

Relationships and Health Education Curriculum



Subject Leader: Caroline Pecora

Rode Heath Primary School

Intent

The intent of our RSE curriculum is to prepare all our children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. The aim is to equip each child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. Our curriculum reflects life in the 21st century, so that it is relevant for children today.

Teaching about mental wellbeing is central to these subjects, especially as a priority is children's happiness. We know that children and young people are increasingly experiencing challenges, and that young people are at particular risk of feeling lonely. Our RSE will give them the knowledge and capability to take care of themselves and receive support if problems arise.

Implementation

At Rode Heath Primary School, we have opted to teach the Relationships Education and Health Education aspect of RSE (not the Relationships and Sex Education aspect of the subject – as we feel the relevant aspects of this for our school children such as understanding growth and puberty are covered sufficiently in other curriculum areas such as Science etc).

Relationships Education and Health Education forms part of our Rode Heath Hearts and Minds curriculum (incorporating: Equality and Diversity, RSE, safeguarding, anti-bullying, mental wellbeing, British Values and PSHE. Furthermore, Biological aspects of SRE are taught within the science curriculum, and other aspects are included in P.E., Computing - e-safety or other relevant areas of the curriculum such as the 'Cooking and Nutrition' area of Design and Technology).

Some of the resources we utilise are: 'MyHappyMind' (<https://myhappymind.org/>) understanding our minds and managing our mental health; 'No Outsiders' (<https://no-outsiders.com/>) to explore themes of equality and diversity; Eaware (<https://www.eaware.co.uk/>) for E-safety; and 'The Christopher Winter Project' (<https://www.sexeducationforum.org.uk/about/partners/cwp-resources>) to aid teaching some aspects of health, such as keeping clean and puberty, and relationships, such as respectful relationships and keeping safe.

Impact

Due to the nature of this subject, it is not appropriate to assess through formal written assessment. Consultation with a selection of children from each year group will be carried out throughout the year to ascertain their level of understanding and need.

*See our Hearts and Minds Curriculum for more specific details about what will be taught when with each year group.