

Church Hill School RSE AND HEALTH EDUCATION Curriculum Intent

Wellbeing

We believe fostering positive mental health and wellbeing is the foundation for all learning and growth. Our curriculum, including the 'hidden curriculum' of school culture, supports all pupils to develop a positive self-image and equips them with the knowledge and skills they need to look after their mental and physical health. At Brunswick Park, good relationships are fundamental to our ethos and our success in being a happy, caring and safe school.

Respectful

Friendly

Determined

Kind

Courageous

Tolerant

Playful and Enquiry Led

Rigorous

Ambitious for all

Vocabulary and Experience Rich

Learn to Learn

Expert

So that **all** pupils:

Develop positive values and a moral framework that guides pupils' decisions, judgements and behaviour.

Have the confidence and self-esteem to value themselves and others.

Recognise when a situation is unsafe and are supported to develop an understanding of their personal boundaries and those of others.

Understand the processes of puberty, conception and birth.

So that **all** pupils:

Develop positive, trusting relationships with all adults in the school and with each other.

Know what healthy and respectful relationships look like at school, home and in the wider community.

Understand the importance of family life for all and in the development of a child.

To have the strategies to positively manage periods of change and transition.

So that **all** pupils:

Understand and value the fact that people hold a wide range of beliefs and views.

Know that discrimination against others due to their views, beliefs or life choices is never right and to be able to challenge this appropriately.

Have the opportunity to talk in a considered way about their own beliefs and values, and those of others.

Know how to keep themselves safe online.

So that **all** pupils:

Develop a culture of speaking up and speaking out so that children's voices are heard and valued.

Have the vocabulary, emotional literacy and confidence to express their emotions and views in a positive way.

Know how to look after both their medical and physical health.

Are assertive in situations where they are being pressured by others, and know and use strategies to resist that pressure.

So that **all** pupils:

Are equipped with the tools that they need to face difficulties and challenges that may have a detrimental impact on their physical and mental health.

Know how important it is to seek support, and identify trusted people who can provide this for them.

So that **all** pupils:

Develop an understanding of themselves, and also an understanding of the importance of including and respecting others.

Recognise that all actions have consequences and that they must behave responsibly within all relationships.

Know and understand the importance of the core British Values of: democracy, rule of law, respect, tolerance and individual liberty and relate these to their lives both inside and outside of school.

We support our children to be the best versions of themselves and positive members of our local and wider community. We want parents to be well informed about our RSE and Health Education curriculum and the wider wellbeing work of the school so we include regular information in our parent newsletter and on our website, Tapestry and Class Dojo. We want parents to feel that we know and understand their families, and provide support to parents through challenges that they face (e.g. bereavement, illness, food insecurity, housing difficulties and parenting) so that they are in turn in a position to best support their child.