



RSE and Health Education

Jesus said *'I have come so that they may live life to the full.'* John 10:10

'All family life is a 'shepherding' in mercy each of us, by our love and care, leaves a mark on the life of others... seeking to bring out the best in them'

Amoris Laetitia Pope Francis

Intent

At St. Marks we intend to follow the government guidance to ensure coverage of all areas within many subjects across the curriculum. We put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy. The teaching of mental health is central to these subjects.

As a school we recognise that parents are the primary educators in these areas but provide provision to support the personal development and pastoral needs of their pupils. We recognise that parents of Primary pupils may wish to withdraw their child from Sex Education beyond the national curriculum for Science.

Our teachings about Love and Sexual Relationships, in a Catholic School, is rooted in the Catholic Church's teaching about what it is to be truly human in Christ; what it means to live well in relationships with others and be presented within a positive framework of Christian virtue.

We intend to:

- Help to foster pupil wellbeing.
- Establish health and healthy relationships.
- Develop resilience and character fundamental to pupils becoming happy, successful and productive members of society.
- Develop personal attributes: kindness, integrity, generosity and honesty.
- Encourage children to achieve their goals: both academic and personal.
- Teach children how to recover from personal knocks in their lives.
- Provide high-quality and age-appropriate lessons.
- Provide children with the knowledge of where they can seek support and when to ask for help.

- Promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society.
- Promote Catholic virtues within a broad and balanced RSE programme.
- Provide lessons which are sensitive to the individual needs of the pupils at different stages of cognitive and emotional development.
- Provide lessons are differentiated accordingly to support SEND pupils.

Implementation

Relationship and Health Education is taught across all year groups with an allocation of 45 minutes per week directed teaching time but is integrated within many other subjects across the curriculum. As a school, we follow the government guidance in the areas taught which is supported through the use of Go Givers, GetSet4PE, PSHE Association, Thrive and Journey in Love. We provide lessons which shape our curriculum according to the needs of the pupils.

Impact

In order to assess the knowledge and understanding of RSE:

- We follow the guidance set out by the government.
- We have a clear overview of progression across all year groups.
- We provide regular feedback through discussions.
- We obtain ideas from the pupils through pupil voice.
- We provide CPD opportunities for staff.
- We have floor books for each classroom to provide opportunity to collect evidence.
- Each child has their own 'Journey in Love' book which follows them throughout the school and helps to build on progression.

Role of the subject leader:

- To ensure Teachers follow up-to-date guidance with the teaching of RSHE.
- To ensure full curricular coverage of the objectives.
- To provide CPD where needed to support staff in their deliverance.
- To report on and consult with parents on the implementation of Journey in Love