

## **Healthy schools plus at St Martin-in Meneage school 2011-04-04**

### **Background**

We are a small rural school on the Lizard . There are 40 pupils who all live in rural locations. As such their access to the outside world is limited and they lead quite sheltered lives.

### **Priority area**

We chose sex and relationships education because we felt that it was an area that we hadn't tackled head on for a few years and it was getting neglected. We felt we were quite good at the relationships for children within school but a significant number of staff felt a lack of confidence when it came to teaching about sex.

### **What was the need?**

We focused on sex and relationships because it was evident that it wasn't being taught consistently throughout the school.

### **What did you do?**

We enlisted the help of Kate Portage from Cornwall healthy schools to support us and she used the Christopher Winter project materials to provide training and support to the staff and pupils.

### **Who did you work with?**

We worked with the whole school so that a consistency of approach could be used right from the start.

### **Where did you start from?**

We used a SHEU survey to find out how our pupils felt about sex and relationships and focused on the responses to questions 26 and 27

26. Who would you like to talk to you about growing up and body changes?

27. Do you feel you know enough about how your body changes as you get older?

Responses-

26. 24% teachers

76% parents and carers

27. 20% not sure

### **Describe the steps along the way.**

1. PSHE coordinator went along to an introductory meeting about the Christopher Winter project and fed back to staff. The staff then all decided that it sounded like a good project to be involved in.
2. Staff were surveyed as to their confidence levels in teaching the various aspects of SRE. In some areas it was very low.

3. Kate came in and spoke at a staff meeting so that we all knew what would be happening
4. We held a meeting for parents which was very well attended. As a result of this we now have one parent training to take part in Speakeasy.

### **What went well?**

It all went well ! We were very pleased with the numbers attending the parents meeting and the quality of discussion at it. The meeting really met parents needs well and obviously opened the subject well for parents to start discussing what was happening in school with their children. The response from the teaching staff was fantastic . All really positive and all staff expressed the feeling that they are 100% more confident about teaching SRE now. All staff found observing and working alongside Kate really helpful. When children were asked questions 26 and 27 from the SHEU survey again 60% of children said they would be happy to talk to teachers and 85% said their parents. In response to question 27 80% were now sure a very pleasing response.

### **The work in the words of those who took part.**

Teachers and support staff- The resources were excellent  
It gave me tremendous confidence to go ahead and have a go myself.  
It was well structured and Kates delivery was excellent.  
It was age appropriate clear and well explained.

Parent- It was good because it was informative and the children came home and talked about it they really enjoyed it.

Pupils- It was easy to talk about things I wasn't sure of .  
It was fun and interesting.  
I liked bathing the babies.  
I learn't a lot of stuff I didn't know before.  
I am not afraid to ask questions about this now and I know who to talk to.

### **Where are you going next?**

We will sustain the work by including it in our PSHE scheme of work and monitoring it yearly by including it on our PSHE action plan. We will continue it by taking part in a further Christopher Winter project about Drugs education.