



Sacred Heart Catholic Primary School Relationships and Sex Education Overview

“Good relationships are like trees. They demand attention and care in the beginning but once they blossom they provide us shade in all situations of life.”

Intent

At Sacred Heart, RSE ensures our children are equipped with the knowledge, understanding, skills and confidence to cope with the many pressures and challenges of modern society. Learning about friendships and family in RSE are the building blocks to help children to understand themselves and others. Children are prepared for the physical and emotional changes they undergo at different stages in their lives, including puberty (Year 5 and Year 6). Our aim is that RSE should equip our children with the information, skills and positive values to have safe, fulfilling relationships. It provides a positive view of human sexuality and dignity of the human person. At Sacred Heart, RSE is taught within the wider curriculum including PHSE, Science and RE, in order to do this effectively, we have invested in the Ten Ten Programme. All of this is done within the doctrine of the Catholic Church, faithful to the Church's vision of human wholeness whilst recognising the contemporary context in which we live today.

Implementation

RSE is taught as explicit lessons alongside the PSHE and science curriculums but is also embedded in other areas of the curriculum and day-to-day life of the school. Children are taught by familiar adults who they have a good rapport with, in order to facilitate constructive and supportive discussions around sensitive topics in a safe and secure environment. Staff have received in-house and online CPD (via Ten:Ten) to support them in responding to the needs of the individual child and support children with any questions or concerns they may have. The RSE curriculum has been mapped out clearly in the progression grids which ensure coverage of all of the statutory elements by the end of the primary phase; these are delivered at the appropriate stage for our children and is supported specifically by a very thorough, spiral programme of learning from Ten:Ten - Life to the Full. Life to the Full covers all of the statutory elements of RSE and more.

Our high expectations of behaviour, interpersonal relationships, respect and tolerance of others reflect the British Values upheld in both our community and the wider world. Through our rigorous and progressive curriculum, children develop key skills and are prepared for the wider world beyond primary school, a world in which they can keep themselves safe and healthy and thrive with the support of the positive relationships they forge with those around them.

RSE is taught explicitly in three modules across the primary school from EYFS to UKS2 in the Summer term:

Module 1: Created and Loved by God

Module 2: Created to Love Others

Module 3: Created to Live in Community

Impact

The impact of our curriculum will be that the standards of attainment across the school will meet or exceed those which are expected of our children nationally. We will continuously assess the implementation and impact of our RSE curriculum in order to achieve the highest outcomes possible across all year groups and ensure we provide the support that is necessary for all children to have a good understanding of the complexities of relationships and how they grow and change and a

secure knowledge and skills base to navigate their way through these, now and in the future. Through our RSE curriculum, we believe we can enhance children's education and help them to become confident individuals who have positive body awareness, an in-depth knowledge of how to keep themselves safe and healthy and who will, through respect, tolerance and understanding, forge and maintain positive relationships with a diverse range of family and friendship groups.