

Relationships and Sex Education (RSE) and Health Education at Waverley Primary School

Intent:

At Waverley Primary School, we want to create the happy and successful adults of the future. To do this, we need to provide children with the knowledge that will enable them to make informed decisions about their wellbeing. Through RSE and Health Education, we aim to give the children opportunities to practise and develop the capacity to make sound decisions when facing risks and challenges. We aim to develop in them a resilience and an understanding of ways to keep themselves safe. They will develop an ability to recognise when they need help and know where to access that help.

Implementation:

Public Health/School Nurse: Primary Core Offer				
Session Intent	Autumn	Spring	Summer	Additional Provision
Being healthy: Keeping our hands clean (CT 1: Health and wellbeing 1.2, 1.6, 1.7, 109)	Reception			* Health related survey Year 4 and Year 6 (completed online) * Reception and Year 6 heights and weights check * Reception hearing and sight check * Follow-up: Reception hearing and sight check
Being healthy: Looking after my teeth (CT 1: Health and wellbeing 1.1, 1.2, 1.6, 1.9)	Year 1			
Healthy relationships: My body and I (CT2: Relationships 2.1, 2.3, 2.4, 2.5, 2.10, 2.11, 2.12)	Year 2			
Healthy relationships: My relationships and I (CT 2: Relationships 2.1, 2.2, 2.4, 2.5, 2.6, 2.7, 2.8, 2.9, 2.11, 2.12)	Year 3		Year 4	
Being healthy: Hygiene (CT 1: Health and wellbeing 1.1, 1.2, 1.3, 1.16)		Year 5		
Being healthy: Say no to smoking (CT 1: Health and wellbeing 1.1, 1.2, 1.13, 1.14, 1.16, 1.17)			Year 6	
Being healthy: My body is changing (CT 1: Health and wellbeing 1.1, 1.2, 1.13, 1.14, 1.16, 1.17)	Year 6 (2022/23 cohort)		Year 5	

wellbeing 1.1, 1.4, 1.6, 1.7, 1.18, 1.20)				
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Continuous Provision:

RSE and Health Education is implemented through a cross-curricular approach.

This is evidently present through our Science provision - as follows:

EYFS – Personal, social and emotional development; Physical development; Understanding the world

Year 1 – Animals, including humans

Year 2 – Living things and their habitats; Animals, including humans

Year 3 – Animals, including humans

Year 4 – Living things and their habitats; Animals, including humans; Sound

Year 5 – All living things and their habitats; Animals, including humans

Year 6 – Living things and their habitats; Animals, including humans; Evolution and inheritance; Light

There are multiple opportunities through all other curriculum areas and teachers continuously respond to events in school (such as disagreements between children) and events in the media (such as the War in Ukraine or other world events).

In Computing, the children visit e-safety several times throughout each year; this includes an understanding of the safe use of social-media and the impact that mis-use has. This is enhanced by our work with external charities: Kidscape, Barnardos and NSPCC.

In PE, through the delivery of the National Curriculum, the children have the opportunity to experience many different sports – at the very least, they meet the statutory minimum of 30 mins physical activity every day. Four evenings per week, extra-curricular opportunity are on offer – they lead to inter-school sporting competitions every half term. Through PE sessions, the children have further opportunities to explore their health, physical and mental wellbeing. We have a PE Coach who addresses all aspects of a healthy lifestyle.

Our Science curriculum is strong and we have an ever evolving D.T. curriculum. We have the ‘Science Hub’ where children can cook healthy food and experience meal preparation using fresh ingredients.

Through our curriculum drivers and PSHCE curriculum we embed:

- Citizenship
- Resilience
- Personal Attributes of kindness, integrity, generosity and honesty

Our Pastoral Lead (Sharon Selkirk) is instrumental in guiding and advising the children in many trials, e.g. bullying, parental alcohol abuse, stress and body image.

Kalmer Counselling provides services to children in need.

Please see attached curriculum plans.