



RHE Intent, Implementation and Impact Statement

Intent

Our RHE scheme of work aims to equip children with essential skills for life. It aims to develop the whole child through carefully planned and resourced lessons that develop the knowledge, skills and attributes children need to protect and enhance their wellbeing. Through these lessons, children will learn how to stay safe and healthy, build and maintain successful relationships and become active citizens, responsibly participating in society around them. Successful RHE curriculum coverage is a vital tool in preparing children for life in society now and in the future. Lessons have their foundations in seeing each and everybody's value in society, from appreciation of others to promoting strong and positive views of self. Our RHE units aim to cover a wide range of the social and emotional aspects of learning, enabling children to develop their identity and self-esteem as active, confident citizens. The themes and topics support social, moral, spiritual and cultural development and provide children with protective teaching on essential safeguarding issues, developing the knowledge of when and how children can ask for help. The scheme of work fulfils the requirements of 2020 Statutory Relationships and Health Education.



Implementation

RHE is taught as part of the broader curriculum. The Biological aspects, elements of healthy eating and health aspects of drugs, alcohol and tobacco are taught within Science, some elements will be taught through RE, particular those relating to a range of views on relationships from religion and worldviews. Aspects of online safety and online relationships will be delivered through computing lessons. Some elements of physical health will be delivered through the PE curriculum and some elements of relationships will be delivered through the RE curriculum and collective worship. The majority of the RHE curriculum will be delivered by school staff although some elements may be delivered by trained professionals. Our RHE units are designed for delivery in a creative manner, using many approaches such as role play, discussion and games in groupings of various sizes. These activities enable children to build confidence and resilience. Resources are also provided for communicating with parents and carers about how and why each theme is covered and suggestions for extending the learning at home. Assessment for learning opportunities are built into each lesson including self-evaluation and reflective learning and allow teachers to evaluate and assess progress.



Impact

Our RHE scheme of work provides schools with an effective curriculum for wellbeing. Children are enabled to develop the vocabulary and confidence needed to clearly articulate their thoughts and feelings in a climate of openness, trust, dignity and respect, and know when and how they can seek the support of others. They will apply their understanding of society to their interactions within communities, from the classroom to the wider community of which they are a part. The RHE scheme of work supports the active development of a school culture that prioritises physical and mental health and wellbeing, providing children with skills to evaluate and understand their own wellbeing needs, practise self-care and contribute positively to the wellbeing of those around them. Successful RHE education can have a positive impact on the whole child, including their academic development and progress, by mitigating any social and emotional barriers to learning and building confidence and self-esteem. Evidence suggests that successful RHE education also helps disadvantaged and vulnerable children achieve to a greater extent by raising aspirations and empowering them with skills to overcome barriers they face. This is a whole-school approach to positively impact wellbeing, safeguarding and SMSC outcomes. This can ensure that all children can develop the knowledge, skills and attributes they need to succeed at school and in the wider world.

