

Bow Community Primary School RSHE Vision Statement



At Bow Community Primary School, personal, social and health education (RSHE) enables our children to become healthy, independent and responsible members of a 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. 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.

Skills

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

- Are drug, alcohol and tobacco aware
- Have basic First Aid Skills
- Support others with disabilities
- Care for their own and other's physical and mental health and wellbeing
- Keep safe and manage risk
- Understand their identity, where they fit into society and understand equality
- Consider careers, financial capability and economic wellbeing

Implementation

At Bow, we deliver the RSHE curriculum by utilising first hand experience and sharing good practice. However, we are aware that the delivered curriculum must reflect the needs of our pupils. We expect teachers to use our RSHE programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. We believe that the purpose of RSHE education is to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and the statutory guidance on: drug education, financial education, citizenship, personal safety, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle.

At Bow, we believe that RSHE plays a vital part of primary education and needs to be taught every term, over the course of 6 weeks – plus one week of SRE every term. This enables staff to ensure full coverage of RSHE and RSE curriculum in their year group. There are always occasions where teachers may feel it necessary to teach RSHE as a result of an issue that has arisen in their own class. As well as this, the school places high importance on the children's mental health and well-being and each class has a weekly session on mindfulness – named 'Mindfulness Mondays'. RSHE is integral to the development of children values in order for them to become a positive citizen in a forever-changing community. RSHE is an important part of school assemblies where children's spiritual, moral, social and cultural curiosity is stimulated, challenged and nurtured.

In KS1, we begin by learning about what we put in our bodies and how it affect us, leading onto what medicines are and how to keep ourselves safe around them. We learn about the different types of food and how they are associated with different cultures, special occasions and festivals. This leads onto healthy eating and the importance of physical activity, health and sleep. Furthermore, understanding what safe adults are, how to keep safe in a fire and

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learning how to keep safe outdoors. We begin teaching children about careers and employability earlier on through.

Relationships and sex education – we use the CWP scheme which contains everything a school needs to deliver a comprehensive programme of **RSE** Education, including schemes of work, lessons plans and exciting teaching materials. *Teaching RSE with Confidence in Primary Schools* reflects recent developments in PSHE and the Statutory Guidance for Relationships Education, RSE and Health Education, including looking at LGBTQ.

CWP Curriculum Overview:

<https://cwpresources.co.uk/downloads/resources/RSE%20Primary%20Curriculum%20Overview%20-%20SAMPLE.pdf>

Impact

Our children are encouraged to answer questions, listen to different views/opinions, and develop a greater understanding about the world around them and how to keep themselves safe. RHSE provides children with the opportunity to grow into responsible adults, it takes into account the diverse society we live in by gaining a deeper understand of different backgrounds, faiths and religions. Our RSHE curriculum provides every child with the possibility to learn skills that will shape their future as they transition into secondary school and later in adult life.