



Intent for RSHE (Relationships, Sex and Health Education)

The National Curriculum	<p>At Hadleigh Infants and Nursery School we believe that RSHE lessons enable our children to become healthy, independent and responsible members of the wider community. Our children will learn the importance of keeping themselves safe and understanding and managing their feelings. RSHE sessions will also expose the children to practical strategies and support to enable them to stay safe and manage their emotions in a range of situations. They will explore their rights and responsibilities as members of our diverse world. The children will be taught the importance of respecting different experiences, beliefs and backgrounds of their peers and people within the world.</p>
Barriers for our Children	<ul style="list-style-type: none">• A wide variation in socioeconomic background means that children have differing experiences of the world around them• Children's experiences of family relationships are varied• Some children are not exposed to a variety of different cultures and beliefs• The age of our children can mean that they have limited opportunities to be independent and contribute to the wider community• Our children can find it difficult to identify, name and regulate their own feelings• Low self-esteem can prevent children from contributing their own ideas• The social and emotional impact of COVID is complex and varied.
Implementation	<p>We believe our children should have every opportunity to experience a variety of cultures which they may not do in their lives outside of school. These experiences allow the children to develop an understanding of difference and respect for the world around them. Positive relationships between adults and children are always modelled in school, taking all opportunities to model respect for differences. Opportunities are created in school for the children to act independently, both in their daily school life and for specific activities, such as our School Council. Vocabulary related to feelings and emotions are taught explicitly, with children encouraged to talk about how they feel with their peers and with familiar adults. Children work together to identify strategies which help them to regulate their own feelings and staff encourage them to implement these strategies. A variety of activities are planned to increase self-esteem and confidence, for example whole class games, Circle Time and Celebration Assemblies. As a school we recognise the impact that COVID has had on our children's social skills and emotional wellbeing. We continue to use daily wellbeing sessions to help to address this. Our positive relationships with children and parents allow us to identify where more targeted support is required.</p>