

Relationship, Sex and Health Education (RSHE) at The Mill Academy



Rationale and Intent

At the Mill Academy our Relationships, Sex and Health Education (RSHE) aims to give our pupils the acquisition of knowledge and skills to enable them to access the wider curriculum and prepare them for adulthood. Our intention is that when our pupils leave the Mill Academy, they do so with the knowledge, understanding and emotions to play an active role in today's society. We want our pupils to have high aspirations and a belief in themselves. We want to equip our pupils with the skills to become confident at sharing their own thoughts and feelings with others, in a respectful and caring manner and to develop the skills and attributes to keep themselves healthy and safe. We want our pupils to develop an attitude of a responsible global citizen, to develop tolerance of others beliefs, religions and life choices and to have the skills to build positive and respectful relationships with others. Through our RSHE curriculum, we believe we can enhance children's education and help them to become caring, respectful, responsible and confident individuals.

Implementation

At the Mill Academy we have developed a clear, concise and comprehensive RSHE curriculum. Our curriculum is split into 6 areas (Emotions, Relationships, Keeping and Staying Healthy, Safety, Wider World and the Working World). Our RSHE curriculum is taught across school from the Early Years Foundation Stage (EYFS) to Year 6. We have developed a rich and varied bank of vocabulary which is shared throughout lessons to develop the children's understanding. Our lessons are planned to ensure that pupils of differing abilities, including the most able, are suitably challenged. We take into consideration the individual backgrounds and circumstances of each pupil in our school and adapt and make changes to our lessons and curriculum as appropriate.

Our RSHE curriculum is delivered in a creative manner, using varied approaches such as role play, discussions and games. These activities enable children to build their confidence and resilience. We provide opportunities for our pupils to work interactively and to take part in activities where they can demonstrate their ability to take responsibility for their decisions. At The Mill we understand how RSHE teaching can be weaved into other curriculum subjects and we use these cross-curricular opportunities to reinforce the children's knowledge and understanding.

Our RSHE teaching also takes place outside of our discrete lessons.

We have:

- Whole school assemblies where a range of themes are covered linked with RSHE, British Values, SMSC, Diversity and Equality.
- Visits from outside agencies such as the Fire Service and Bikeability.
- School trips
- Displays across school which showcase our school values, British Values, SMSC and understanding of diversity and equality.

We understand the importance to assess children's knowledge and understanding. We begin each new topic by assessing what the children already know so that any gaps in knowledge and understanding can be identified. Assessment for learning opportunities are built into each lesson to ensure our curriculum builds on the children's prior knowledge. Our lessons begin with a discussion of children's existing knowledge and experience, providing an opportunity for baseline assessment. Each lesson ends with an opportunity to consolidate and reflect. Class teachers showcase learning in their RSHE books, display work and share learning on social media.

Impact

We continually monitor and assess the implementation and impact of our RSHE curriculum in order to achieve the highest outcomes possible across all year groups and to ensure we provide the support that is necessary for all children to achieve. Pupil voice is important and we value the thoughts and opinions of our pupils in school regarding RSHE and adapt and make changes where needed. We believe successful RSHE education helps disadvantaged and vulnerable children achieve to a greater extent by raising their aspirations and empowering them with the skills to overcome any barriers they face.

By the time our pupils leave The Mill Academy they will:

- be able to approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life
- be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society
- appreciate difference and diversity
- recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
- be able to understand and manage their emotions
- be able to look after their mental health and well-being
- be able to develop positive, healthy relationships with their peers both now and in the future.
- understand the physical aspects involved in RSHE at an age appropriate level
- have respect for themselves and others
- have a positive self esteem

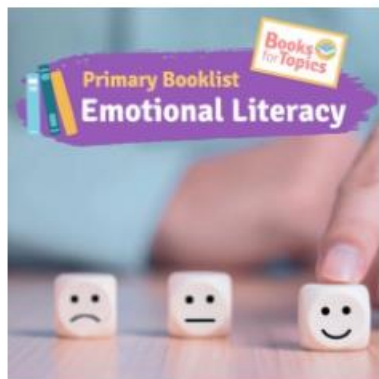
Who is responsible for co-ordinating the subject?

Miss Crossley is responsible for co-ordinating the whole School RSHE curriculum including Mental, health and emotional well-being and RSE. Mrs Beckett is our mental health and well-being expert. Miss Glyde is also a Licenced Thrive Practitioner. Please refer to our RSHE policy for further information.

Books to support RSHE & Emotional Literacy

<https://www.booksfortopics.com/booklists/topics/pshe-emotional-literacy-citizenship/mental-health/>

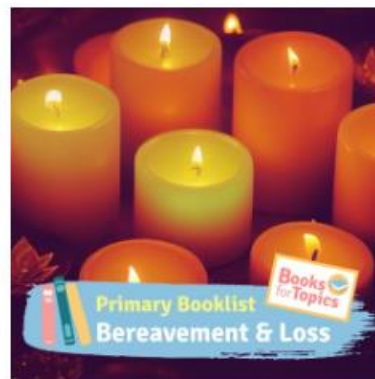
Emotional Wellbeing Topic Booklists



Emotional Literacy & ELSA Booklist



Mental Health



Bereavement, Grief & Loss

Physical Health Topic Booklists



Healthy Lifestyles



Human Bodies Topic (KS1)



Human Body Topic (KS2)



Food Glorious Food Topic (KS1/EYFS)



Food & Digestion Topic (KS2)



Life Cycles Topic



Olympics & Paralympics



Books About Germs, Handwashing & Viruses

Books to support RSHE & Emotional Literacy

<https://www.booksfortopics.com/booklists/topics/pshe-emotional-literacy-citizenship/mental-health/>

Personal Development and Values Booklists



All About Me Topic
Recommended Children's
Books



Growth Mindset



Read For Empathy



Books About Friendship



Books About Kindness



Inspirational Real Life
Stories



Books About Children
Overcoming Challenges

Citizenship and Community Booklists



Environment



Plastic Pollution Topic



Refugees & Immigration
Books KS1



Refugees & Immigration
KS2



Enterprise Topic



Politics & Democracy



Internet Safety



Festivals and Celebrations
Topic



People Who Help Us Topic



British Values



Books Featuring Limb
Difference

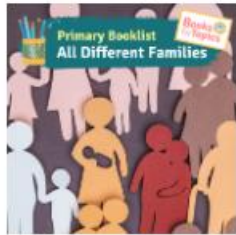
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Anti-Bullying, Diversity and Inclusion Booklists



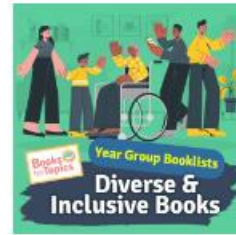
Anti-Bullying Books



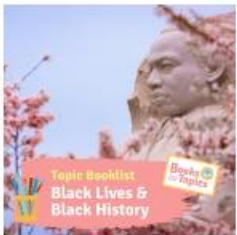
All Different Families



Fantastic Females



Diverse & Inclusive Children's Books



Black History Booklist



Cultural Diversity



Autism and Autistic Characters



Hearing Loss and Deafness

Transition and Changes Booklists



Class Transitions



Y6 Transition



Starting School



Back to School Picturebooks



New Beginnings