

What is RSHE like at Springfield?



Our Approach (Intent)

At Springfield, we aim for the children in our school to acquire the appropriate knowledge and skills to be able to form positive beliefs, values and attitudes. Relationships, Sex and Health Education (RSHE) has a fundamental part to play in this personal, social, moral and spiritual development of our children.

RSHE at Springfield promotes learning about physical, moral and emotional development. Through RSHE, our children will learn about relationships, diversity, respect, healthy lifestyles, safety, the body and how it changes, reproduction and birth in a sensitive and age-appropriate way. We build the foundations of skills and knowledge that will be developed further at secondary school. It aims to help our children understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up.

Aims and Objectives

For Staff:

- To promote a confident, positive attitude towards teaching RSHE.
- To plan in different ways and use a variety of teaching strategies to meet the needs of individuals.
- To deliver RSHE with sensitivity and create a safe learning environment in line with Government guidelines and Springfield's RSHE policy.

For Children:

- To enable the development of social and relationship skills.
- To make pupils aware of their rights especially in relation to their bodies.
- To explore a range of attitudes, values and faith perspectives around different aspects of relationships.
- To prepare pupils for the physical and emotional changes of puberty.
- To develop understanding of reproduction and birth within the context of loving and caring relationships.
- To develop pupils' skills around assessing risk and keeping safe, including internet safety.
- To provide pupils with the knowledge and skills to access appropriate support.

How RSHE is implemented:

Currently we:

- Embed RSHE within our broader curriculum areas, including Science, Computing and PE.
- Implement more focused learning through PSHE sessions, circle-time and assemblies.
- Teach RSHE to each year group throughout the school, in an age-appropriate and progressive way, building the children's knowledge, understanding and skills year on year.
- Cover the objectives in each year group outlined in the government RSHE guidance.
- Use an NHS expert to deliver focused Sex Education lessons to Year 5 and 6.
- Cover the following list of themes:
 - Families and people who care for me
 - Caring friendships
 - Respectful relationships
 - Online relationships
 - Being safe
 - Mental wellbeing
 - Internet safety and harms
 - Physical Health and fitness
 - Healthy eating
 - Drugs, alcohol and tobacco
 - Health and prevention
 - Basic First Aid
 - Changing adolescent body

Impact of our RSHE Curriculum:

We enhance our children's knowledge of how to keep themselves safe and healthy. We provide the support that is necessary for all children to have a good understanding of the complexities of relationships and give them a skills base to navigate their way through these now and in the future. We are successfully encouraging them to become confident individuals who have positive self and body awareness. Our children are learning to respect each other's differences, show tolerance and understanding, forge and maintain positive relationships with a diverse range of friendship groups and families.

Where can you see the impact of our RSHE curriculum?

- The range and progression of activities and themes in our long and medium term planning documents
- Work covered in our Learning Journeys
- Through our 'Bee Like Me' initiative
- Coverage in our whole school assemblies
- Pupil interviews and class discussions
- During social activities and play times
- Classroom and corridor displays