



Rowner Junior School PDL and RSE Implementation Policy

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Maintained by:	Rowner Junior School	Next review due:	June 2024

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Introduction

All children and young people are entitled to quality relationships and sex education, whatever their background, identity or experience, enabling them to develop confidence and positive sense of self and to stay healthy.

Our PDL and RSE education at Rowner ensures that the use of inclusive language reflects the diversity of our school community, helping each and every pupil to feel valued and have a sense of belonging.

Personal Development is organised and taught with three approaches at Rowner Junior School:

- **PDL lessons** - These lessons are taught weekly by class teachers and are planned in accordance to the overview given by the Personal Development lead. These lessons cover a different core theme each term, focusing on; Relationships and Friendships, Valuing difference, Keeping ourselves safe and healthy, Keeping safe online, Living in the wider world and Growing and changing. Each year group also has the opportunity to explore in detail the fundamental British Values throughout these units.
- **Emotion and Wellbeing lessons**- Emotion and Wellbeing lessons are also taught weekly and taught by class teachers. These lessons reinforce our belief that children need to be happy and healthy in order to learn. By having a curriculum focussed on our children's emotions and mental health, the children are given the opportunity to gain an understanding of how to label their emotions, regulate them and acquire the skills needed to safeguard their wellbeing in the future. Through developing a shared language and understanding, we believe children will be better communicators and be more able to show empathy for others.
- **Character Curriculum** - In our character curriculum, Commando Joe and other inspirational people lead us through a variety of challenges aimed at developing interpersonal and life skills. Our character curriculum gives children the opportunity to develop essential life skills and character traits such as communication, bravery and resilience. The learning in these sessions compliments the schools aims to help children achieve, thrive and succeed in all they do.

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Sex and Relationships Education is taught within this Personal Development curriculum where it is explicitly taught and revisited regularly as a key part of the curriculum.

Relationships and Friendships

This focuses on the value of families and people who care for me. It teaches the importance of love and respect for others and discusses appropriate and inappropriate behaviours.

Personal and Social Skills

This is addressed within our bespoke Emotion and Wellbeing curriculum. It allows the children to explore managing their emotions and relationships, developing respect and empathy for others and learning about consequences of choices that are made.

Growing and Changing

This unit is taught in the Summer term of each year and is adapted to meet the needs of each individual year group. It focuses on managing transitions, how our bodies change as we grow up, understanding reproduction, sexual health and the laws related to sex.

Provision for Children with Additional Needs

We firmly believe that in order for children to be successful, they must have a good understanding of their own personal development, as well as others, which is why all children at Rowner have access to the Personal Development curriculum, including those who may not always access classroom based learning.

The children who access the alternative learning provision (The HIVE), also receive weekly PDL, wellbeing and Character curriculum lessons. These lessons are tailored to meet the needs of the individual children accessing it. There are also additional opportunities to support their personal development such as; FAGUS screenings, time with Emotional Literacy Support Assistant (ELSA), time to develop social skills and if necessary, access to external agencies.

How Personal Development is supported across the wider curriculum:

Collective Worship

At Rowner, daily collective worship (assemblies) take place throughout the school focussing on a variety of themes. We incorporate a mix of individual class, key stage and whole school assemblies which allow the children opportunities to voice their opinions as well as show

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respect to others. Through the use of 'Picture News' and 'Newsround', our assembly themes focus around current issues around the world, allowing the children to broaden their understanding and experience of the wider world around them, enabling them to become well rounded citizens.

Science Curriculum

Science teaches about the biological facts relating to human growth, puberty and reproduction. Pupils will learn the correct biological/medical names for the genitalia and reproductive organs. Having the right language to describe the private parts of their body – and knowing how to seek help if they are being abused – are vital for safeguarding.

Within the Upper School, children will be taught to understand the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.

Science will allow children to develop an understanding of what constitutes a healthy diet. Children will understand the principles of planning and preparing a range of healthy meals and the characteristics of a poor diet and risks associated with unhealthy eating and other behaviours.

There will be a sequence of Basic First Aid so that all children understand how to make a clear and efficient call to emergency services if necessary and understand concepts of basic first aid, for example dealing with common injuries, including head injuries.

Computing (Internet Safety)

PDL and RSE within the computing curriculum will encourage pupils to think about what they want to share about themselves with others, whether on or offline. The Personal Development and Relationships and Sex Education Lead will work closely with the Computing Lead to ensure that not only the core issues of safety, privacy, peer influence and personal responsibility are covered in e-safety sessions but that the important relationship aspects are also embedded.

PE

Throughout the PE curriculum, the children will focus on understanding characteristics and mental and physical benefits of an active lifestyle. Physical Education at Gomer will also discuss the importance of a healthy diet. Children also have the opportunity to reflect on how active they are and the importance of increasing active hours into their day. Through the use of travel

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tracker registers, the children are encouraged to increase the number of hours spent doing physical exercise per day.

RE

The RE curriculum is delivered using the Living Difference III programme. This is an educative approach to religious education, emphasising a process of inquiry into concepts. Children have the opportunity to respond from their own experience before being introduced to the way others appreciate things. Living Difference III gives young people the opportunity to evaluate; that is to make a judgement about why something is important for someone else as well as to discern what may be important for themselves.

Visitors

Any visitors will be selected carefully and come in to enhance a specific area of the PDL and RSE programme. Visitors will work within the school's confidentiality framework and will work within the school's ethos and values. Pupils will benefit from having accessible information at school about local support services available and having visitors from local services can be invaluable to increasing confidence and know-how on accessing help and support if and when needed