Relationships and Sex Education (RSE) and Health Education at Waverley Primary School

Intent:
At Waverley Primary School, we want to create the happy and successful adults of the future. To do this, we need to provide children with the knowledge that will enable them to make informed decisions about their wellbeing. Through RSE and Health Education, we aim to give the children opportunities to practise and develop the capacity to make sound decisions when facing risks and challenges. We aim to develop in them a resilience and an understanding of ways to keep themselves safe. They will develop an ability to recognise when they need help and know where to access that help.

Implementation:

<table>
<thead>
<tr>
<th>Public Health/School Nurse: Primary Core Offer</th>
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<tbody>
<tr>
<td><strong>Session Intent</strong></td>
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<tr>
<td>Being healthy: Keeping our hands clean (CT 1: Health and wellbeing 1.2, 1.6, 1.7, 109)</td>
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<tr>
<td>Being healthy: Looking after my teeth (CT 1: Health and wellbeing 1.1, 1.2, 1.6, 1.9)</td>
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<td>Healthy relationships: My body and I (CT2: Relationships 2.1, 2.3, 2.4, 2.5, 2.10, 2.11, 2.12)</td>
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<tr>
<td>Healthy relationships: My relationships and I (CT 2: Relationships 2.1, 2.2, 2.4, 2.5, 2.6, 2.7, 2.8, 2.9, 2.11, 2.12)</td>
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<td>Being healthy: Hygiene (CT 1: Health and wellbeing 1.1, 1.2, 1.3, 1.16)</td>
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<td>Being healthy: Say no to smoking (CT 1: Health and wellbeing 1.1, 1.2, 1.13, 1.14, 1.16, 1.17)</td>
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<td>Being healthy: My body is changing (CT 1: Health and</td>
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Continuous Provision:
RSE and Health Education is implemented through a cross-curricular approach.

This is evidently present through our Science provision - as follows:
EYFS – Personal, social and emotional development; Physical development; Understanding the world
Year 1 – Animals, including humans
Year 2 – Living things and their habitats; Animals, including humans
Year 3 – Animals, including humans
Year 4 – Living things and their habitats; Animals, including humans; Sound
Year 5 – All living things and their habitats; Animals, including humans
Year 6 – Living things and their habitats; Animals, including humans; Evolution and inheritance; Light

There are multiple opportunities through all other curriculum areas and teachers continuously respond to events in school (such as disagreements between children) and events in the media (such as the Manchester bombings and the Grenfell disaster).

In Computing, the children visit e-safety several times throughout each year; this includes an understanding of the safe use of social-media and the impact that mis-use has. This is enhanced by our work with external charities: Kidscape, Barnardos and NSPCC.

In PE, through the delivery of the National Curriculum, the children have the opportunity to experience many different sports – at the very least, they meet the statutory minimum of 30 mins physical activity every day. Four evenings per week, extra-curricular opportunity are on offer – they lead to inter-school sporting competitions every half term. Through PE sessions, the children have further opportunities to explore their health, physical and mental wellbeing. We have employed @sports and Nutrition’ Coach for September ’19.

Our DT curriculum is evolving. We are in the process of funding and building a room where children can cook healthy food and experience meal preparation using fresh ingredients. An application to ‘Food Nation’ is in progress.

Through our curriculum drivers (Character and Culture) we embed:
- Citizenship
- Resilience
- Personal Attributes of kindness, integrity, generosity and honesty

Our Pastoral Lead (Sharon Selkirk) is instrumental in guiding and advising the children in many trials, e.g. bullying, parental alcohol abuse, stress and body image

Kalmer Counselling runs in addition to that provided by the School Health service.

Please see attached curriculum plans
Impact:
* Impact can be measured through the results of the National Child Measurement Programme where children who were over-weight or obese were statistically similar to other schools across England and matched the obesity levels across the city:

Reception:
Reception 25%
England 22%
Newcastle 25%

Year 6:
School 37%
England 34%
Newcastle 39%

This is statistically similar to other schools across England and in Newcastle authority.