

Freeman's Endowed Church of England Junior Academy

Freeman's Endowed Church of England Junior Academy Vision:

As a Church of England school at the heart of the community, Freeman's Endowed Church of England Junior Academy is committed to enabling all pupils to achieve their full potential, to grow in mind, body and spirit and to serve their local community. We provide a learning community where our pupils aspire to achieve excellence and develop as confident, respectful, valued citizens.

We learn to love God, each other and ourselves through our Christian values of Kindness, Forgiveness, Truthfulness, Love, Perseverance and Acceptance. These are all rooted in Love.

Our School Values

Kindness 'Show kindness to my family because I have shown kindness to you.' *Joshua 2:12*

Love 'You shall love your neighbour as you love yourself.' *Mark 12:31*

Forgiveness 'Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.'

Ephesians 4:32

Truthfulness 'Walk with integrity, be righteousness, speak with truth.' *Psalms 15:2*

Perseverance 'I can do all things through him who strengthens me.' *Philippians 4:13*

Acceptance 'Accept one another, just as Christ has accepted you.' *Romans 15:7*

Policy Development

This policy has been developed in consultation with staff and parents/carers.

Relationship Education

Subject content

Year 3

In year 3 the children learn about families and close positive relationships. The children will learn that families should be founded on love, respect, appreciation, trust and cooperation. They will identify the different expectations and roles that exist within the family home and will identify why stereotypes can be unfair and may not be accurate. They will learn about friendship skills and negotiation and they will develop some of the skills of friendship such as taking turns and being a good listener. As part of managing hurtful behaviour, bullying and safe relationships the children will learn what it means to keep safe online, some ways to be safe online and who to go to for help. Finally the children in Year 3 will learn about respecting themselves and others through being aware of how their choices affect others and having an awareness of how other children have different lives to them.

Year 4

In Year 4 the children learn about families, close positive relationships and friendships. The children will explore jealousy, love and loss/ bereavement. They will identify the emotions associated with these relationship changes, the possible reasons for the change and strategies for coping with the change. The children learn that change is natural in relationships and they will experience (or may have already experienced) some of these changes. They will additionally explore the themes of getting on and falling out and girlfriends and boyfriends. As part of managing hurtful behaviour, bullying and safe relationships the children will revisit skills of negotiation particularly to help manage a change in a relationship. They also learn that sometimes it is better if relationships end, especially if they are causing negative feelings or they are unsafe. Children are taught that relationship endings

can be amicable. Finally the children in Year 4 will learn about respecting themselves and others by learning to show appreciation to people and animals.

Year 5

In Year 5 the children learn about managing hurtful behaviour, bullying, safe relationships and how to be safe online when communicating with friends. They will be taught the SMART internet safety rules and how to apply these in different situations. Risk, pressure and influences are revisited in this unit with a focus on the physical and emotional aspects of identifying when something online or in social media feels uncomfortable or unsafe. The children will be taught about grooming and how people online can pretend to be whoever they want. They will also learn about respecting themselves and others as they will learn about the importance of self-esteem and ways this can be boosted. This is important in an online context as well as off-line, as mental health can be damaged by excessive comparison with others. They will investigate and reflect upon a variety of positive and negative online/ social media contexts including gaming and social networking. They learn about age -limits and also age-appropriateness. Rights, responsibilities and respect are also revisited (with an angle on technology use). Finally, screen time is also discussed and children find ways to reduce their own screen time.

Year 6

In Year 6 the children learn about families, close positive relationships and friendships. The children will explore further the themes of love and loss/ bereavement. They will talk about the grief cycle and its various stages and also discuss the different causes of grief and loss. This unit will additionally cover talking about communicating with friends and family in a positive and safe way. As part of learning about managing hurtful behaviour, bullying and safe relationships the children will talk about people who can try to control them or have power over them. They will revisit online safety and further learn how to judge if something is safe and helpful. Finally Year 6 will learn about respecting themselves and others. The class will look at mental health and how to take care of their own mental well-being by identifying mental health worries and sources of support.

How we will teach Relationships Education in our academy and who is responsible for teaching it

Class teachers are responsible for the teaching of Relationships Education. Sometimes external visitors i.e the school nurse will support the delivery of Relationships Education, as appropriate. We use the Jigsaw scheme of work and Relationships Education is clearly mapped across the school.

Health Education

Subject content

Year 3

In Year 3 the children will learn about healthy lifestyles. They will study the importance of exercise and how it helps your body to stay healthy. They also talk about their heart and lungs, discuss what they do and that they are very important. The children will talk about food labels and healthy swaps by understanding calories, fat and sugar; they discuss what each of these are and how the amount they consume can affect their health. In the Jigsaw unit 'Changing Me' the children will learn about growing and changing. They will learn about how babies grow, understand a baby's needs, outside and inside body changes and how to change their own ideas. To learn how to keep safe the children will discuss what is meant by this and why it is important. Year 3 will discuss online and offline scenarios, the importance of respecting themselves and others and making healthy and safe choices. The children think about things, places and people that are dangerous and link this to strategies for keeping

themselves safe. Finally the children will learn about drugs, alcohol and tobacco. The class will talk about different types of drugs, the ones you take to make you better as well as other drugs and attitudes towards them.

Year 4

In Year 4 the children will learn about healthy lifestyles. The children will develop their understanding of what a healthy friendship is and group dynamics. They will look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and how they fit into them. The children will be asked to reflect on their friendships, how different people make them feel and which friends they value the most. As part of understanding mental health the children will be learning about celebrating their inner strength, so that they can tap into this strength and know how to be assertive. In the Jigsaw unit 'Changing Me' the children will learn about growing and changing. They will learn about: being unique; having a baby; girls and puberty; environmental change and having confidence in change and accepting it. To learn how to keep safe the children will be taught ways to resist when people are putting pressure on them and how to identify the feelings of anxiety and fear associated with peer pressure. Finally, in this unit, Year 4 will learn about drugs, alcohol and tobacco. They will find out about smoking and alcohol and their effects on health and then they will discuss the reasons why people might make choices to drink or smoke.

Year 5

In Year 5 the children will learn about healthy lifestyles and mental health as they will look at how to make informed healthy choices and body image. They will look at how body types are portrayed in the media, social media and celebrity culture and will also talk about eating disorders, people's relationships with food and how this can be linked to negative body image pressures. In the Jigsaw unit 'Changing Me' the children will learn about growing and changing. They will do more work on self and body image and the influence of the media on this subject and look at and discuss puberty for both girls and boys. As part of learning to keep safe, year 5 will be taught a range of basic emergency procedures (including the recovery position) and learn how to contact the emergency services when needed. Finally, in this unit, Year 5 will be learning about the effects of drugs, alcohol and tobacco. The class will study the risks linked to smoking and how this affects the lungs, liver and heart and will do the same with the risks associated with alcohol misuse. They will also discuss what anti-social behaviour is, the impact of this, and how it can be linked to alcohol consumption.

Year 6

In Year 6 the children will learn about healthy lifestyles and mental health as they will discuss taking responsibility for their own physical and emotional health and the choices linked to this. They also talk about mental health / illness and that people have different attitudes towards this. They learn to recognise the triggers for and feelings of being stressed and that there are strategies they can use when they are feeling stressed. In the Jigsaw unit 'Changing Me' the children will learn about growing and changing. In Year 6 they will learn about self image and body image, puberty and feelings, reflections about change and will prepare for their transition. As part of learning how to keep safe the children will discuss what exploitation is as well as learn about gang culture, the associated risks and 'county lines'. Finally, they will be learning about drugs, alcohol and tobacco. They will talk about different types of drugs and how substances can positively or negatively impact people's bodies.

How we will teach Health Education in our academy and who is responsible for teaching it

Class teachers are responsible for the teaching of Health Education. Sometimes external visitors i.e the school nurse will support the delivery of Health Education, as appropriate. We use the Jigsaw scheme of work and Health Education is clearly mapped across the school.

Sex education

Subject content

Year 5

In year 5, the children will learn about the changes that occur throughout puberty for both boys and girls and will be taught to understand the importance of looking after themselves physically and emotionally. They will learn that becoming a teenager involves various changes and also brings growing responsibility. Finally, they will be given guidance on who they can talk to and gain support from if they have any questions, worries or concerns. The children throughout are encouraged to ask questions and seek clarification about anything they don't understand.

Year 6

In year 6, the children will learn about physical attraction and the effect this can have upon a relationship. They will discuss relationships and the importance of mutual respect and not pressuring / being pressured into doing something that they don't want to. The children will learn that sexual intercourse can lead to conception and that some people may need help to conceive through the use of IVF. They will learn that having a baby is a personal choice and reasons why people choose to be in a romantic relationship and choose to have a baby are also explored. They will also learn about childbirth and the stages of development of a baby, starting at conception. Finally, they will be given guidance on who they can talk to and gain support from if they have any questions, worries or concerns.

How we teach Sex Education in our academy and who is responsible for teaching it

Class teachers are responsible for the teaching of Sex Education. Sometimes members of the Wellbeing Team or external visitors i.e the school nurse will support the delivery of Sex Education, as appropriate.

Sex Education is usually taught in whole class groups, but on occasions, if appropriate children may be split into smaller groups.

Managing questions

When learning about Sex Education, we encourage the children to ask questions if they do not understand or have queries. We will use a number of strategies during this unit to give children the opportunity to ask questions and have them answered (e.g the use of a question box) . However, questions should not be posed anonymously so that any issues that arise can be dealt with effectively, in liaison with the Designated Safeguarding Lead. In school it will be carefully considered which questions are appropriate and inappropriate in a whole-class setting; it may be that some questions are better not answered in front of the whole class. If we consider that a question needs to be answered solely for the child that has asked it, we will ensure two adults are involved in the explanation. If children ask questions that are deemed not to be age appropriate (ie, they are inappropriate or go beyond the Sex Education curriculum offered in school) we will refer them to ask the question to parents or carers or explain that it will be answered by a responsible adult when they are older. We believe it is important that questions are answered for the children, in order to reduce the likelihood of them looking online to find answers for their questions as some sources online could be inappropriate sources of information.