Relationship and Sex Education at Monken Hadley

Curriculum Intent

At Monken Hadley we understand that pupils must be provided with an education that prepares them for the opportunities, responsibilities and experiences of adult life. A key part of this relates to relationships and health education, which must be delivered to every primary-aged pupil. Primary schools also have the option to decide whether pupils are taught sex education.

Relationships education focusses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. Health education aims to equip pupils with the knowledge they need to make good decisions about their own health and wellbeing. We understand our responsibility to deliver a high-quality, age-appropriate and evidence-based relationships, sex and health curriculum for all our pupils.

Monken Hadley is a caring community committed to Christian values. Our school is based on the love of learning, social justice, inclusion and responsibility. Our school vision states to seek what is good, treasure what is true and do what is right. As advocates of this, we focus on the importance of relationships and the qualities and character needed to sustain the best relationships which are good, based on truth and that honour each other whether within a friendship, family relationship or romantic relationship. Each child is a unique being, a child of God, loved and accepted. As such, our school seeks to enable children to develop through an inclusive programme of teaching that is based on Christian principles, which both respects the human body and seeks to ensure health and well-being.

The aims of relationship, sex and health education at our school are:

- To ensure Relationships, Sex and Health Education is part of a child's broad, balanced curriculum, integral to the basic curriculum of the school and part of the child's all-round development.
- To enable pupils to understand the qualities of healthy relationships based on Christian principles, including the importance of marriage and lifelong commitments.
- To prepare children for healthy relationships in an online world.
- To understand how to stay safe, know the importance of boundaries and how to report abuse or feelings of being unsafe.
- Help pupils develop a positive and secure personal identity, a sense of their own value and feelings of confidence and empathy.
- To create a positive culture around issues of sexuality and relationships.
- To ensure that all understand the importance of respecting others and accepting those who differ, yet challenging those behaviours and attitudes which exploit others.

Curriculum Implementation

Children receive weekly sessions which are engaging and use a range of teaching styles. Through discussion, film, art, written works and personal experiences the children explore each of the units. With opportunities for reflection and questioning, the RSE sessions ensure children have the environment to explore these topics safely and age-appropriately. Teachers capture key learning and record on the PSHE class websites.

We use SCARF as our scheme of work to deliver the RSE and PSHE curriculum. These six units include:
Me and My Relationships: Focuses on feelings, emotions, conflict resolution, and developing healthy friendships.

Valuing Difference: Emphasises respectful relationships, celebrating diversity, anti-bullying, and British Values.

Keeping Myself Safe: Explores aspects of physical safety, online safety, and recognising trusted adults.

Rights and Responsibilities: Teaches economic education (managing money), taking care of the environment, and civic duties.

Being My Best: Covers healthy lifestyles (eating, exercise, sleep), setting goals, and developing a growth mindset.

Growing and Changing: Focuses on human life cycles, body changes/puberty, and safeguarding

Curriculum Impact

Our RSE and PSHE curriculum will ensure:

- Children understand the qualities of healthy relationships based on Christian principles, including the importance of marriage and lifelong commitments.
- Children are prepared for healthy relationships in an online world.
- Children know how to stay safe, know the importance of boundaries and how to report abuse or feelings of being unsafe.
- All our children will be developing a positive and secure personal identity, a sense of their own value, are confident and empathetic
- That our school has a positive culture around issues of sexuality and relationships.
- We all understand the importance of respecting others and accepting those who differ, we all challenge those behaviours and attitudes which exploit others.

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