

**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 November 2017 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 2009 and March 2014.

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 the 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.

Signature of Senior School Headmistress: .....

Signature of Preparatory School Headmistress: .....

Date: .....

**THIS POLICY WILL BE REVIEWED IN 2019/20**

An outline of Health, Sex and Relationship topics covered in the Preparatory School		
<p><b>Life Matters</b> is introduced through all the curriculum areas for all age groups. The concepts covered include: developing confidence and responsibility and making the most of their abilities; preparing to play an active role as citizens; developing a healthy, safer lifestyle; developing good relationships and respecting the differences between people.</p>		
Year Group	Area of study or subject	Topics covered
PPI (EYFS)	Communication and language	Develop language skills, extend vocabulary and build confidence through structured play activities, drama and guided discussion. At individual, group and class level.
	Personal, social and emotional development	Personal, social and emotional development is found in every experience in Pre-Prep I. Activities provided are aimed to promote moral, spiritual and social development. Encouraged in the development of independence and emphasise the importance of co-operation, sharing and consideration of classmates and members of staff. The development of high self-esteem is actively promoted. Recognise differences between male and female.
	Understanding the world	Topics closely based on themselves and investigations into the senses, keeping healthy, and human growth. Families and the recent history of Grandparents are discussed. In R.S the girls will study what makes people unique.
PPII	English	Focus on speaking and listening; girls are encouraged to speak articulately and to develop good listening skills.
	Science	Human senses.
	Computing	An introduction to e-safety.
	Religious Studies	The importance of rules in everyday life and how certain rules are part of the way people of different faiths live their lives.
	Life Matters	Staying safe: The safe use of medicines; road safety; safe play; stranger danger and staying safe in the sun What makes us unique The names for the main parts of the body as well as similarities and differences between boys and girls
	Physical Education	Girls are encouraged to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
PPIII	English	Varied opportunities for both speaking and listening. These include role play, drama, 'Talk Partners' and group or class discussions.
	Science	The process of growing from young to old and how people's needs change.
	Computing	Girls are taught how to research safely whilst respecting copyright
	Religious Studies	What it means to be a Muslim and how a Muslim child's life might differ from their own.
	Life Matters (PSHCE)	The importance of not keeping any secret that makes them feel uncomfortable, anxious or afraid. To identify their special people (family, friends, carers), what makes them special and how special people should care for one another about the process of growing from young to old and how people's

		needs change. The names for the main parts of the body (including external genitalia) as well as the similarities and differences between boys and girls.
	Physical Education	Pupils are encouraged to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
Form I	Science	Healthy living and Diet.
	Thinking Skills	Girls are introduced to a variety of Thinking Skills, including Verbal Reasoning, organisational strategies, teamwork and breadth of thought.
	Computing	E-safety topics are revisited and extended to include safe use of email.
	Life Matters (PSHCE)	The journey from a baby to toddler to young child. Taking care of their body. How their body will, and their emotions may, change as they approach and move into puberty. Differences between male and female body parts in animals and humans. A one night residential trip to Holmbury St. Mary.
	Drama	Drama lessons will include activities to improve confidence and encourage their creative thinking. Language and vocal skills, creative expression, role play, mime and performance skills are developed. Girls work with partners and in groups. Puppets are used to create characters and to communicate stories. They will begin to recognise co-operation and the ability to listen to ideas and opinions.
	Physical Education	Provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities which help to embed values such as fairness and respect. Learn how to evaluate and recognise their own successes.
LII	English	Girls are expected to read each night and maintain reading aloud and discussion about the text with an adult.
	Science	Identify plants and animals.
	Thinking Skills	Introduction to further thinking skills including learning styles and strategies.
	Computing	e-safety topics such as safe-searching and copyright.
	History	A two-night residential trip to Hooke Court.
	Religious Studies	What is understood by faith. Consider religious journeys and the importance of pilgrimages in Christianity, Islam and Judaism. Find out what happens at a confirmation service, discuss and compare rituals in different cultures when a child moves into adulthood.
	Life Matters (PSHCE)	Developing good relationships and respecting the differences between people and friendships. Puberty and what changes will happen in males and females.
	Design Technology	Design and make a felt animal, which includes a worry pocket.
	Drama	Learn to create movement and improve vocal and creative

		expression through role-play and improvisation activities, working alone, in pairs and as a group. Develop self-expression and greater body awareness by communicating ideas through mime and the use of masks.
	Physical Education	Provides opportunities for pupils to become physically confident in a way which supports health and fitness. Opportunities to compete in sport and other activities help to embed values such as fairness and respect. Develop an understanding of how to evaluate and recognise their own successes.
	Thinking Skills	Decision-making, motivation and revision.
U11	Computing	e-safety skills, the importance of chat room safety is discussed.
	Religious Studies	Explore what it means to be a family.
	Drama	Exploration of self-expression, imagination and artistic awareness in less familiar situations. Development of character, co-operation and self-discipline using props and costumes.
	Physical Education	Provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities help to embed values such as fairness and respect. How to evaluate and recognise their own success.
	French	Four day residential trip to France.
	Computing	Extending the e-safety skills learnt in earlier years, the importance of safety when creating personal online spaces is discussed.
	Thinking Skills	Practical thinking skills are also explored, including motivation.
	Life Matters (PSHCE)	Puberty. A four day residential trip to the France.
	Drama	Participate in activities to express self- confidence, and further develop team work and performance skills.
	Physical Education	Provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities help to embed values such as fairness and respect. Learn to evaluate and recognise their own successes.
L11	Science	Life cycles including reproduction
	Computing	e-safety skills, the importance of safety when creating personal online spaces is discussed.
	Thinking Skills	Practical thinking skills are also explored, including motivation
	Religious Studies	God's justice for the outcast and relate this to caring for the outcast in today's society. Learn what Christians believe about the death and resurrection of Jesus, discover what happens at a funeral and compare with end of life ritual in Islam and Judaism.
	Life Matters (PSHCE)	Puberty and reproduction A five day residential to the Isle of Wight.
	Drama	Girls will participate in activities to express self- confidence, and further develop team work and performance skills.
	Physical Education	Provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to

		compete in sport and other activities which help to embed values such as fairness and respect. Learn how to evaluate and recognise their own successes.
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## 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.