



Our Relationships and Sex Education and Personal, Social and Health Education Curriculum



Our RSE and PSHE Intent



At Brighstone Primary, we are committed to teaching children about Relationships Education and Personal, Social and Health Education (PSHE). We want our children to be healthy, independent and responsible members of society. RSE and PSHE aims to help them to understand how they are developing personally and socially and tackles many of the moral, social and cultural issues that are part of growing up. We provide opportunities to allow the children to learn about rights and responsibilities and understand and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self worth by playing a positive role in school life and the wider community when opportunities arise.

Our RSE and PSHE Implementation

Personal Social Health Education at Brighstone Primary School is taught and celebrated in a range of ways. Our delivered curriculum is the Jigsaw and Christopher Winter units of work. We start each unit of work with a whole school assembly. The children are taught the same units each year, with progressive skills and knowledge, to build upon and develop their understanding to further maintain and adapt their schemas. This is taught weekly; however, extra PSHE sessions are brought in at teachers' discretion should the need arise. We also have an ELSA that provides support in these areas for the children who need it. The units we focus on are:

- Being me in my world
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me (We use the Christopher Winter Project and use elements from Changing Me)



We also cover internet safety in Computing sessions, and Living and Eating Healthily in Science and PE. We hold regular Hive (school house) sessions where the older and younger children work together on a project, such as our kindness or resilience, where we strive for all the children to 'Bee Kind' and show 'Good Beehaviour'.



At Brighstone, we realise the importance of children having the right learning behaviours, such as collaboration or independence, as these impact on their learning. We work closely with parents to ensure they encourage these behaviours at home too. In most lessons, there are links to a learning behaviour, areas of RSE, PSHE, SMSC, our core



values of Love, Courage, Respect and British Values. Our whole school, Key Stage and Class assemblies/worships also provide opportunities to focus on and link with PSHE, RE, SMSC and British Values.

We encourage the children to take part in fundraising opportunities for charities and teach children why it is important to support others. Some of these charities are:

- World Book Day

- Children in Need
- Red Nose Day
- Christmas Jumper Day
- Christmas Shoebox appeal
- Foodbank/Timebank
- Ukraine appeal



We run a school council where each class has two representatives that go to meetings to further improve and support the school, giving children a voice. We also run an Equality And Rights Advocates (EARA) group in KS2, as part of a Hampshire and IOW initiative, in which we focus on equality, diversity, inclusivity and children's rights.

Our RSE and PSHE Intended Impact

Relationships Education and Personal Social Health Education including learning behaviours at Brighstone Primary School is developing so that our children are becoming more rounded learners and individuals when they leave Brighstone Primary and are prepared for their next steps in life. We aim for children to be able to:

- Demonstrate and apply the British Values of Democracy, Tolerance, Mutual Respect, Rule of Law and Liberty
- Children will demonstrate a healthy outlook towards school
- Children will become healthy and responsible members of society
- Children will be on their journey preparing them for life and work in modern Britain
- Children will reflect and show our core values of Love, Courage and Respect.

