

Holy Family RC Primary School: RSHE and PSHE

John 15:12: My command is this: Love each other as I have loved you.

<p>Aim</p>	<p>The DfE guidance states that “children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way”.</p> <p>We aim to teach PSHE (personal, Social Health and Economic Education) and RSHE (Relationship, Health and Sexual Education) to our children to enable them to become healthy, happy, confident, safe independent and responsible members of society who are able to build and sustain healthy and positive relationships. We strive to ensure that all children grow in confidence as Christian people and become informed, thoughtful, responsible, mentally healthy and understanding people. We teach our children to act with kindness and follow our Mission Statement “We live, learn and love in His way.” In this way we prepare our pupils for adulthood.</p>
<p>Overview</p>	<p>At Holy Family we use a variety of resources and schemes which are carefully structured to ensure that knowledge and skills are built upon year on year. RSHE and PSHE is taught through Life to the Full, Life Savers, My Happy Mind and First Aid Training (St John’s Ambulance). Following consultation with parents, Sex Education is taught in Year 6. Safety is taught throughout the year through Life to the Full, PSHE and the computing curriculum, however in addition to this in the Summer Term we hold Safety Events and invite guests to speak to the children to teach them how to keep safe. PHSE has many links with other subjects such as PE. These links offer pupils the opportunity to make connections in their learning, while supporting their physical and mental well-being.</p>
<p>Implementation</p>	<p>We use a variety of carefully planned and structured resources to engage and teach the children different aspects of the PSHE and RSHE curriculum. Children are encouraged to discuss and debate topics to help develop their critical thinking skills whilst developing a greater understanding. Learning is recorded in the class floor books.</p> <p>Life to the Full is taught in 3 main Modules:</p> <ol style="list-style-type: none"> 1. Created and Loved by God: This includes- Me, My Body, My Health, Emotional Well-Being and Life Cycles 2. Created to Love Others: This includes – Personal Relationships and Keeping Safe 3. Created to Live in Community: This includes – Living in the Wider World. <p>My Happy Mind is taught in 5 modules:</p> <ol style="list-style-type: none"> 1. Meet your Brain – understanding how our brain works and how to ensure we look after it so that we can manage our emotions and be at our best. 2. Celebrate – Understanding your unique character strengths and learning to celebrate them. 3. Appreciate – Understanding why Gratitude matters and how you can develop gratitude as a habit. 4. Relate – Understanding why positive relationships matter and how to build them. 5. Engage – How to set meaningful goals that matter and how to keep resilient in times of challenge. <p>Life Savers – is taught through 5 Big Questions from the EYFS to Year 6.</p> <ol style="list-style-type: none"> 1. Where does money come from? 2. How does money make us feel? 3. What can we use money for? 4. How does money help other people? 5. How can we look after our money? <p>Basic First Aid – St John’s Ambulance KS1 – How to call for help. Year 3 – Bites and Stings Year 4 – Asthma Year 5- Bleeding Year 6 – Choking and Basic Life Support.</p>
<p>EYFS</p>	<p>RSHE and PSHE are interwoven throughout the curriculum in the EYFS in addition to stand alone lessons. These stand-alone lessons are supported by Life to the Full, Think Equal and Life Savers. Through the curriculum we aim to increase each child’s awareness of self and those around them whilst supporting them to build strong friendships with their peers. They will be taught how to keep themselves safe and begin to understand the importance of looking after our bodies, for example brushing our teeth.</p>
<p>KS1</p>	<p>KS1 continues to build on the foundations laid by the EYFS. The children will begin to understand the important aspects of healthy relationships, keeping safe and aspects of the wider community. They will recognise different emotions and begin to develop strategies to manage their emotions. Through the Life Savers programme they will become aware of money, their own needs and wants as well as possible jobs and careers with regards to living in the wider world.</p>
<p>KS2</p>	<p>KS2 continues to build on previous learning. Through the curriculum children will continue to develop their self-awareness, understanding of their emotions and strategies to promote good mental health. They will understand</p>

	the need for healthy living, keeping safe and making healthy choices. Whilst learning about the community, local, national and global, they will understand that everyone has a part to play and that by working together we can improve our world. KS2 children will also be taught basic first aid.
Impact	By the end of Year 6 we aim to fully equip our children to make good life choices based on the knowledge and skills that they have gained through the RSHE and PSHE curriculum. They will know how to be both mentally and physically healthy and know how to keep safe. They will recognise the need for healthy relationships and be equipped to become independent, responsible and caring members of society.