

Relationships and Health Education (RHE)

Springfield Infant School and Nursery



Intent

At Springfield, we have designed and follow a creative curriculum. We feel that this provides the opportunity to celebrate individuality and creativity in all of our children. We place a high emphasis on children's personal, social and emotional learning to enable our children to become healthy, independent and responsible members of society. We aim to develop their knowledge, skills and attributes so they can understand the choices they face as they grow up, how to make healthy and safe choices and prepare for life and work in a modern and diverse Britain.

Our Springfield 'I CAN' values are embedded in our RHE curriculum. At Springfield RHE has a pivotal role of enabling and promoting **inclusivity**, children being **nurtured**, children having the opportunity to be **creative** and having the chance to challenge themselves and be **ambitious** with RHE questions and learning. The skills children acquire in RHE are a means of supporting their learning in a range of ways, and can be transferred to other areas of the curriculum.

The curriculum is planned and structured so that, with each year group's focus building on skills and concepts previously introduced and explored. Our progression of skills documents, map these out with rigour, so that we can ensure our children are always making progress with their RHE knowledge, understanding and skills.

Implementation

As a school, we use the text 'The Colour Monster' by Anna Llenas to develop the children's emotional literacy. The children use the associated colours to identify and express their emotions. We use this as a teaching tool, to help the children identify emotions and the reasons for why the children are experiencing a specific emotion. The children are taught how to regulate big feelings and emotions, with greater independence as they move through the school. To support this, every class has a 'Colour Monster' display, whereby the children can move their name label to show the teacher, which emotion they are experiencing. The children can move these throughout the day. The adults in the classroom, will support the children work through these emotions. In addition to this, every classroom has a 'calm corner,' where children can go to self-regulate so that they are ready to learn. At Springfield, our children are emotionally literate and can express how they are feeling in a calm and safe way. Thus ensuring that all learners are in a place to learn and where they feel safe and content.

Across each year, children learn through topics such as 'New Beginnings', 'Going for Goals', 'Good To Be Me', 'Relationships', 'Getting On and Falling out' and 'Changes', with UNICEF rights and British Values embedded throughout. Children will have the opportunity to explore these topics through discussion, drama and shared experiences, enabling them to apply the skills and strategies they have learnt to different and sometimes challenging situations. Topics and lesson content are adapted to the needs of each group ensuring that sensitive issues are made accessible in a safe and supportive environment.

Impact

Our children are healthy, independent and responsible members of the Springfield and wider community. They show respect, resilience and kindness towards others and understand the impact of their choices. The children can express how they are feeling and why in a calm and articulate manner. Our learners, understand how to keep healthy and safe (in person and on-line) and what to do if something upsets them or makes them feel uncomfortable.