

RSHE at Newlands

RSHE or Relationships, Sex and Health Education is a compulsory part of the school curriculum. At Newlands we believe RSHE plays a key role in preparing our children for their lives in the future. Below you can see an overview of what we teach over the course of your child's four years at Newlands.

Families and people who care for me

Children are taught:

- Families are important for children to grow up safe and happy.
- The characteristics of a safe and happy family.
- Stable, caring relationships are at the heart of a safe and happy family.
- To recognize if family relationships feel unhappy or safe and how to get help or advice from others.
- That other families can sometimes look different to our own but we should always respect these families.
- That marriage and civil partnership is a commitment between two people which is intended to be life long.



Caring Friendships

Children are taught:

- The importance of friendships in making us feel happy and secure and how we choose and make friends.
- That healthy friendships are welcoming and shouldn't make us feel excluded or lonely.
- The skills we need for developing kind and caring friendships.
- That we don't all have the friends we would like all the time and there is no shame in feeling lonely or talking about it.
- That most friendships have ups and downs but these can often be worked through.
- To manage conflict and know resorting to violence is never the right choice.
- To recognise when a friendship is making them feel unhappy or uncomfortable and how to get support when needed.
- The importance of courtesy and manners.
- The importance of self respect and how this links to our own happiness.
- The different types of bullying, its impact on others and the responsibility of bystanders.

Health and well being– emotions and feelings

Children are taught:

- The benefits of physical activity, time outdoors and helping others for our health, well being and happiness.
- The range and scale of emotions and feelings and the importance of talking about their own and others feelings.
- To understand that worrying and feeling down is a normal part of life.
- That isolation and loneliness can affect us but seeking help and support can help.
- That bullying can have a negative impact on our mental wellbeing.
- That change and loss, including bereavement, can lead to a range of feelings, grief is a natural response to bereavement and everyone grieves differently.
- It is common to experience mental health problems but there is support available both inside and outside school.

Health and well being– Looking after ourselves

Children are taught:

- The benefits of limiting screen time and being more active.
- What makes a healthy diet and the importance of having a healthy relationship with food.
- The facts and risks about legal and illegal harmful substances, including smoking, vaping, alcohol use and drug taking.
- To understand how our bodies feel when we are well and to recognize signs of physical illness.
- How to stay safe in the sun and to reduce the risk of sun damage.
- To know the importance of getting enough sleep, how much sleep we need for our age and how to improve our sleep.
- The importance of personal hygiene and hand washing in preventing bacteria and germs making us poorly.
- Understand the importance of vaccinations and immunizations.
- About hazards, like fire, that may cause harm or injury to us and ways to reduce these risks.
- How to recognize risk and keep safe around roads, railways and water.
- How to make a clear and efficient call to emergency services when needed.
- How to administer basic first aid.



Our Bodies

Children are taught:

- In year 3 the correct names of body part, including penis, vulva, vagina, testicles, scrotum, nipples.
- In year 4 about growth and other ways our bodies can change and develop, particularly during our teenage years.
- In year 5 the changes that happen to our bodies during puberty, including the menstrual cycle, and the physical and emotional changes that happen due to this.
- In year 6 the process of the human life cycle and how babies are made.



[Our full curriculum document can be found on the school website](#)

[Click on the curriculum tab, subjects and Citizenship/RSHE.](#)