Curriculum Update

This edition is all about **RSHE**

What is RSHE?

RSHE stands for:

***R**elationships, **S**ocial and **H**ealth **E**ducation.*

It was previously called PSHE (and is still referred to in this way in many schools with the 'P' standing for 'personal.') However, the way that we teach the subject has shifted recently with more emphasis on health and relationships so we wanted the subject name to reflect this.

It is taught in every year group and covers all the topics listed at the top right-hand side of the page. We will always let you know what will be covered each term in our phase newsletters. If you have any questions or concerns please contact your child's class teacher.

School Term	Topics covered in RSHE lessons
Autumn 1	Me and my relationships
Autumn 2	Valuing differences
Spring 1	Keeping safe
Spring 2	Rights and respect
Summer 1	Being my best
Summer 2	Growing and changing

NSPCC Visit

This term we will be participating in the NSPCC's Speak Out Stay Safe Online programme. This consists of an online assembly and supporting classroom based activities. Year 5 and 6 will also have classroom-based workshops led by volunteers from the NSPCC. It aims to help children understand abuse in all its forms and to recognise the signs of abuse in a child friendly way. Messages are delivered in an interactive way with the help of their mascot Buddy as well as guest appearances from Ant and Dec.

An adapted version of the assembly for parents/carers to use at home with your child/ren can be found at:

https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety

How can I support my child's RSHE Education?

- Allowing your child to talk about RSHE topics at home can be a good way for them to explore and contextualise some of the content.
- If you have time, research some of the areas you know are coming up in your child's RSHE programme, and anticipate any awkward questions.
- Be honest if you don't know the answer to a question. However, you can listen to your child and explore these areas further together.
- Sensitive conversations can be easier to have if you are not facing each other directly, so whilst driving or walking, for example.
- Ask open questions. For example, 'How is your friendship group at the moment?'

As a parent or carer, you play a crucial role in supporting your children's learning in RSHE. The DfE has published a useful list of FAQs for parents:

https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs

Your children will learn about spending, saving and earning money as part of our RSHE curriculum. Many banks offer advice for parents on this topic. Here is a useful link:

https://www.barclays.co.uk/money-management/guides/kids-pocket-money/