

RSHE at St Nicholas C.E Primary Academy

Within the love of God, at St Nicholas C.E Primary Academy, our RSHE (Relationships, Sex, Health and Economic) curriculum aims to teach and help our children to grow and develop in confidence personally and socially, as well as understanding what it means to be a member of an increasingly diverse society. They will learn about their rights and responsibilities as children. They will also learn how to take responsibility for their own actions and make informed choices about subjects such as health and well-being, understanding relationships, money and living in the wider world. Children will develop a sense of self-worth and high expectations for their future through a range of lesson tasks and activities, and contributing to whole school life.

“Be yourself: everybody else is taken.”

Oscar Wilde

Our Aims and Purpose

It is our aim that our pupils will leave St Nicholas CE Primary Academy at the end of KS2 with the knowledge, skills and attributes they need to flourish in their lives both now and in the future; this will enable them to stay ‘healthy and safe’, as they continue their educational journey.

Implementation

- Adults in school will act as role models in the classroom and around school by following our school values.
- Collective Worship will have a focused value for each term.
- Weekly Collective Worship resources from Picture News will have a FBV and UN Rights of the Child link.
- Weekly RSHE lessons will create an environment that allows children to grow in confidence so that they feel safe to share their thoughts and feelings.
- Links will be made between taught content in RSHE and other subjects.
- Visitors will be used to enhance learning experiences starting with the Dojo pack they receive upon arrival.



The fundamentals

- A well-balanced curriculum which revisits skills/feelings/themes.
- A focus on well-being. (Soul health well-being board, RSHE floor books, RSHE boards)
- Explicit teaching of RSHE vocabulary.

Planning

We use Twinkl resources to deliver the PSHE Association Planning and teach the skills required. Class teachers follow a blend of videos, techniques and resources to approach the topics and enable pupils to understand key knowledge & vocabulary appropriate to their age and stage of learning. A range of skills are developed in the process which enable all pupils to make informed decisions about personal, social, health and economic life choices as well as how to understand what a healthy relationship is. Lessons will include discussion, debate, drama, role play, decision making.

Key strategies

- Termly school value Collective Worship
- Picture News - Class CW
- Visiting speakers
- School Values – Love, Unity, Curiosity, Hope, Integrity
- Key themes - Health and Wellbeing / Relationships / Living in the wider world

Cross - curricular Opportunities in RSHE

Science

PE

Computing

RE

History

English topics

Collective Worship

