



INDEPENDENT JEWISH DAY SCHOOL  
an ACADEMY

## **Sex Education and PSHE Policy**

### **IJDS Sex Education Policy**

The ideology of the IJDS Academy ('the School') is based on both a commitment to the Torah and excellence in all areas of study, whether kodesh or chol. Therefore when delivering the Sex Education Curriculum we do so within a framework of Torah principles and National guidelines.

We welcome the involvement of parents as partners in the programme and are committed to giving them full information in advance of all such lessons.

We offer sex education as part of our broader programme of personal, social and health education (PSHE). It aims to promote the welfare of every child and to provide guidance which helps them develop as caring, responsible and well informed individuals.

We teach care and respect for pupils' own bodies, feelings and emotions as well as those of others. We promote modesty, showing sensitivity and respect in relation to their bodies and those of others. We teach about appropriate and inappropriate ways of talking about their own bodies, sexual matters and relationships. We teach about Jewish ideals on the importance of morality in relationships and family life, bearing in mind the diversity of Jewish homes today.

Our school environment offers children a secure and caring place in which they can discuss issues around relationships and sexuality.

Year 6 pupils are given a series of lessons focusing on puberty and the changes that take place in their bodies and their emotions at this time. These lessons are given separately to boys and girls and are delivered jointly by Kodesh and secular staff with input from the School Principal. Each lesson is followed by time for questions and answers either at a class or an individual level.

Within the framework of Torah im derech erez we teach the following topics:

- We teach care and respect for their own bodies and those of others.
- We promote modesty, in the sense of sensitivity and respect for appropriate privacy in relation to their bodies and those of others.
- We teach about appropriate and inappropriate ways of talking about their own bodies and about sexual matters.
- We teach about Jewish ideals on the importance of morality in relationships and family life



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- We teach about the importance of respecting different approaches with regard to relationships nowadays

Our school environment offers children a secure and caring place in which they can discuss issues around relationships and sexuality.

### **IJDS PSHE Policy**

The PSHE Curriculum is delivered in the IJDS Academy ('the School') within the framework of the National Curriculum and our Torah principles. It is a programme that covers the whole of each child's nursery and school career, and it is designed to offer age appropriate choices of topic, teaching and learning strategies.

We welcome the involvement of parents as partners at all stages of the programme. We are committed to giving them full information in advance as well as opportunities to learn about approaches used.

#### **1. RECEPTION:**

1. Personal Hygiene
2. The stages of human growth – babies – children – adults
3. Naming main external parts of human body
4. A human's need for food and water
5. Observe and discuss the lifecycle, reproduction and living processes of frogs, birds and pets
6. Feelings

#### **1. YEAR ONE:**

1. Personal and dental Hygiene
2. Activities to encourage good health
3. Safety - electricity, medicine, matches, saying no to strangers
4. Life processes of bees and tadpoles
5. Feelings

#### **1. YEARS TWO - THREE:**

1. Revision and extension of work done in previous years
2. Stages in the human lifecycle - adults - baby - toddler - child - teenager - adult
3. Feelings

#### **1. YEAR FOUR:**

1. Dental care and the function of teeth
2. Food - it's functions - proteins, carbohydrates, etc.



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3. Digestion - position of the stomach, intestines, liver and kidneys
  4. Lifecycle of a frog and fish revised - butterfly added
  5. Stages of a human lifecycle revised
  6. Micro-organism
1. YEAR FIVE:
1. Position and function of brain, heart, lungs, stomach, liver, intestines
  2. Main bones/ joints/ muscles
  3. Why sounds are heard
  4. Circulation and respiration
1. YEAR SIX:
1. Reproduction
  2. Revise major organs of the body
  3. Tobacco, alcohol and drugs - harmful effects
  4. Drugs/medicines - harmful/positive effects
  5. A balanced diet
  6. Exercise
  7. Personal hygiene effects health
  8. The body's defence system in the blood

Signed: J. Ebrahimoff

Head Teacher

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