

# Relationships and Health Education – Our Rainbow Curriculum

## Intent

At Elmore Green Primary School, we understand the value of teaching Personal, and Social Education (PSHE) and Relationships and Health Education (RHE) and the benefits this has for our children.

Today's children are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children need to know how to be safe and healthy. As such at Elmore Green we teach the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. Teaching addresses how to stay safe online.

Our curriculum also aims to teach our children knowledge of their own self, in regards to their own mind and their bodies, about the environment around them and how they can be safe and respectable citizens who contribute to a better society.

## Implementation

At Elmore Green Primary School, we teach Relationships and Health Education through our Rainbow Curriculum using Jigsaw resources.

Jigsaw is a comprehensive programme for PSHE including statutory the Relationships and Health Education, which is taught in a progressive way as a two-year cycle (due to our school being a one and a half form entry primary school with mixed aged classes). This programme has relevant learning experiences to help our children navigate their world and to develop positive relationships with themselves and others.

Jigsaw has a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. Our Rainbow curriculum includes mindfulness activities which allow our children to advance their emotional awareness, concentration and focus.

In addition to our discrete Rainbow 'lessons', our children will develop skills knowledge and understanding of PSHE and RHE across a range of subjects or in assemblies. For example;

- In Early Years and KS1, children learn about themselves and their family as part of their Learning Adventures and Thematic curriculum.
- In Religious Education, the children are taught about religious ceremonies such as weddings.
- Online safety is an integral part of our computing curriculum.
- Most of the Health Education objectives are already covered through the science curriculum., whereby throughout their primary education, they learn about how to keep safe and healthy which includes eating healthily, the

importance of exercise and good hygiene, sun safety and the effects of drugs, alcohol and tobacco on the body.

- In Years 5 and 6, children learn about puberty and life cycles in preparation for their transition to adolescence.
- The children receive annual workshops on staying safe from the NSPCC.

Each week, all classes will receive a Rainbow curriculum session. These lessons may be discussion based and recording of work is not always the focus of these sessions. The learning that takes place in these sessions may be recorded creatively can be evidenced in a variety of ways such, digitally on our children's iPads, as photographs or as artwork.

The Relationships Education objectives are split into the following categories:

- Families and people who care for me
- Respectful Relationships
- Caring Friendships
- Being Safe
- Online relationships

The Health Education objectives cover physical health and mental wellbeing and are split into the following categories:

- Health and Prevention
- Mental Wellbeing
- Internet safety and harms
- Healthy Eating
- Physical Health and Fitness
- Drugs, Alcohol and tobacco
- Basic First Aid
- Changing Adolescent Body

## **Impact**

As a result of delivering a progressive programme of work, our children are more aware of the importance of being healthy mentally and emotionally alongside being physically healthy. We teach strategies of how to improve mindfulness.

We teach the importance of being safe, in the immediate environment but also online, a danger that is so prominent in the youth of today. The pupils gain a secure understanding of healthy, positive relationships and develop personal attributes to provide them with the growing ability to form these strong, positive relationships with others and to become a confident, responsible citizen.