



## Oaks CE Learning Federation Relationship Policy

### Our Vision

*Connected through the values of love, respect and compassion. Three separate schools, we journey together to grow physically, spiritually, emotionally and intellectually, so that everyone can fulfil their potential. We strive to preserve the wonder of childhood, whilst ensuring our children are future ready.*

*“Be strong and of good courage, do not be afraid nor be dismayed for the lord your God is with you wherever you go”  
Joshua 1:9*

Our Relationship Education policy for the Federation is based on the Christian values of our three schools. We aim for each school community to show and be shown love, compassion and respect through actions, words and deeds.

We all have a body, a mind and a heart. The heart is the epicentre of who we are, the driving force of why we do what we do. There are times to listen to our heart and times to lead our heart. Jesus says in Matthew 22: 36-40 that loving God and loving others and ourselves are the two greatest commandments. If we want to live well, we need to love well. This is what it means to be Heart Smart.

### **What is Relationships, Sex and Health Education?**

From September 2020 it is mandatory for all Primary Schools to teach Relationships Education and Health Education.

For Relationships Education:

*‘The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.’* From The Department for Education

When teaching Relationship Education, we aim to reflect the values of Love, respect and compassion. Our approach will reflect our relationship with the church and will be enhanced through our PHSE programme. Relationship education will be taught in the context of caring relationships, appropriate to the age of our children and refer to those relationships, which our pupils will be familiar with. This means that children will be able to freely talk about the relationships they experience within their own family and circumstances. In addition, Relationship Education will promote self-esteem and emotional health and well-being and help children form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, school, work and in the community.

## **Aims and Objectives for Relationship Education**

The aim of relationship education is to provide children with age appropriate information, explore attitudes and values and develop skills in order to help them to make positive decisions. This should take place with consideration of the qualities of relationships within families.

The objectives of Relationship Education are:

- To provide the knowledge and information to which all pupils are entitled.
- To clarify and reinforce existing knowledge.
- To raise pupils' self-esteem and confidence, especially in their relationships with others.
- To help pupils develop skills (language, decision making, choice, assertiveness) and making the most of their abilities.
- To provide the confidence to be participating members of society and to value themselves and others.
- To develop skills for a healthier, safer lifestyle
- To respect and care for their bodies.

## **The Teaching programme for Relationship Education Legal Requirements**

We teach the following as part of the statutory National Curriculum for Science:

Key Stage 1 (Years 1 and 2)

- That animals including humans, move, feed, grow, use their senses and reproduce
- To recognise and compare the main external parts of the bodies of animals, including humans.
- That humans and animals can reproduce offspring and these grow into adults
- To recognise similarities and differences between themselves and others
- To treat others with sensitivity.

**In addition to the National Curriculum, pupils in The Oaks CE Learning Federation are taught:**

### **EYFS –YR**

Children learn about the concept of male and female and about young animals. In on-going PSHE work, they develop skills to form friendships and develop their understanding of themselves and relationships with others.

### **Key Stage 1**

Through work in science children learn about life cycles of some animals, understand the idea of growing from young to old and learn that all living things reproduce. They learn about the importance of personal hygiene to maintain good health. In RE and PSHE children reflect on family relationships, different family groups and friendship. They learn about rituals and traditions associated with birth, marriage and death and talk about the emotions involved. They begin to co-operate with others in work and play and begin to recognise the range of human emotions and ways to deal with them. They also learn about personal safety.

To enhance our Relationship education offer, we deliver key learning through the scheme **HeartSmart**, which has been specifically designed to support the ethos of Church of England schools.

**HeartSmart** is a creative approach that we use to build character, emotional health and resilience in children. Equipping children with foundational principles and skills that will improve their mental health and relationships and academic achievement, at The Oaks Federation, we want everyone to know that they are **loved, cared for and valued**. We recognise the value of educating the heart alongside educating the mind. We use HeartSmart to do just that!

- [Introduction to HeartSmart for Parents](#)

Here are some fun phrases that are part of the HeartSmart program and we are sure you'll start hearing them in your home as well. They're called the **HeartSmart High Five** and here's a brief overview:

### The HeartSmart High Five

