



St Thomas More Relationships and Health Education (RHE) Policy

INTRODUCTION

At St Thomas More RC Primary School, we believe that Relationships & Health Education (RHE) and Personal, Social, Health and Economic (PSHE) education enables our children to become healthy, independent and responsible members of society. 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. RHE and PSHE is at the heart of our school and central to all areas of the curriculum both taught and hidden.

At St. Thomas More School we take very seriously the responsibility that schools have through the **National Curriculum** (2013) to provide a broad and balanced curriculum which:-

- Promotes the spiritual, moral, cultural, mental, emotional, social and physical development of pupils at the school and in society.
- Prepares pupils for the opportunities, responsibilities and experiences of adult life.
- Acknowledges and informs pupils about their rights as children and their responsibility for the rights of other under the United National Convention on the Rights of the Child. (National Curriculum 2013 sections 2.1, 2.5)

We also recognise the role that RHE and PSHE has in helping to ensure the safeguarding of all our children. In line with **Keeping Children Safe in Education** our children are taught about safeguarding, including online safety, in discrete RHE and PSHE lessons, assemblies and as part of our broad and balanced curriculum. (Keeping Children Safe in Education 2022 part 2, 129)

DEFINITION

RHE is concerned with the total well-being and safeguarding of the individual taking into consideration:

- Mental, emotional and physical well-being.
- The responsibility of the individual towards others and the environment.
- The education and understanding of the mental, physical, emotional, spiritual, environmental, cultural and social influences that shape the community and the interactions of individuals within it.
- Supporting children to have a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions
- An holistic model of personal and social development which encourages the making of healthy choices.

Our programme of study links directly with the DfE Statutory Guidance 'Relationships Education, Relationships & Sex Education and Health Education (2019).

Within Relationships and Sex Education we explore:

- Families and People Who Care For Me
- Caring Friendships
- Respectful Relationships
- Online Relationships
- Being Safe

Further information on this can be found in our Relationships and Sex Education Policy (see policies section of school Website).

Within Health Education we explore:

- Mental Well Being
- Internet Safety and Harms
- Physical Health & Fitness
- Healthy Eating
- Drugs, Alcohol and Tobacco
- Health & Prevention

- Basic First Aid
- Changing Adolescent Body

PSHE is a non-statutory subject where schools are encouraged to create their own programme of study which reflects the needs of their pupils. We ensure this programme supports the teaching of an understanding of risk and how to make informed and safe decisions, drugs education, financial education, sex and relationships education and the importance of physical activity and diet for a healthy lifestyle.

MANAGEMENT

There is a designated RHE Coordinator to oversee the planning in the school. The coordinator is responsible for informing staff about new developments and, where appropriate, for organising and providing appropriate training. The coordinator will advise colleagues on resources to aid planning and to use in the classrooms including visits and visitors. A central resource area and online resource bank will continue to be developed and maintained giving easy access to core resources. The coordinator will monitor the curriculum and will report to the Headteacher annually on progress with regard to the school's development plan.

TEACHING AND LEARNING

We teach RHE discretely where appropriate but find ways to include it in the teaching of other subjects too such as Science and PE and in particular there is a large overlap with our Religious Education.

Our school teaches RHE and PSHE by focussing on a range of areas which link to the Relationships and Sex Education and Health Education Areas above. See also Appendix A: Long Term PSHE Plan.

Gospel Virtues will also form a central role in the life of the school and the RHE and PSHE curriculum where a different pair of virtues is looked at each term from a cycle of virtues published by Birmingham Diocese.

The **British Values** of democracy, rule of law, individual liberty, mutual respect and tolerance of those with different faiths and beliefs are embedded into the ethos of our school and taught on a rolling programme through the year as part of PSHE and assemblies. (See Teaching British Values at St Thomas More Statement in policies section of School website)

Protected Characteristics are also central to our curriculum. For children in YR to Y6 we explore picture books throughout the year and use them as stimuli to help children understand diversity and inclusion. Some lessons broadly explore the idea of difference whereas other lessons link to different protected characteristics such as disability and race. Not every characteristic is taught in every year group, and when it is it is age appropriate and in line with our Catholic teachings of loving one another as Jesus taught us to.

Through our **School Council** we encourage our children to take part in activities which promote active citizenship such as fundraising, lunchtime jobs, and the opportunity to make choices which impact the school.

Activities will be planned according to the different levels of children's skills and previous knowledge. A range of teaching and learning strategies will be used in the delivery of this policy. These will include:-

- circle time and class discussion,
- imaginative writing
- reflection, sharing and showing
- role play and drama
- the use of film clips & IT
- visits and visitors where appropriate (eg health worker, firefighters, police, community representatives)
- class lesson time
- peer education
- structured group work
- play and games

Differentiation and progression will be ensured by a variety of approaches including:

- the same activity but different expectations of outcome
- the same theme but different levels of input
- allowing for different pace of working
- different groupings of children
- developing different modules of work at different times of the year for different abilities

See our RHE Skills ladder for further detail of progression of skills (curriculum information section of school website).

We use a range of resources. Mostly, teachers use the Catholic Ten Ten Life the Full programme as the basis for our Relationships & Sex Education and Health Education. This is further supplemented by resources from the PSHE Association on Mental Health, CWP Drugs and Alcohol Education, book-led lessons as well as others.

EARLY YEARS

RHE in the Early Years comes under the umbrella of Personal, Social and Emotional Development in the EYFS framework; one of the seven areas of learning. Successful personal, social and emotional development is critical for very young children in all aspects of their lives and gives them the best opportunity for success in all areas of learning.

This area of learning is about emotional well-being, knowing who you are and where you fit in and feeling good about yourself. It is also about developing respect for others, social competence and a positive disposition to learn.

At St. Thomas More, much of children's Personal, Social and Emotional development is done continuously through talking and interacting with children. However, all children in the Early Years take part in circle time sessions and follow regular RHE lessons using the Ten Ten Programme. Picture books are also used as an additional resource.

ASSESSMENT

The assessment of RHE will take place in all curriculum areas through ongoing observations and class records are kept recording progress in RHE skills using the school system for foundation subjects which is updated termly. Children do not have their own RHE exercise books as so much of the work is completed orally and collaboratively, instead each class has a RHE learning journey which keeps a record of the learning.

EQUAL OPPORTUNITIES

RHE follows the Equal Opportunities Policy. See above for further information on our teaching of Protected Characteristics.

POLICIES LINKED TO THIS POLICY

Safeguarding Policy
 Religious Education Policy
 Sex and Relationships Policy
 Equal Opportunities Policy
 Behaviour Policy

Designated Teacher: Helen Skertchly

Appendix A

RHE & PSHE Long Term Plan Updated November 2023

<p>PSHE Autumn Terms 1&2</p>	<p>RELATIONSHIPS SEX EDUCATION & HEALTH EDUCATION TEN TEN LIFE TO THE FULL (3-5 lessons)</p> <p>Diversity & understanding & responding to protected characteristics (2 lessons)</p> <p>GOSPEL VIRTUES: Autumn 1 2023: Grateful & Generous Autumn 2 2023: Attentive & Discerning</p> <p>BRITISH VALUES: Autumn 1: Rule of Law Autumn 2: Individual Liberty</p> <p>SAFEGUARDING: INTERNET SAFETY (RE-STATE EXPECTATIONS & SIGN PUPIL AGREEMENT)</p> <p>ANTI- BULLYING WEEK and MULTI-FAITH WEEK (NOVEMBER)</p> <p>MENTAL WELL BEING</p>
<p>PSHE Spring Terms 3&4</p>	<p>RELATIONSHIPS SEX EDUCATION & HEALTH EDUCATION TEN TEN LIFE TO THE FULL (3-5 lessons)</p> <p>Diversity & understanding & responding to protected characteristics (2 lessons)</p> <p>GOSPEL VIRTUES: Spring 1 2024: Compassionate & Loving Spring 2 2024: Faith-filled & Hopeful</p> <p>BRITISH VALUES: Spring 1: Mutual Respect Spring 2: Tolerance of those with different faiths & beliefs</p> <p>SAFEGUARDING: INTERNET SAFETY ON SAFER INTERNET DAY (FEBRUARY)</p> <p>HEALTHY ME (Physical Health & Fitness, Healthy Eating, Health Prevention & Basic First Aid)</p>
<p>PSHE Summer Terms 5&6</p>	<p>RELATIONSHIPS SEX EDUCATION & HEALTH EDUCATION TEN TEN LIFE TO THE FULL (3-5 lessons)</p> <p>Diversity & understanding & responding to protected characteristics (2 lessons)</p> <p>GOSPEL VIRTUES: Summer 1 2024: Eloquent & Truthful Summer 2 2024: Learned & Wise</p> <p>BRITISH VALUES: Summer 1: Democracy Summer 2: Recap all British Values</p> <p>DRUGS EDUCATION (cwp resources)</p> <p>ECONOMIC EDUCATION – MONEY & CAREERS (Ten Ten resources)</p>