

RSE, PSHE and Wellbeing

Intent

At All Saints, our topmost priority is that every child feels safe and happy, and we work tirelessly to ensure this is the case through our RSE, PSHE and Wellbeing curriculum.

We want our children to have the tools necessary to navigate the complexities of life in the 21st Century and we want to empower them to make careful choices now and in the future around their health, safety, wellbeing, relationships and financial matters.

Through our PSHE programmes, it is our hope that every All Saints citizen becomes confident, active and well-rounded member of society.

Implementation

Kapow

At All Saints Junior School, we have chosen to implement the [Kapow RSE and PSHE curriculum](#). This is a whole-school approach that consists of five areas of learning across KS2. These are: families and relationships, health and wellbeing, safety and the changing body, citizenship, and economic wellbeing. Each area is revisited across all four years to allow children to deepen their knowledge and understanding, progressively building on prior learning.

The Kapow lessons are based upon the statutory requirements for Relationships and Health Education, but where any lessons go beyond these requirements (primarily in the citizenship and economic wellbeing areas, which we believe to be vital for our children to learn), they refer to the PSHE Association Programme of Study.

Sex education has been included in line with the DfE recommendations and is covered in Year 6. Kapow indicates where families have the right to withdraw their children from certain lessons. We liaise with families wherever necessary, keeping them informed about sensitive topics and discussions through our curriculum newsletters or more detailed correspondence, if we feel it calls for it.

The Kapow scheme supports the requirements of the Equality Act through direct teaching, for example, learning about different families, the negative effect of stereotypes and celebrating differences, in addition to the inclusion of diverse teaching resources throughout lessons.

A range of teaching and learning activities are used and are based on good practice in teaching RSE/PSHE education to ensure that all children can access learning and make progress. In every year group, there is an introductory lesson at the start of each year, which provides the opportunity for children and teachers to negotiate ground rules for the lessons and these lessons are referred to throughout the year to help create a safe environment. Many lessons, stories, scenarios and video clips

provide the opportunity for children to engage in real life and current topics in a safe and structured way. Role-play activities are also included to help children play out scenarios that they may find themselves in.

There are many meaningful opportunities for cross-curricular learning - online safety in computing; growing, nutrition, teeth, diet and lifestyle in science - and themes that are carried through our Literacy Tree text choices in English. Kapow provides consistent messages alongside the National Curriculum, including how and where to access help.

CPD videos to support teachers deliver excellent PSHE lessons are available: there is a suite of eight Q&A videos, featuring experts from various fields, covering key areas. Both the wellbeing of our staff, as well as their confidence to tackle difficult conversations with children, is a priority.

Assemblies

Our Friday values assemblies are meticulously mapped to enhance our PSHE curriculum and empower our children to become well-rounded citizens, who are safe, happy and healthy. Where there is need to do so, our assembly plans are adapted to support our school community with specific needs.

On Tuesdays, we use the [myHappyMind](#) wellbeing scheme as a class assembly. This is an incredible scheme of work that teaches children about the science of wellbeing; it teaches them about the parts of the brain, the science of breathwork and much more. Each new topic is always introduced in a whole school assembly, making it a school-wide approach with an open dialogue between all children and teachers.

On Thursdays, the children's class assembly is to watch a *Newsround* episode and discuss current events. We think it is vital that our children feel informed and able to discuss both positive and negative things they hear in the media, and this gives them a safe forum to do so.

Impact

We continuously assess the implementation and impact of our PSHE curriculum, so that all children can grow as lifelong learners and to ensure we tailor our support to our children's needs. Teachers use a range of approaches to do this, including during individual lessons themselves and outside of discrete PSHE learning time. Assessing the needs of the children, teachers might adapt planning and integrate specific circle times to support the children.

Once the full scheme has been taught, children will have met the objectives set out within the Relationships and Health Education statutory guidance and can utilise their learning within their daily lives, from dealing with friendship issues to resilience to making healthy choices and knowing where and how to get help when needed.