

# Relationships and Health Education (RHE)

## Intent

The curriculum intent for RHE is firmly rooted in our school desire to give all children strong foundations from which they may become **successful, independent learners for life** and is centred around our school values of **independence, co-operation, respect, responsibility, resilience and ambition**.

Parklands recognises that for children to understand the world around them, they need to first understand themselves. To embrace the challenges of creating a happy and successful adult life, pupils are given the opportunities to acquire the knowledge that will enable them to make informed decisions about their well-being, health and relationships and to build their self-efficacy. Children are given high quality, evidence-based and age-appropriate teaching to help prepare pupils for the opportunities, responsibilities, and experiences of adult life. Lessons also aim to promote the spiritual, moral, social, cultural, mental and physical development of pupils at school and in society.

## Implementation

- The overview is linked to the school values, PSHE education and focus weeks
- Certain topics are taught discretely such as Sex Education.
- The Christopher Winter Project is used to teach Relationships and Sex Education
- Parents have the right to withdraw from Sex Education lessons.
- All children will be taught the relationship and health aspects of the curriculum.
- Relationships are taught all day every day and strong positive relationships are modelled and developed throughout the school and wider community.
- External visitors including the school health team support the teaching of RSE education.

## Impact

By the time our pupils leave Parklands, they

- Have positive, healthy relationships with their peers and can manage social conflicts positively.
- Have the skills to listen, show empathy and discuss relationships and their health.
- Are able to make healthy choices.
- Know where and how to get help when needed.
- Have respect for themselves and positive self-esteem.

