthy relationships, expressing feelings and keeping themselves safe and differences in gender. As the children grow older, it moves on to help them become aware of, and understand, the changes their bodies are starting to make, as well as the emotional changes that they may start to feel.

This policy has been written sensitively, taking into account the culture and faith of the children at St Mark's CE Primary School. In light of this, it has been decided that we will call our policy, **'Growing Up and Getting On Education Policy'**.

School Context

St Mark's CE Primary School currently has 459 children on roll from Nursery to Year 6 (3-11 years). The school is situated close to the centre of Stoke on Trent and serves a multicultural and linguistically diverse community. The school is part of the Orchard Community Trust, along with 4 other primary schools and 2 special schools. 36 different languages are currently spoken in the school and 85% of our pupils have English as an Additional Language. 2% of pupils are from a White British background, 79% are Muslim and 12% are Christian. 58% of pupils are eligible for Pupil Premium funding.

Policy Development

The policy was developed through a process of consultation with staff, parents and the Local Governing Board.

Aims and Objectives:

Definition

Growing up and getting on includes lifelong learning about physical, moral and emotional development. It is about the understanding of stable and loving relationships and that these relationships can take different forms. It is about respect, love and care. It involves children acquiring information, developing skills and forming positive beliefs, values and attitudes.

The Growing Up and Getting On Education policy aims to ensure that all children leaving the school are able to:

- Understand and manage their own feelings and emotions;
- Be sensitive to the feelings beliefs and attitudes of others;
- Respect themselves and others;
- Communicate their needs and be able to ask for help;
- Deal with unwanted pressure and know how to keep themselves safe;
- Make informed choices;
- Be prepared for the physical and emotional changes that happen during puberty;
- Have the appropriate language to talk about themselves and their bodies;
- Have an understanding of their rights and responsibilities;
- Form positive and healthy relationships with others around them;
- Make sense of the messages that they receive about relationships and growing up from the world around them.

Moral and Values Framework

The relationships and growing up programme reflects St Mark's CE Primary School's school values:

We believe that every child should feel happy, confident, valued and safe in school. We acknowledge the cultural background of our children and provide a multi-cultural perspective, which is representative of society as a whole. Everyone at St Mark's CE Primary School should understand and value the rights and needs of others in our society, regardless of language, culture religion, gender or special requirements. We believe that learning about relationships and growing up plays a vital role in meeting the physical and emotional needs of the children within St Mark's CE Primary School and supports our school ethos.

Equal Opportunities

At St Mark's CE Primary School, we respect the unique cultural make-up of our school and ensure that we teach all children about relationships and growing up, regardless of their race, culture, gender, religion or ability.

Content

At St Mark's CE Primary School, relationships and growing up is delivered through the PSHE/citizenship and science curriculum.

PSHE takes place in dedicated lessons and is taught through the PSHE Association scheme of work. The scheme is divided into 6 themes which are taught progressively across the year groups from Year 1 to Year 6 - Rights and Responsibilities; Money; Health; Feelings and Friendships; Safety and Risk Identity. Some of these themes are also delivered and reinforced through whole school or classroom worship, circle time sessions (including Peacemakers sessions), Zones of Regulation strategies, and by utilising outside agencies such as the school nurse and the Local Authority Cohesion Officer.

The science curriculum is a statutory requirement and includes:

Key Stage 1

- that animals including humans, move, feed, grow, use their senses and reproduce;
- to recognise, name and label the main external parts of the bodies of humans;
- that humans and animals can produce offspring and these grow into adults;
- to recognise similarities and differences between themselves and others and treat others with sensitivity.

Key Stage 2

- that the life processes common to humans and other animals include nutrition, growth and reproduction;
- about the main stages of the human life cycle.
- that living things produce offspring of the same kind but that normally offspring vary and are not identical to the parents

Relationships and growing up is covered within the four main strands of PSHE:

- Developing confidence and responsibility, knowing their rights and making the most of their abilities;

- Preparing children to play an active role as citizens;
- Developing a healthy, safer lifestyle;
- Developing good relationships and respecting the differences between people, respecting themselves and being able to speak about their feelings.

For further details please refer to the school's PSHE scheme of work.

Organisation

The Headteacher, Designated Safeguarding Lead, and PSHE Lead are responsible for monitoring the development of relationships and growing up education.

Relationships and growing up education will be delivered in a sensitive and appropriate way, taking into consideration the cultural backgrounds and diversity of the children. The relationships and growing up programme builds on previous knowledge and skills as the children progress throughout the school.

Relationships and growing up will be covered in the following ways:

- Through whole school or classroom worship;
- As a discrete subject (delivered by the teacher, and outside agencies as appropriate (e.g. Young Person's Drug Project);
- Through other curriculum areas (e.g. science).

Relationships and growing up will be taught by the appropriate staff, within the agreed PSHE Association scheme of work. All staff will be supported in this work with opportunities for CPD and training. The teaching of relationships and growing up will be flexible enough to take into account the needs of individual year groups, whilst also being compliant with the Relationship and Sex Education (RSE) and Health Education guidance September 2020, which was statutory from June 2021.

Provision for Pubertal Pupils

Specific and appropriate education to prepare children for the changes that happen at puberty will begin for both boys and girls during Year 5. This helps to ensure children know and understand what support is available to help them to manage these changes.

These sessions will be delivered by Year 5 teachers in single gender groups, with support from the Headteacher and Deputy Headteacher. We also offer an opportunity for parents to attend a briefing session prior to these visits to discuss the content that will be covered within these sessions.

Supplies of sanitary protection are available within school. Girls may approach any female member of staff whom they feel comfortable speaking to and a sanitary disposal unit is available in the female adult toilets. Girls who need to use the unit are shown how to do it by a trusted female member of staff.

Questions

The school aims to support and encourage children in asking for help, therefore all questions will be answered appropriately within the following framework:

- Correct and appropriate terminology will be used. (The use of correct terminology is encouraged throughout the school);
- It is inappropriate for both teachers and children to answer personal questions;

- Staff are encouraged to answer all questions but will use their professional judgment to decide whether an appropriate response should be given in school or referred to home;
- Question boxes can be used within discrete relationships and growing up lessons.

Confidentiality and Child Protection

Confidentiality **cannot be offered** to any child. If any child protection issues arise, all staff and people working within the school must follow Safeguarding and Child Protection procedures and refer to the Designated Safeguarding Lead or one of the Deputy Designated Safeguarding Leads.

Use of outside visitors

All visitors work within the policy framework.

Parental withdrawal

Parents have the right to withdraw their children from relationships and growing up lessons provided at St Mark's CE Primary School, except for those parts included in the statutory National Curriculum for science and the PSHE Association units of work. If parents have concerns or complaints about the content of the relationships and growing up programme, or want to withdraw their child, they will need to make an appointment with the Headteacher to discuss it.

Working with parents

Parents will be specifically informed through a letter about discrete relationships and growing up lessons and be provided with the opportunity to view resources and discuss the specific teaching content.

Dissemination of policy

All Staff and Governors will have an opportunity to read and comment on the policy either through the Every document portal or at meetings. The policy will also be made available to any other interested parties on the school website.

Monitoring and Review

The policy will be evaluated annually by the Safeguarding and PSHE Leads. They will also monitor the planning, floor books, displays and assemblies.

Links to other school policies

This SRE policy should be read in conjunction with the following policies:

Drug and Alcohol Education
Safeguarding and Child Protection
Collective Worship
Religious Education
Behaviour Management
Anti-Bullying
Health and Safety

This policy will be reviewed annually.

Signed.....

Headteacher

Signed.....

Co—Chairs of the Local Governing Board

Date: March 2025