



Personal, Social, Health, Economic and Sex and Relationships Education Policy

1 year review cycle

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Policy reviewed by:

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Head of School

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RSE at Bradstow School

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1. What is PSHE+SRE?

Personal, Social, Health, Economic plus Sex and Relationships Education.

At Bradstow School we believe that these areas of study are of utmost importance to the young people we teach. Due to their Autism and additional needs children and young people who attend Bradstow often find gaining skills and understanding in these areas very difficult which is why we have decided to focus on improving and personalising our curriculum in this area.

We aim to teach PSHE and SRE as one subject for which learning outcomes in these areas are differentiated according to age and needs of each child. Topics will change each half term and are on a three year rolling programme in the lower school and a 5 year programme in the upper school.

Please see Appendix 1 for more information on when topics are covered.

The DfE publication (July 2000) *Sex and Relationship Education Guidance* states: *A successful programme, firmly embedded in PSHE, will help young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.* This is something we clearly recognise at Bradstow.

2. What is the current government Guidance?

The following is taken from [Personal, social, health and economic \(PSHE\) education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/personal-social-health-and-economic-pshe-education-2021) March 2021

“Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils’ education. All schools should teach PSHE, drawing on good practice, and this expectation is outlined in the introduction to the proposed new national curriculum.

PSHE is a non-statutory subject. To allow teachers the flexibility to deliver high-quality PSHE we consider it unnecessary to provide new standardised frameworks or programmes of study. PSHE can encompass many areas of study. Teachers are best placed to understand the needs of their pupils and do not need additional central prescription.

However, while we believe that it is for schools to tailor their local PSHE programme to reflect the needs of their pupils, we expect schools to use their PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.

Sex and relationship education (SRE) is an important part of PSHE education and is statutory in maintained secondary schools.

When any school provides SRE they must have regard to the [Secretary of State’s guidance](#) ; this is a statutory duty. Academies do not have to provide SRE but must also have regard to Secretary of State’s guidance when they do.

Additional Support. We provided grant funding to the [PSHE Association](#) to advise schools in developing their own PSHE curriculums and improve the quality of teaching. The association focuses on signposting schools to resources and in expanding their Chartered Teacher of PSHE programme. We also asked the Association to promote the teaching of consent as part of SRE, in line with the 2000 statutory guidance.”

3. School Vision and Values

Our Vision

At Bradstow school we nurture our young people and deliver meaningful and functional teaching through personalised approaches. We aim to teach our young people to be valued contributors to our community driven by preparing for adulthood outcomes. Our person-centred waking curriculum is broad, progressive and aspirational offering an inclusive and safe journey into adulthood for life beyond Bradstow.

At Bradstow School we believe that Personal, Social, Health and Economic and Sex and Relationship Education areas of study are of utmost importance to the young people we teach. Due to their Autism and additional needs children and young people who attend Bradstow often find gaining skills and understanding in these areas very difficult. At the same time development of skills and understanding in these areas are key to their lives now and in the future. Children and Young people at Bradstow are often in the unusual position of living away from their parents and having in depth and complex additional needs, which is why we put a very high emphasis on offering the best PSHE+SRE curriculum that we can. Our PSHE+SRE curriculum is based heavily on the statutory National curriculum but has been specially designed with the needs of our learners in mind. Keeping safe and healthy, puberty, consent and respect of others are all examples of key learning in PSHE+SRE.

Due to the varying age and developmental stages of our young people it is important they get the opportunity to learn the full range of the PSHE and SRE curriculum at the appropriate age in conjunction with their physical and emotional development, while also ensuring that the materials that are delivered are appropriate and relevant to them.

We encourage teachers to ensure that their classes have opportunities to learn about sex and relationships at a deeper age appropriate level in a sensitive manner which respects their right to an education, the best possible health care and freedom of information regardless of their additional needs (UNCRC articles 28, 24 and 13).

PSHE+SRE teaching will be done in small group or 1:1 sessions for more sensitive issues and always judged by the class teacher. Parents and carers should be made aware of subjects that are being taught and when and have been informed of their right to withdraw their child from particular SRE related parts of the course.

The DfE publication (July 2000) *Sex and Relationship Education Guidance* states: *A successful programme, firmly embedded in PSHE, will help young people learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.* This is something we clearly recognise at Bradstow.

Preparing for adulthood outcomes are split into 4 categories which are – Friendship, Relationships and Community, Good Health, Employment and Independent Living. Clearly elements of PSHE and SRE form the foundation of all of these areas. Our PSHE+SRE curriculum outcomes are based on ‘I can’ statements that cover these preparing for adulthood outcomes.

How is PSHE+SRE taught at Bradstow?

It is important to note that some topics need to be taught in a 1:1 or gender sensitive groupings.

The Lower school curriculum is based on half termly topics in a three year rolling programme. The learning outcomes for PSHE+SRE have been arranged to fit in with these topics where appropriate and allow young people the chance to develop their skills and understanding throughout the time they spend in the lower school. When young people move into the upper school there is a similar termly topic for PSHE+SRE and young people will be given the chance to access learning around more adult themes concerning sex and relationships. This will be decided in accordance to their age, developmental stage and level of understanding. At Bradstow we understand the importance of giving young people the chance to develop their understanding in these areas and not assume that due to their other difficulties they cannot access this. SRE and PSHE are fundamental elements of Preparing for Adulthood which is why PSHE+SRE takes a prominent place on our timetables.

As well as timetabled sessions Bradstow provides a 24hour waking curriculum meaning that staff are always on hand to teach skills ‘in the moment’ which often works best for our young people. Relationships skills, daily living skills and understanding, understanding puberty and many Preparing for Adulthood outcomes are covered throughout the day and evening and as such provide rich opportunities for learning in line with the PSHE+SRE curriculum.

In both Lower and Upper school PSHE+SRE will be taught as a discreet session once a week by class teachers. Long term plans, Schemes of work and resources for these are coordinated by the subject coordinator

4. Monitoring and Evaluation

The monitoring and evaluation of PSHE+SRE learning is the responsibility of the class teacher (who will work closely with parents and care staff) to assess young people’s development. This will be done through evaluation using SOLAR against the ‘I can’ statements that make up the backbone of our curriculum as well as EHCP, Annual Review and IEP targets. Evaluation may also come in the form of anecdotal evidence related to behaviour or general wellbeing of the children and young people.

5. Roles and Responsibilities

Teacher

- Teach the PSHE+SRE curriculum as set out in the Bradstow school long term plans and schemes of work
- Ensure material is age and developmental stage appropriate for children in their class

- Evaluate progress using SOLAR against 'I can' statements
- Ensure parents have not requested their child to be withdrawn from any element of the Bradstow PSHE+SRE curriculum
- Deliver learning in age and gender sensitive manner
- Work closely with care staff and parents to prepare and assess learning and evaluate outcomes

Senior Management (Head and Assistant Heads of School)

- Engage parents in the review of this policy and obtain their views on the PSHE+SRE curriculum as part of its development.
- That parents are informed of their right to withdraw their children from some parts of the PSHE+SRE curriculum and the process of doing so (which should involve the opportunity to discuss this with the Assistant Head of school before doing so) See Appendix 2 for an example letter to Parents.

Subject coordinator

- Provide long term plans, schemes of work and guidance to other teachers
- Monitor the progress of children and young people across the school
- Use data from governors and parental engagement to inform curriculum planning

6. Working with Parents

[Relationships, sex and health education: guides for parents - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/relationships-sex-and-health-education-guides-for-parents) Parents should view the guides at the aforementioned link to gain an understanding of the PSHE+SRE curriculum that we are offering at Bradstow

Parents should be given information about the Bradstow PSHE+SRE curriculum, what their children may be taught and when and should be given the opportunity to feed back their opinions on this to the school. As well as a letter sent to parents explaining the PSHE+SRE curriculum being a residential special school, teachers, parents and carers have close relationships with many opportunities to discuss the teaching and learning of the Children and Young People. Opportunities include phone calls and or emails whenever necessary, termly discussions and in-depth annual reviews where all aspects of the child's development is reviewed.

Please see the following link for guidance for teachers governors and trustees which provides information on engaging parents with SRE [Engaging parents with relationships education policy - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/engaging-parents-with-relationships-education-policy)

7. Useful links and documents mentioned in this policy

[Personal, social, health and economic \(PSHE\) education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/personal-social-health-and-economic-pshe-education)

[Engaging parents with relationships education policy - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/engaging-parents-with-relationships-education-policy)

[PSHE Association](https://www.pshe.org.uk/)

[Secretary of State's guidance](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/441112/Secretary_of_State_s_guidance_on_personal_social_health_and_economic_education.pdf)

[Relationships, sex and health education: guides for parents - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/relationships-sex-and-health-education-guides-for-parents)

Appendix 1

Lower School approx. age 8-14

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 PSHE SRE*	Ourselves And Our Bodies Healthy Me healthy choices for my body and mind***	Celebrations Being me in my world Celebrating difference	Into the Woods Mini Beasts Changing me Self - regulation (mental health) How I learn	Let's Grow Sex Education Hygiene, puberty and finding answers	Transport – Trains Dreams and Goals Community and contribution	Ocean Explorers Relationships and Friendships Respectful and online relationships
I can	Healthy me	Celebrating difference	Mental health and wellbeing	hygiene	Dreams and Goals	Respectful relationships
Year 2 PSHE SRE*	Super Heroes Healthy Me including mental health and emotion Privacy, Staying Safe and who can help	Arctic Adventure Being me in my world dealing with change	Life Cycles Changing me Self – regulation Puberty and growing older	The Planets Sex Education celebrating difference (sex and gender sexual preferences age appropriate)	Transport – Buses Dreams and Goals My gifts and valuing what I Can offer	Zoos, Animals And Pets Relationships and Friendships Safety and trustworthiness – staying safe
I can	Staying safe	Changing me	Puberty	Sexuality	Being me in my world	Online relationships
Year 3 PSHE SRE*	Houses, Homes and Us Healthy Me including mental health and emotion Emotions and behaviour	Old Toys New Toys Being me in my world my talents and special interests	Wonderful Weather Changing me Self - regulation Behaviour, self- regulation and staying safe	Our Environment Sex Education Respecting others and staying safe	Transport - Cars Dreams and Goals How I am different and the same as others (Autism)	Sun, Sea and Sand Relationships and Friendships Families and caring friendships
I can	Emotion and self-regulation	Being me in my world	My manners	Sex education	Health services	Relationships and friendships

*PSHE SRE taught as one topic

** Termly focus taken from EMT agreed PSHE SRE coverage for the lower school

*** Sub topics based on government national curriculum PSHE SRE coverage arranged to meet the needs of our young people

Upper School Approx. age 14-19

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE & SRE	Friends, relationships and community (Relationship focus)	Friends, relationships and community (community focus)	Independent Living (self-care)	Independent Living (sex education)	Good Health	Employment
Year 1	Families	Social Media	Keeping clean	Sexual feelings during puberty	keep fit and healthy	Basic first aid
I can	Families and those who care for us	Online relationships	Hygiene	SRE	PE and exercise	Basic first aid
Year 2	Types of relationships	Parenting	Mental Health	Sexuality	how my body works (organ function)	How to keep myself safe
I can	Relationships and friendships	SRE	Mental Health and wellbeing	Sexuality	Healthy Me	Staying safe
Year 3	Close relationships	Substances and safety	Keeping clean	Puberty – physical changes)	digestive system	Relationships in the workplace
I can	Close relationships and dating	Staying safe	Hygiene	Puberty	Nutrition and diet	Respectful relationships
Year 4	Sexual relationships	My interests and the community	Who can help me	My rights (and the law)	Feeling unwell	Communicating with others
I can	Sex education	Dreams and goals	SRE	SRE	Feeling unwell	My manners
Year 5	Building trusting relationships	Autism	Mental Health	Safe Sex	Understanding health services	How I present myself
I can	Emotion and self-regulation	Celebrating difference	Mental Health and wellbeing	SRE	Health Services	Hygiene

<https://www.preparingforadulthood.org.uk/downloads/friends-relationships-and-community/sexuality-and-relationships.htm>

Appendix 2

Parents and Carers,

Please read the following information about PSHE and SRE teaching and learning at Bradstow School.

As a part of your child's education at Bradstow School we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, as part of the PSHE and SRE curriculum at Bradstow your child's class will be taking part in lessons which will focus on the sex and relationships education (SRE) aspect of this programme. These will be delivered sensitively and appropriately according to your child's age, level of understanding and developmental stage.

SRE lessons will include teaching about: *Healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; developing self-esteem and confidence.* Young people will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world. Lessons will include carefully selected resources to aid your child to understand and participate as fully as possible. Some parts of SRE are compulsory - these are part of the National Curriculum for Science. Parents can withdraw their children from all other parts of SRE if they wish to do so. Please contact the school leadership team if you wish to discuss this option. However, we believe that all young people have the right to be taught about all aspects of life and that SRE learning is vital for all young people at Bradstow. As with all of our teaching PSHE and SRE sessions are carefully planned and the individual needs of young people are considered very carefully.

PSHE education is taught throughout the school in every class group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website: <https://www.bradstow.wandsworth.sch.uk/427/curriculum-overview> for more detail about our PSHE curriculum. All PSHE teaching takes place will take place in a safe learning environment and is underpinned by our school ethos and values.

If you would like to find out more about what your child will learn or if you have any questions or concerns get in touch to discuss this with your child's class teacher or the PSHE and SRE coordinator at the school.

As a school community, we are committed to working in partnership with parents; recent parental feedback has indicated that the overwhelming majority of parents continue to be highly supportive of the relationships and sex education programme.

Many thanks for reading this,

Yours sincerely,

(Marie Maderbocus and Lois Gunn Subject leads for PSHE education)

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