



SHALOM NOAM PRIMARY SCHOOL SUBJECT DEVELOPMENT PLAN

<u>Subject</u>	<u>Leader</u>	<u>Budget</u>
RHE	Mrs Posen/Mrs Aremband	£ 1000
<u>Intent</u>		
<p>At Shalom Noam Primary School, the intent of relationships and health education (RHE) at our school are to:</p> <ul style="list-style-type: none"> • Provide a framework in which sensitive discussions can take place • Prepare pupils for puberty, and give them an understanding of physical development and the importance of health and hygiene in an age-appropriate manner • Help pupils develop feelings of self-respect, confidence and empathy • Create a positive culture around issues of relationships • Teach children the importance of keeping healthy and looking after their physical and emotional health. • To teach children how to keep themselves safe in all situations. <p>At Shalom Noam, we follow the dictates of the Torah that states: 'Venishmartem Meod Lenafshosaichem' (Devarim 4:15) We have an obligation to look after ourselves and keep ourselves healthy. This guides our vision and intent for our RHE curriculum. We aim to provide our children with the tools and skills they will need to ensure they are aware of what is needed to keep themselves healthy, well and safe in a range of situations. We will teach them that their bodies are special and need looking after and that emotionally, they need to feel safe and loved in order to thrive. We will help children identify suitable adults who can help them in a time of need and to understand the importance of mental health and wellbeing. We will focus on helping children understand healthy relationships.</p>		
<u>Implementation</u>		
<p>RHE is taught weekly through the personal, social, health and economic (PSHE) education curriculum. Biological aspects of Sex Education are taught within the science curriculum, and other aspects are included in Kodesh lessons(RE). We have weekly session delivered by all staff involved with the class-Kodesh and Chol. Some aspects of the curriculum are delivered through assemblies, special days such as Wellbeing Day and workshops such as the Shema Koli personal safety workshops. The class teachers are responsible for delivering the curriculum and for keeping records.</p> <p>Relationships Education-by the end of Primary School, children will be taught about: Families and people who care for me</p>		

Caring friendships

Respectful relationships

Online relationships

Being safe

Health Education-by the end of Primary School, children will be taught about:

Growing up (Puberty)

Mental wellbeing

Internet safety and harms

Physical health and fitness

Healthy eating

Drugs, alcohol and tobacco

Health and prevention

Basic First Aid

For more detail, please see our RHE curriculum.

Impact

Regardless of background, ability or additional needs, by the time children leave Shalom Noam, they will: - know that they can ask questions, are prepared for the next stage of their lives physically and emotionally, identify healthy and unhealthy relationships and the importance of having a trusted adult to talk to in a time of need, understand what is right and wrong in terms of relationships at an age appropriate level, have self-respect, confidence and empathy. They will understand how to keep themselves physically and mentally healthy and how to keep themselves safe.