Carleton Rode CEVA Primary School
RSHE

"Everything has beauty, but not everyone can see it."
Confucius

Our Vision	Our Values
'Love your neighbour as yourself' ***'Be yourself, but be your best self.'*** RSHE at our school aims to embody our school vision. The intention is to inspire children to be the best version of themselves through inspiration, creativity and self-expression. RSHE provides a valuable framework for promoting the principle of "love your neighbour as you love yourself" by fostering respect, empathy, inclusivity, and ethical behaviour among students. By nurturing these values and skills, RSHE contributes to the development of caring, compassionate individuals who contribute positively to their communities.	***Kindness*** RSHE emphasises understanding and empathy towards others' feelings, boundaries, and experiences. Teaching children about kindness towards themselves and others is fundamental in building healthy relationships. Lessons on empathy, respect, and consent promote kindness as students learn to treat others with compassion and consideration. For instance, teaching about friendship, empathy, and understanding differences can foster a culture of kindness within the school community. ***Honesty*** RSHE encourages open and honest communication. Teaching children about honesty in expressing their feelings, thoughts, and concerns helps in developing trust and integrity. Lessons on communication skills, assertiveness, and expressing emotions can support the value of honesty. Additionally, teaching children about trustworthy sources of information and critical thinking skills in relation to health and relationships fosters a culture of honesty and integrity. ***Perseverance*** RSHE often addresses topics such as resilience, coping strategies, and problem-solving skills. Teaching children about perseverance in overcoming challenges, setbacks, and difficult situations is crucial for their emotional and mental well-being. Lessons on managing stress, dealing with peer pressure, and seeking help when needed promote the value of perseverance. Additionally, teaching children about setting goals, making healthy choices, and understanding the consequences of their actions can support the development of perseverance as they navigate through various life experiences.

Intent	Implementation	Impact
We believe that PSHE education is a fundamental part of every child's education in order for them to become confident happy citizens. We aim to promote personal development in a structured and developmentally appropriate way in order to give children the knowledge, understanding, attitudes and practical skills to improve their life chances. We enable children to develop their sense of self-worth by encouraging them to play a positive role in contributing to school life and the wider community. Our curriculum covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. We feel that learning about the emotional and social aspects of growing up will give children and young people the information, skills and positive values to empower them to have safe and fulfilling relationships and to become independent, responsible members of society. Having introduced children to a wide range of concepts and having exposed them to a variety of experiences, we hope that they will have a strong understanding of the diverse world around them; be well equipped to take responsibility for their own wellbeing and to stay safe in our ever-changing society.	We have adopted the Norfolk RSE Solution and You, Me, PSHE scheme of work which aims to develop the "whole child" through a spiral curriculum. Teachers adapt this scheme to reflect the needs of their pupils. In both schools, we ensure that first aid remains a core component of children's Health Education. It helps the children and young people to learn life-saving skills and basic first aid. In addition, it helps them learn how to understand health issues, care for themselves and others and make a contribution to the community. Teachers follow guidance by teaching the children at least an hour of this per year. The RSHE has a cohesive vision which helps children to understand and value how they fit into and contribute to the world. With a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health, it equips us to deliver engaging and relevant RSHE education. We believe that RSHE education plays a vital part in primary education so, as well as discrete lessons, it is embedded throughout the curriculum. British Values and Spirtual, Moral, Social and Cultural concepts are explored across our broad and balanced curriculum.	By the time children leave us they will: • demonstrate kindness and respect towards themselves and others. • have the courage and ability to try new things, challenge themselves and persevere. • take responsibility for their actions. • have a good understanding of how to stay safe, healthy and how to develop good relationships. • have an appreciation of what it means to be a positive member of a diverse, multicultural society. • demonstrate and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty. • be on their journey preparing them for life and work in modern Britain. • be equipped to 'be their best self. Assessment within discrete RSHE lessons, will ensure that pupils are building on their skills and knowledge over time. Activities are included within lesson to give the children the opportunity to self-assess and these allow children the opportunity to identify areas for self-improvement. Children also have the opportunity to have pupil voice.

Progress	Content & Sequencing	Enrichment
Our RSE solution lessons are taught using a spiral curriculum in discreet year groups. Other units are carefully sequenced so prior knowledge and concepts are built upon from previous teaching and end points. 	Our curriculum has been designed following careful analysis of the Public Health England Data Sets. Ensuring our curriculum is needs led and specific to the issues facing our children in school and beyond in the wider community. Following the core themes of Health and Wellbeing, Relationships and Living in the Wider World our curriculum has been split into the units below. RSE solutions; Basic first aid; Drugs, alcohol and tobacco; Careers, financial; capability and economic wellbeing; Physical health and wellbeing; Healthy eating; Online relationships; Internet safety and harms; Identity, society and equality; Celebrating our local community; Careers, financial capability and economic wellbeing. 	Primary RSHE can offer enrichment activities that complement the curriculum and provide additional learning opportunities. This can include guest speakers, workshops, trips to relevant places like cultural centres, and participation in community projects related to health, relationships, or social issues. Enrichment activities enhance students' learning experiences and deepen their understanding of RSHE topics in real-world contexts. Our School has school/eco councils led by children, which is an excellent way to increase participation, teaching young people about democracy, local and global citizenship and accountability. 

Spiritual Development	Cross-curricular links	Monitoring the Impact
RSHE can provide opportunities for students to explore their own beliefs, values, and sense of purpose, fostering spiritual development. Activities like mindfulness exercises, reflection on personal values, and discussions about the importance of empathy and compassion can contribute to spiritual growth. Exploring spirituality within RSHE can reinforce values such as kindness and empathy by encouraging students to consider the well-being of themselves and others on a deeper level. 	RSHE can be integrated with other subjects such as science, mathematics, language arts, and social studies to reinforce learning and promote interdisciplinary connections. For example, teaching about human biology and reproduction in science can be complemented with discussions on puberty and healthy relationships in RSHE. Similarly, exploring cultural diversity and traditions in social studies can be linked to discussions on family structures and values in RSHE. Teachers relate English and their story books to common themes, to help children explore important issues around growing up, looking after themselves and others, and cultural differences. 	The teaching and learning of RSHE is monitored by the RSHE lead. Monitoring tasks include pupil book study, termly learning walks, data analysis and pupil voice. Teaching staff also feedback on successes and areas needed further focus. The subject lead will then create an annual report which is shared with governors. 

Global Diversity	Financial Understanding
RSHE curriculum can include discussions and activities that promote understanding and appreciation of cultural, religious, and ethnic diversity on a global scale. Topics such as family structures, traditions, and customs from different parts of the world can be explored to help students develop respect for diverse perspectives and ways of life. Connection to School Values: Learning about global diversity within RSHE supports values like kindness and respect by encouraging students to embrace and celebrate differences among individuals and communities. 	RSHE in primary school can introduce basic concepts of financial literacy, such as budgeting, saving, and making responsible financial choices. Activities like role-playing money management scenarios, discussing needs versus wants, and learning about the value of money can help children develop financial understanding from an early age. Integrating real-real-life examples and practical exercises into the curriculum can enhance learning and application of financial skills. - make £5 grow - Charity events with school council 