

Swalwell RSHE Curriculum Statement

Intent

At Swalwell Primary School, we believe that positive relationships, emotional wellbeing and personal safety are fundamental to children's happiness, development and future success. Through Relationships, Sex and Health Education (RSHE), we provide children with the knowledge, skills and values they need to build healthy relationships, respect themselves and others, keep themselves safe and make informed decisions throughout their lives.

Our RSHE curriculum enables children to understand different families, friendships and relationships, recognise and manage emotions, establish healthy boundaries, develop positive self-esteem and understand how to seek help when needed. As children grow, they develop an age-appropriate understanding of physical and emotional change, puberty and human reproduction, preparing them for the transition to secondary school and life beyond.

We are committed to delivering an inclusive RSHE curriculum that reflects the diversity of modern Britain, promotes equality, challenges stereotypes and supports all children to develop confidence, empathy, resilience and respect.

Implementation

RSHE is delivered through the Jigsaw PSHE programme and is embedded throughout school life. Statutory Relationships and Health Education objectives are taught progressively from Nursery to Year 6 through the six Jigsaw Puzzle pieces, particularly Relationships and Changing Me, while additional learning is reinforced through assemblies, class discussions, visitors, themed events and cross-curricular opportunities.

Children are taught by trusted adults in a safe, supportive and respectful environment where sensitive discussions can take place. Lessons are carefully sequenced to build knowledge over time and provide opportunities for reflection, discussion and the development of communication skills. Teachers adapt learning to meet the needs of all pupils, including those with SEND, ensuring that every child can access and engage with the curriculum.

The curriculum is supported by clear progression documents, statutory coverage mapping and opportunities for parent engagement. Where non-statutory sex education is taught, parents are fully informed and have the right to withdraw their child in line with statutory guidance.

Impact

Through our RSHE curriculum, children develop the knowledge, understanding and confidence required to form positive relationships, maintain their physical and emotional wellbeing and keep themselves safe both online and offline. They understand the importance of kindness, respect, consent, personal boundaries and equality, and are able to apply these values in their everyday interactions. Children leave Swalwell Primary School equipped with the vocabulary, skills and understanding needed to navigate friendships, family relationships, physical and emotional changes

and the wider challenges of modern life. They know where to seek support, how to manage risk and how to make positive choices that promote their wellbeing and the wellbeing of others.

The impact of RSHE is evident through pupil voice, classroom discussions, behaviour, relationships across school and children's growing confidence in discussing issues that affect their wellbeing and safety. Teachers monitor progress through ongoing assessment, pupil reflection and curriculum monitoring to ensure all children are prepared for the next stage of their education and are equipped to build positive, healthy and respectful relationships throughout their lives.