

Charitable Objects of St. Catherine's School - The Objects for which the Company is established are to promote and provide for the advancement of education by providing, conducting, governing, carrying on and maintaining in the United Kingdom, or elsewhere, a boarding or day school or schools for girls in which the teaching shall be in accordance with the principles of the Church of England.

WHOLE SCHOOL POLICY HEALTH AND SEX EDUCATION



The Whole School refers to all staff and students in the St. Catherine's Preparatory and Senior Schools which includes: the Early Years/Foundation Stage (EYFS), Pre-Prep School (Key Stage 1), Prep. School (Key Stage 2); Middle School (Key Stage 3); Senior School (Key Stage 4) and the Sixth Form (Key Stage 5).

This policy was revised in March 2014 in line with the School's Policy Review Schedule which ensures that all policies are kept up to date, and replaces that which was written prior to 1998, updated in 2000, 2005/6 and May 2009.

This policy should be read in conjunction with the Drugs policy.

St Catherine's aims to create an environment in which the confidence and awareness of pupils can grow through treating every girl as an individual, giving constant encouragement and by striving to ensure that every pupil is as happy as possible.

AIMS

To promote responsible behaviour and respect for oneself and for other people in order to develop maturity and confidence in their own sexuality and sensitivity to other people.

To encourage young people to behave morally and to value stable relationships.

To develop the ability to make informed and responsible decisions by providing information about:

- Sexual development and health
- Contraception
- Pregnancy and parenthood
- Sexually transmitted diseases (including HIV and Aids)
- Abortion – practical information combined with an ethical discussion
- Healthy lifestyle (diet and exercise)
- Drugs
- Health services
- The law regarding sexual relationships, drugs, alcohol etc.

To develop in general discussion a social awareness of international matters and laws regarding sex and health.

To raise the level of each girl's self-esteem and thus enable her to think and act independently of others, resisting peer pressure.

OBJECTIVES

Enable pupils to accept variation in rates of growth and development (physical, emotional and social) and the ages at which puberty or social activities commence. Moreover to give constant reassurance that change is part of the life cycle and to give help in adjusting to these changes.

Develop the pupil’s understanding of the emotional and physical risks involved in casual relationships and the value of mutually respectful intimacy in loving and caring relationships.

Enable pupils to manage their emotions successfully to the best of their ability.

Help pupils to affirm their rights, to recognise and avoid exploitation and abuse.

Help pupils to resist the pressures placed upon young people.

Make pupils aware of sources of help and enable them to acquire the skills and confidence to use them.

In the Senior School lists of appropriate telephone numbers are made available to the girls in Life Matters classes and they are also posted on the back of some toilet doors. In the Prep. School these numbers are posted on a general notice board.

Outline of the Life Matters programmes in the Senior School and PSHE in Prep. School

Any parent who is unhappy about the content of the Sex Education programme is entitled to withdraw his/her daughter from a Life Matters lesson. If this is the case, we ask parents to contact the head of Life Matters or Headmistress to discuss the matter.

THIS POLICY WILL BE REVIEWED IN 2016/17

Signature of Senior School Headmistress:

Signature of Preparatory School Headmistress:

Date:

THIS POLICY WILL BE REVIEWED IN 2017

An outline of Health and Sex Education topics covered in the Preparatory School

PPI	PSHCE Life matters	Identify and respect differences and similarities between people Making simple choices that improve health and well being
	Early Years	People have needs and have responsibilities to meet them The process of growing from young to old / life cycles The names of parts of the body
PPII	PSHE	The safe use of medicines; road safety; safe play; stranger danger Parts of the body Considering themselves as babies and thinking about the future as an adult Relationships and families
	Science	Animals and plants in their habitat; caring for animals and plants, differences and similarities of plants and animals Study the main parts of the human body, look at and investigate the 5 senses
PPIII	PSHE	People and other living things have needs and the responsibilities involved to meet them Being safe in water, at home and at school Parts of the body Recognising and finding out about their “birth” day including growth of the foetus in the womb Reflection on changes in their lives so far and the future, focussing on physical features Looking at female animals and their young Family trees
	Science	Keeping alive and healthy, life process of plants and animals; including humans, looking at exercise, nutrition for humans to keep alive and healthy, reproduction and growth in animals
FI	PSHE	Accidents do happen, and how to be safe The importance of friendships Rites of passage birth Changes/feelings which can be controlled/ choices/decisions and those which cannot Introduction of physical changes of puberty including periods / boys Time line, past present, future
	Science	Skeletal, muscular and respiratory system
LII	PSHE	Friendship, peer pressure and being honest Rites of passage/ confirmation Life cycles/ reproduction/fertilisation How pregnancy occurs / impact of a baby Loving and caring relationships Positive and negative feelings
	Science	Digestive system and the process of digestion, teeth and their function, harmful drugs Evolution and inheritance, looking at cross breeding and selective breeding in animals and plants
UII	PSHE	Rites of passage / marriage Puberty (boys and girls), menstruation/periods and feminine hygiene, wet dreams Reproduction / fertilisation / conception myths Road safety and cycling safety (level 1) Healthy lifestyles, including the benefits of exercise and healthy eating Relationships families/ with other children of both sexes Drugs: legal and illegal and their effects and risks

	Science	Life cycle of animals and humans (birth, growth, development, reproduction and death) circulatory system of humans and animals
LIII	PSHE	<p>Harmful substances</p> <p>Peer pressure</p> <p>Bullying and how to deal with it</p> <p>Puberty: Boys and girls - to recognise the physical and emotional changes; menstruation and personal hygiene</p> <p>Road safety and cycling safety (level 2)</p> <p>Marriage/ Relationships in families and out / with others young people of both genders</p> <p>Rites of passage - death</p> <p>Expressing feelings</p> <p>Challenging expectations / stereotypes boys and girls</p> <p>Sexuality in media / power of advertising</p> <p>Introduction of contraception</p>
	Science	Five kingdoms of all living things, division of mammals of how their young develops (placental, marsupial, monotreme), reproduction of animals and plants, evolution and inheritance

An Outline of Health and Sex Education topics covered in the Senior School

Upper 3	Biology	Genes, chromosomes and interchange of characteristics
	Life Matters	Menstruation, personal hygiene, puberty. Importance of sleep, looking after your mental health. Relationships.
	Home Economics	Healthy eating, balanced diet. Eat well Plate and
	R.S.	Community, relationships and respecting faiths.
Lower 4	Biology	Structure and function of reproductive organs, puberty and menstruation cycle, development and birth of baby, care of mother during pregnancy, contraception and STDs
	Life Matters	Sensible eating, body image, self esteem, Smoking. How to look after my body. Looking after your hearing.
	Home Economics	Healthy lifestyle, good eating habits
	R.S.	Racism, gender disability, discrimination, respect for other faiths. Islam – women and equality. Prejudice and discrimination.
Upper 4	Life Matters	Health and social effects of legal/illegal drugs, Addiction. Sex and relationship speaker STIs, myths about sex.
	R.S.	Promiscuity, sexual ethics within marriage, conception, Buddhism and coping with change and with suffering, prayer and one's mental health, moral living, marriage. Respect for other faiths. Philos. responsibility. Laws and state control.
	Home Economics	Vegetarian diets
Lower 5	Biology	Effects of smoking on health.
	Life Matters	Drug abuse, binge drinking, "well woman" issues – how to de-stress. Peer pressure.
	R.S.	Abortion, suicide, euthanasia, prejudice and discrimination, marital sex, promiscuity, drugs -, use and effect, charities and cohabitation. Homosexuality, civil partnerships, contraception, Religious attitudes towards.
	Home Economics	Nutritional needs of individuals in the community, ie. children, and the elderly.

Upper 5	Biology	Genetics and inheritance of gender, hormones and menstrual cycle.
	Life Matters	Date/drug rape, STIs, healthy sexual relationships. Contraception, looking after your emotional health.
	R.S.	Abortion, suicide, euthanasia, prejudice and discrimination, marital sex, promiscuity, drugs, charities and cohabitation
	Home Economics	Nutritional needs of individuals in the community, ie. children and the elderly.
Lower 6	Life Matters	Binge drinking (visiting speaker). Sex and relationships (visiting speaker). Safe Drive Stay Alive.
	R.S.	Genetic engineering, medical ethics. Abortion and euthanasia.
Upper 6	Biology	Human reproduction,
	Life Matters	Drug abuse – visiting speaker. HIV/AIDS – visiting speaker.
	R.S.	Animal rights and vegetarianism, sexual ethics, Contraception, conscience and moral ethics (drugs), Alcohol and sexual consent. Slaughter of animals, free will.