

RSE & PSHE at Brougham Primary School

Our vision for RSE & PSHE (Intent):

The aims of relationships and sex education (RSE) at Brougham Primary School are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

At Brougham Primary School, we aim to prepare our pupils to cope with the physical and emotional challenges of growing up, and to give them an age appropriate understanding of human reproduction. Sex and relationships education will contribute to the requirements of the Education Reform Act 1988, i.e.

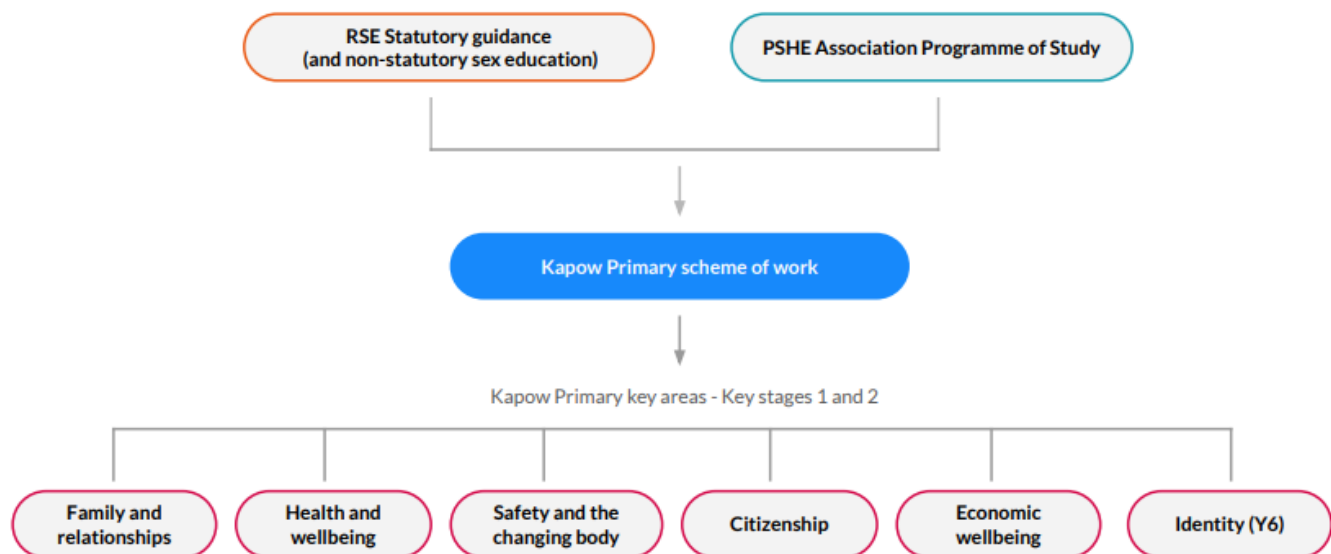
-Promote spiritual, moral, cultural, mental and physical development of pupils within the school and society;

- Prepare such pupils for the opportunities, responsibilities and experiences of adult life

We understand the importance of developing an awareness of their own wellbeing and the use of mindfulness in order to support both a healthy mind and healthy body. We will support children to develop life skills such as resilience, confidence, independence, resourcefulness and thinking for themselves. We will develop their knowledge of ways to keep themselves and others safe.

The RSE & PSHE curriculum at Brougham Primary School (Implementation):

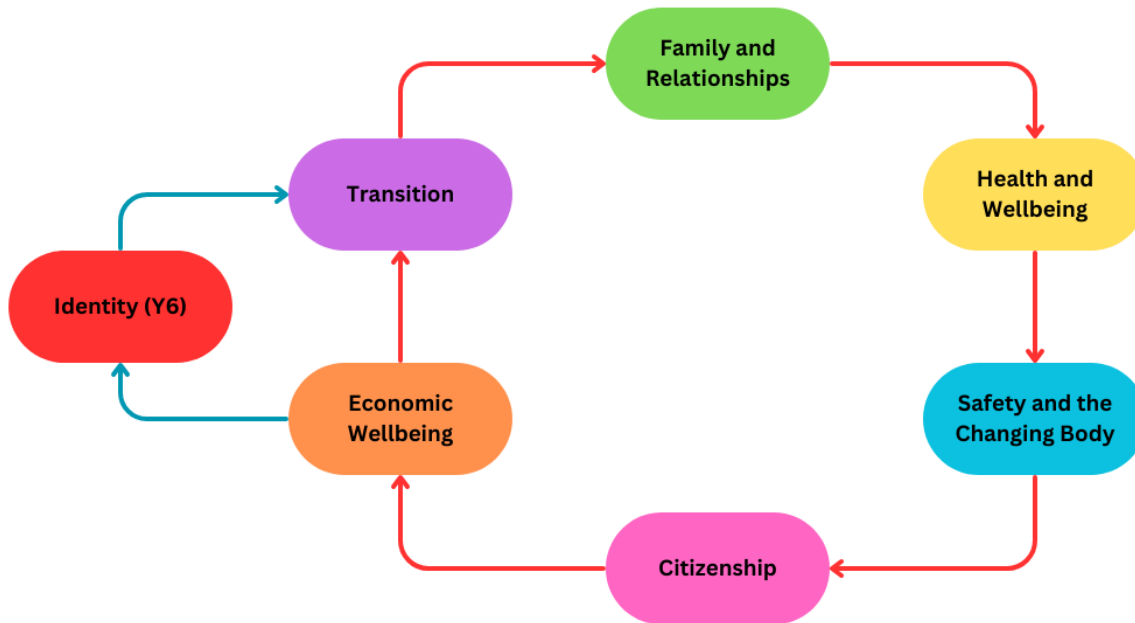
Following the Kapow Primary curriculum, RSE and PSHE at Brougham Primary School fulfils the statutory requirements for Relationships and Health Education set out by the Department for Education. It also fulfils the National Curriculum requirement to teach PSHE ('All schools should make provision for personal, social, health and economic education) and goes beyond the statutory requirements by referring to the PSHE Association Programme of Study. Taught in conjunction with our Computing curriculum, it also covers the government's Education for a Connected World -2020 edition framework.



RSE lessons are taught on a weekly basis and pupils revisit the five key areas throughout KS1 and KS2. Each time a key area is revisited, it is covered with greater depth and increasing maturity. Upon returning to each key area, prior knowledge is utilised so pupils can build on previous foundations, rather than starting again. Throughout the year, further emphasis is placed upon RSE and PSHE when we take part in World Mental Health Day and Children's Mental Health Week.

Whole School RSE & PSHE topics

Across the year, all year groups will cover the following topics in order, with the exception of year six, who will also learn about identity.



RSE & PSHE in the Early Years

Within the Early Years we support children to understand and manage their own emotions and recognise the emotions and feelings of others. We provide the children with warm, nurturing environments and build positive relationships, in which children feel safe to practise skills, set challenges and become confident in their own abilities as an individual. We support children through discussion and modelling how to develop friendships and appropriate ways to solve problems that may develop. We teach children resilience and how to tolerate delay through adult directed and child-initiated activities. Within our school we promote healthy eating and support children to manage their own personal hygiene including lessons on teeth brushing.

Enrichment

Annual events, such as World Mental Health Day, Children's Mental Health Week and Anti-Bullying Week are celebrated in school.

Termly cultural days are planned in to allow children to become familiar with different traditions.

Careers Day is planned in to allow children to dress as their future aspiration.

We have regular visitors in school, such as the fire brigade, the RNLI, PCSO, Police and a nurse to educate the children around safety and health.

We have a wellbeing club in school, which gives children the chance to become wellbeing ambassadors.

We regularly take part in annual events supporting local and national charities which develops children's citizenship.

We have a school pupil leadership team, who are voted for by the children. Children also take part in monthly class council meetings where they can express their opinions on school and make suggestions for improvements.

The impact of Brougham Primary School's RSE & PSHE Curriculum

