



Relationships and Health Education (R.H.E.) at Harvills Hawthorn

Intention

P.S.H.E. (Personal, Social, Health and Economic) education is a crucial part of a child's education. It gives children access to critical information about themselves and the many facets of the diverse world around them.

At Harvills Hawthorn Primary School, we provide a specifically tailored curriculum that is both broad and balanced, and meets the unique context of our school. We aim to promote children's knowledge, self-esteem, emotional wellbeing and resilience, and to help them to form and maintain worthwhile and positive relationships.

Children will be taught to have respect for themselves, and for others, within our local, national and global communities. We aim to develop key character skills, including decision making, informed risk taking, good communication, and self-regulation strategies. We encourage the exploration of, and respect for, values held by different cultures and groups within our local community, and promote the development of positive attitudes. We encourage honesty and respect in all relationships, and nurture sensitivity to the needs and feelings of others.

We aim to enable children to develop a deepening knowledge of their health and wellbeing, including their mental and physical health. We aim to equip children and young people with information, skills and values to understand and to be able to cope with the physical and emotional changes that happen during puberty. The information provided will be relevant and appropriate to the age and maturity of pupils. At Harvills Hawthorn, we aim to prepare children adequately for adult life - including decisions, responsibilities, experiences and opportunities- and to allow children to develop fully as emotional mature human beings.

Implementation

At Harvills Hawthorn Primary School, we pride ourselves on the consistent approach to teaching and learning that can be observed across all phases of school. This is achieved through our commitment to cutting edge, research-based CPD in addition to quality-first teaching on a daily basis. Expectations of staff and pupils are high, resulting in good or outstanding progress in all phases. There is a universal understanding of what great teaching, learning and assessment should entail. These strategies are consistently used throughout school and it is the expectation of leadership that all lessons will include a variety of these to enable learners to reach



their full potential. Active learning is essential in all aspects of the lesson. All staff use the same terminology so that learners develop a knowledge and understanding of the different ways they learn.

At Harvills, we believe great teaching, learning and assessment must include the following:

- Understanding the Content
- Creating a Supportive Environment
- Maximising Opportunities to Learn
- Activating Hard Thinking (building ratio)

We are working hard to promote our pupils' English and ensure that they all achieve to the very best of their ability. Pupils are encouraged to read widely and often. English is fundamental to all subjects. Consequently, we believe that all stakeholders have a role to play in supporting and developing our pupils' English skills to ensure they can communicate effectively in today's society. All children are expected to follow our school's non-negotiables for presentation. This includes a focus on learning to write in the cursive script.

Our overall curriculum is designed to support the pastoral education for our pupils as well as the academic outcomes. Through the use of 1Decision, our curriculum covers the two core R.H.E. themes: Health and Well-being and Relationships. We use the curriculum overview for each year group to plan and deliver weekly lessons, supported by a variety of resources, including video clips, which support children to consider the consequences of decisions that they make.

In addition, there are occasions where teachers feel it may be necessary to teach R.H.E. as a result of an issue arising in their own class. Children build on key knowledge, language and meanings in order to understand R.H.E. and its use across the wider curriculum. Whole school and class assemblies make links to R.H.E. topics and British Values.

RHE Modules Delivered through 1Decision

- Relationships
- Growing and Changing
- Feelings and Emotions
- Computer Safety



R.H.E. content

Relationships	
Year 1 – Year 3	The Relationships module helps pupils to explore and understand a range of feelings, how feelings can be communicated without words and the importance of caring about other people's feelings. The topics in this module help pupils to understand situations from another person's point of view. Pupils will explore different types of relationships and, from this, they will gain an understanding of healthy and unhealthy relationships. They will also learn how to seek help and support if they feel uncomfortable in a relationship.
Growing and Changing	
Year 4 – Year 6	The Growing and Changing module covers the expected statutory content for SRE (sex and relationships education). Within this module, pupils will have the opportunity to look at how we change and grow, including how we grow at different rates. Following on from the Year 1-3 Relationships module, pupils will continue to look at healthy and unhealthy relationships and will be provided with information on how to seek help if they feel worried or scared about a particular relationship they have with someone. This module also includes informative animations on puberty and conception.
Feelings and Emotions	
Year 1 – Year 3	The Feelings and Emotions module supports teachers to explore mindfulness. Pupils have the opportunity to recognise and name a range of emotions and develop an understanding of their physical effects, distinguishing between those that feel pleasant and those that feel unpleasant or uncomfortable. Pupils will acquire a range of strategies for managing unpleasant/uncomfortable emotions and be able to apply these in real-world scenarios. This module also offers a range of relaxation recordings that can be used to help pupils manage their feelings.
Year 4 – Year 6	Building on the Year 1-3 Feelings and Emotions module, this module allows children to explore their own feelings further, as well as the feelings of those around them. Within the topics, there are many opportunities to help pupils gain the skills to manage their emotions positively and to understand how and where to seek help if needed. This module offers a range of relaxation recordings that can be used if required.



Computer Safety	
Year 1 – Year 3	The Computer Safety module helps pupils to understand the golden rules for staying safe online, how their online activity can affect others, and how to identify other positive and negative aspects of using technology. Pupils will explore the potential outcomes for online bullying, sharing images, and making friends online with people who they do not know. They will also be introduced to a supporting network of helpful organisations. This module includes a documentary about staying safe online.
Year 4 – Year 6	The Year 4-6 Computer Safety module offers the perfect opportunity for pupils to deepen their understanding of the negative and positive aspects of using computers and being online, including laws that have been created to protect us. Throughout this module, pupils will gain the skills and knowledge to enable them to cope in the media generation. The video topics cover image sharing, online bullying, and making friends online.

Impact

Our pupils will become healthy and responsible members of society, equipped with the knowledge and skills to make the right choices in society. They will demonstrate and apply the British Values of Democracy, Tolerance, Mutual Respect, Rule of Law and Liberty, alongside our school values. We want our pupil to display a healthy outlook towards school and their learning, to enable good attendance and achieve age related expectations. Our pupils will be on a journey that is preparing them for life and work in modern Britain.