



Relationships, Sex and Health Education (RSHE) St Luke's

Intent

St. Luke's School's approach to Relationship, Sex and Health Education (RSHE) follows that of the Church of England Education Office in that it seeks to be faith-sensitive and inclusive. It is underpinned by two key Biblical passages:

"So God created humankind in his image, in the image of God he created them"
(Genesis 2:7)

"I have come in order that you might have life - life in all its fullness"
(John 10:10)

At St. Luke's our RSHE lessons meet both the relationships and health education outcomes as well as, some of the broader PSHE outcomes. They also provide an environment that encourages the development of an active culture of justice and kindness, where everyone (regardless of background) is treated with dignity, respect and warmth.

RSHE inspires the pupils to be compassionate and to make ethical choices, becoming agents for change within their own environment and further afield. Our RSHE lessons also encourage the development of a growth mindset, resilience and good mental health and well-being. They enable pupils to recognise risks and report concerns.

Within the RSHE curriculum children develop an understanding of the schools Christian vision and values as well as developing an understanding of the fundamental British values: self and identity, respect and tolerance, democracy, the rule of law and individual liberty.

Implementation

St Luke's Primary School is a Voluntary Aided Church of England school. The Governors have adopted aspects of the Goodness and Mercy Curriculum, as endorsed by the Diocese of Bristol, alongside parts of the more established Jigsaw Curriculum.

RSHE in the EYFS is taught within the context of the 'Curiosity Approach' that emphasises a stimulating environment and is based upon child led, inquiry based learning which enhances confidence, critical thinking, and problem solving skills. This is supported by regular carpet/ circle time discussions.

At Key Stage 1 and 2, aspects of the Goodness and Mercy scheme of work are taught every week using a circle time approach, with pupils keeping a journal to record outcomes. Over time this enhances the personal, social, emotional and economic well-being and happiness



of our school community, it also supports children's mental health. Parts of the Jigsaw curriculum may also be used to reinforce key concepts, particularly in the final half term of the year where the 'Changing Me' unit helps our children to understand their bodies and how they change and mature.

Pupils are taught the rules and principles for keeping safe both in face to face relationships and online, including how to recognise risks and how to report concerns.

Core knowledge is broken down and communicated clearly to pupils in a carefully sequenced way, within a planned programme of lessons. Alongside this key vocabulary and debating skills are used to enable pupils to articulate their feelings and viewpoints, clearly and respectfully. RSHE helps to prepare St. Luke's pupils for the opportunities, responsibilities and experiences of adult life.

Impact

Our pupils are confident and happy. They are able to negotiate challenges effectively and positively and have developed the capacity to make decisions when facing risks and challenges. Children can recognise the characteristics of a secure and healthy family life and understand that other families may look different but are characterised by love and care. They can also recognise the importance of positive relationships and friendships and how these enrich their lives. Children can recognise if relationships on and offline are making them unhappy or unsafe that they can seek help. Children care and are respectful of others and know how to keep themselves safe. St. Luke's pupils are resilient and have strategies that help them maintain good mental and physical health. Pupils are prepared for the Secondary school RSHE curriculum.

Enrichment

Children at St. Luke's are given many enrichment opportunities as part of the wider RSHE Curriculum, some of these are noted below.

There is a daily act of Collective Worship which builds on St. Luke's Christian vision, values and aims. The school's values are: justice, respect, kindness, service and growth.

St. Luke's participates in several designated days/weeks, to supplement the core curriculum, for example Show Racism the Red Card Day and the Anti-bullying and Mental Health Weeks.

Pupils have opportunities to go on trips or visits related to the broader curriculum, which enhance the development of the RSHE outcomes, they also benefit from the input of visiting speakers. Three of the more regular opportunities involve training in debating skills by the Diocese of Chelmsford, exploring career opportunities with Tate and Lyle and a



residential, outdoor activity break at Stubbers Adventure Centre. All opportunities are recorded in the school newsletter.

St. Luke's has adopted Zones of Regulation as a whole school emotional well being indicator. Pupils throughout the school are familiar with Zones of Regulation language and check-ins and many are able to employ given strategies to enable them to self regulate. They are also able to advise their peers. Zones of Regulation is embedded in St. Luke's Behaviour Management Policy, which has restorative justice at its core and focuses on respect, forgiveness, trust and restoration. The school is also beginning to explore the well researched VIA '24 Character Strengths', which are inline with our school values and will enable our pupils to build greater levels of resilience. St. Luke also has an Emotional Literacy Support Assistant.

The Justice committee shares their RSHE knowledge with the whole school and contributes further to the development of the subject; they are currently focused on the Education4Change principles which challenges racism through conversation and curriculum and Gender Equality. An Eco Committee, Worship Ambassadors and our Young Carers also contribute to our RSHE outcomes.