



## Intent, Implementation and Impact Statement for Relationships and Health Education (RHE)

### ***'I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL' – (Jn.10.10)***

At St Joseph's, our Relationships and Health Education (RHE) curriculum seeks to prepare children for the rich, diverse and sometimes difficult lives they face both in school and in the wider world. Through personal empowerment, we provide children with the knowledge and understanding that they are all made in the image and likeness of God, which underpins the approach to all education in our Catholic school. They are taught to show **empathy** and respect to thy neighbour, whilst also developing a profound sense of self-esteem, **confidence** and **resilience**. Through our curriculum, the children will learn how to recognise unhealthy relationships, protect themselves on line and are able to recognise and respond to the needs of our mental/physical health. Our children have the **hope** to seek appropriate support and safeguard themselves from difficulties, in an age-appropriate manner. Our flexible RHE curriculum is **inspired** by Ten:Ten, ensuring that it meets the statutory RHE guidance.

Ten:Ten is split into 3 key modules for all year groups:

#### *Module 1: Created and **Loved** by God*

- Me, my body and my health
- Emotional well-being
- Life cycles

#### *Module 2: Created to **Love** Others*

- Personal relationships
- Keeping safe

#### *Module 3: Created to Live in Community*

- Living in the wider world

In addition, through the teaching of Religious Education (RE) and Personal, Social, Health and Economic (PSHE) education, we also encourage a responsive curriculum, giving teachers the autonomy to recognise the needs of their class and **inspiring** them to plan supplementary lessons. These will give children the knowledge that will help and support them, growing their **faith** as they move throughout our school.



Intent	Implementation	Impact
<p>At St Joseph's, we support children with the development of their relationships and health through carefully planned and sequential RHE lessons. These lessons are embedded across our broad and balanced curriculum.</p> <p>Our lessons <b>inspire</b> children to:</p> <ul style="list-style-type: none"><li>• Develop <b>resilience</b> when building personal empowerment, reflecting upon their own relationships, health and emotions.</li><li>• Deepen their understanding of friendships and families, and explore how these can all be different. This allows children to build <b>empathy</b>.</li><li>• Build self-esteem and tackle barriers to learning, raising <b>aspirations</b> for our children.</li><li>• Give children the <b>confidence</b> to become critical thinkers, learning how their own choices and actions can have an impact on themselves and others.</li><li>• Have <b>high expectations</b>, recognising when they feel unsafe and where to ask for help when needed.</li></ul>	<p><b>Faith, Hope and Love</b> is rooted within our RHE curriculum, <b>inspiring</b> children to '<b>be the best they can be</b>'. As the children move through the school, their knowledge and understanding is supported by a clear progression in skills, built upon the previous year's learning outcomes. This ensures the content is age-appropriate and provides staff with the flexibility to respond to the children's individual needs and circumstances.</p> <p>In EYFS and Key Stage 1, the children begin by knowing that they are created individually and <b>loved</b> by God. Through our <b>faith</b>, the children understand different ways in which they can give thanks to God. They also begin to develop <b>high expectations</b> of those around them, understanding the importance of healthy relationships and can begin to articulate how they can build trust with one another.</p> <p>Our <b>aspirational</b> Key Stage 2 curriculum builds upon this knowledge, knowing that God cares for us and he wants us to put our <b>faith</b> in him. Children are exposed to the changes that will start to happen to their bodies, and whilst these are a little confusing at times, it's all part of God's plan. The children are also provided with opportunities to know that thankfulness builds <b>resilience</b>, deepening their understanding that their own feelings are not good guides for action. For example, envy.</p> <p>The lesson structure is consistent across the school, however the resources and activities provided for the children will vary depending on the age appropriateness. Each lesson will consist of a detailed lesson plan, a powerpoint presentation, opportunities for the children to have the <b>confidence</b> to talk about their own feelings and experiences, and will finish with a prayer. RHE lessons have their own specific place on the timetable and each module will be delivered over a</p>	<p>To be successful in our approach to teaching RHE at St Joseph's, we will regularly monitor the impact of our curriculum through the following:</p> <p><u>Pupil voice</u> We strive for excellence at St Joseph's, ensuring that every child is at the centre of all decision making. We want the children to be <b>aspirational</b> about this programme of study, making links between their learning, the wider world and the prayer life of the school. Through talking to the children, we are able to make adaptations to our curriculum, ensuring that the children consistently have <b>high expectations</b> of themselves.</p> <p><u>Well-being surveys</u> Using well-being surveys, we can gain a better insight to the <b>resilience</b> of our children, as well as their <b>empathy</b> and relationships with others. Results from the surveys are collated and teaching staff use these to inform future planning and classroom practice.</p> <p><u>Staff meetings</u> As well as <b>inspiring</b> our children to <b>REACH</b>, we also have incredibly <b>high expectations</b> of our staff. Staff are positive role models for our children and it's vital that we share good practice and provide CPD to ensure the children have the best possible start to their education.</p> <p><u>Book looks</u> Throughout their time at St Joseph's, the children will gain knowledge and understanding of their own <b>faith</b> and will <b>love</b> others as God would want us to, regardless of background or beliefs. With careful lesson planning and delivery to the highest standard, the children's own ideas are recorded in books to ensure that children have the opportunity for personal reflection and response.</p>



whole term. In addition to these discrete lessons, the RHE curriculum will be supplemented and enhanced by:

- The teaching of PSHE
- Citizenship skills
- GREAT DREAMs
- A robust RE curriculum
- PACE and Restorative Practice
- One to One support & Group Sessions

In response to our ever changing world around us, our programme is updated throughout the year. Where this has happened, parents are provided with updates and are given the necessary information to enable them to fully understand the content of our curriculum in our school.

#### Learning walks

By completing learning walks, as well as observing outside play, children develop the **confidence** to use subject specific vocabulary in their daily lives. Introducing peer mediators has improved the children's ability to resolve conflict, using restorative practice to move forward in their relationships with one another.