



RSHE

Intent:

At Peacehaven Heights Primary School, relationships, social, health and economic (RSHE) education enables our children to become healthy, independent and responsible members of a society.

The intent of our RSHE curriculum is to deliver a curriculum which is accessible to all and that will maximise the outcomes for every child so that they know more, remember more and understand more. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. It also develops their understanding of the importance of family life, enables pupils to explore the complexity of the relationships they will have both now and throughout their lives while developing respect, love and care for others.

We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

The aims of our RSHE curriculum are to develop pupils who:

- Appreciate and value each child's contribution and celebrate their own and one another's achievements.
- Lead a healthy lifestyle which is achieved by eating sensibly, being aware of the dangers of drugs, smoking and alcohol and exercising regularly;

- Show respect, good manners, and compassion for others.
- Know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way.
- Follow the values and morals in our school ethos.
- Have the self-belief, confidence and will-power to achieve their academic potential, and leave school equipped with skills they will need throughout later life.
- Are able to access age appropriate information, explore attitudes and values and develop skills in order to empower them to make positive decisions about their health-related behaviour.
- Are prepared and able to make a meaningful contribution to life in the diverse society of Modern Britain.

Implementation:

RSHE at Peacehaven Heights Primary School follows a clear and comprehensive scheme of work in line with the National Curriculum. The scheme is divided into six units which run from nursery all the way up to Year Six. These are named:

- Being Me In My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

We also use a range of other strategies to help reinforce learning in RSHE. These include:

- **The Wider Curriculum**

All subjects make a link to PSHE, BV, SMSC and the language is used consistently by all staff.

- **Displays across school**

PSHE, BV and SMSC displays throughout school reinforce the RSHE curriculum enabling children to make links. For example, our Random Acts of Kindness display encourages children to complete altruistic acts and then share their experiences in assembly.

- **Assemblies**

Whole school, Key Stage and class assemblies always make a link to PSHE, British Values and SMSC.

- **Projects**

Projects such as our '50 things to do before you're 11 and 3/4' help the children to connect with nature and their community while developing positive morals, values and a compassionate attitude.

Impact:

- Through our effective RSHE programme we can tackle barriers to learning, raise aspirations, and improve the life chances of the most vulnerable and disadvantaged children.
- Children will demonstrate a healthy outlook towards school – attendance will be in-line with national expectations and behaviour will be good.
- Children will be able to develop respectful, empathetic and meaningful relationships with their peers.
- Pre and post assessment activities and reflection sheets demonstrate the progression of knowledge, skills and understanding.
- Children will become healthy and responsible members of society.
- Children will be on a journey which will prepare them for life and work in modern Britain.