



St Ann's R.C. Primary School

Relationships, Sex and Health Education (RSHE) Curriculum Intent

At St Ann's RC Primary School, our intent is to deliver a high-quality Relationships, Sex and Health Education (RSHE) curriculum that is firmly rooted in the teachings of the Catholic Church and reflects the dignity of every person as created in the image and likeness of God. Through our RSHE curriculum, we aim to nurture children spiritually, morally, emotionally and socially, enabling them to flourish as unique individuals within God's family.

Using the **Life to the Full Plus** programme, we provide a fully inclusive and progressive curriculum that is fully compliant with all statutory Relationships Education and Health Education requirements. Through age-appropriate learning, children develop a deeper understanding of themselves, their relationships with others and their responsibilities as members of both the local and global community.

Our curriculum is underpinned by our core values of Love, Respect and Service. We encourage children to recognise God's call to love themselves and others, building caring and positive relationships rooted in kindness, compassion and empathy. Through promoting respect, we help children to value the uniqueness and dignity of every individual, celebrating diversity and fostering understanding within our school and wider community. By developing a sense of service, we inspire children to use their gifts and talents to support others, contribute positively to society and live out the Gospel message in their daily lives.

Through the themes of personal relationships, emotional wellbeing, physical health, mental health, online safety and personal responsibility, children are equipped with the knowledge, skills and virtues they need to make informed decisions, build healthy relationships and navigate the challenges of modern life with confidence and resilience.

In line with our Catholic ethos, our RSHE curriculum supports children in understanding and upholding the fundamental British Values of democracy, the rule of law, individual liberty, mutual respect and tolerance, enabling them to become responsible and active citizens in modern Britain.

Our RSHE curriculum aims to:

- Develop children's understanding of their God-given dignity, uniqueness and worth.

- Foster relationships built upon **love**, kindness, compassion and forgiveness.
- Promote **respect** for themselves and others, recognising and valuing diversity within God's family.
- Encourage a spirit of **service**, helping children understand their responsibilities towards their families, communities and the wider world.
- Develop emotional wellbeing, resilience and positive mental health.
- Equip children with the knowledge and skills to make healthy and safe choices.
- Teach children about personal safety, including online safety and the importance of seeking support when needed.
- Support children in understanding the physical and emotional changes that occur as they grow and develop.
- Enable children to become confident, compassionate and responsible citizens who contribute positively to society.

Through our RSHE curriculum, we strive to prepare our children not only for the next stage of their education but also for life beyond primary school. We aim to develop individuals who embody our school values of Love, Respect and Service, live out their faith with confidence and integrity, and recognise their role in building a more caring, just and compassionate world.

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