The Meadows School

Overview of PSHE and RSHE

Understanding the Framework and Its Importance

Introduction

RSHE (Relationships, Sex, and Health Education) and PSHE (Personal, Social, Health, and Economic Education) are vital components of our curriculum, and it is designed to support the holistic development of students. While they encompass different aspects, their core objective is to equip our learners with essential knowledge, skills, and values that will aid their personal growth and societal contribution. Our aim at The Meadows School is to provide a highly differentiated curriculum to nurture the students' physical, mental and emotional health.

RSHE: Relationships, Sex and Health education

At The Meadows School we take the safety and wellbeing of our students very seriously as we know that our learners are vulnerable members of society. We have successfully implemented relationships, sex and health education as part of our wider PSHE offer to equip our learners with the knowledge, skills and attributes necessary to manage their lives now and in the future. As the world continues to evolve, the importance of RSHE in shaping resilient and informed individuals cannot be overstated.

Relationships

This component covers diverse topics related to relationships, including friendships, family relationships, and intimate relationships. It emphasizes the importance of respect, empathy, and effective communication within various types of relationships. The teachers aim to create an environment where our students feel safe to discuss and understand the dynamics of healthy and unhealthy relationships.

Sex Education

Sex education within RSHE is designed to provide students with accurate information about human sexuality, reproduction, and sexual health. It seeks to dispel myths, address misconceptions, and promote informed decision-making. Topics such as consent, contraception, sexually transmitted infections (STIs), and the emotional aspects of sexual relationships are also included within the curriculum. Although these elements of sex education are part of our curriculum offer, they are delivered in an age appropriate, developmental manner when individual learners are ready. This means that issues are explored in greater depth as students mature.

Health Education

Health education focuses on promoting physical and mental well-being. It encompasses topics such as nutrition, exercise, mental health awareness, substance abuse prevention, and the importance of sleep. By equipping students with knowledge about maintaining a healthy lifestyle, RSHE seeks to lay the foundation for lifelong well-being.

PSHE: Personal, Social, Health and Economic Education

PSHE is a broader educational framework that extends beyond the scope of RSHE. It encompasses personal, social, health, and economic aspects of students' lives, aiming to develop their overall character and competencies.

Personal Education

Personal education within PSHE encourages self-awareness and self-management. It includes topics such as personal identity, goal setting, resilience, and emotional intelligence. Students are guided to reflect on their strengths and areas for improvement, fostering a growth mindset and a positive self-concept.

Social Education

Social education focuses on developing interpersonal skills and social responsibility. It covers areas such as teamwork, conflict resolution, cultural diversity, and community engagement. By cultivating empathy and an understanding of social dynamics, PSHE prepares students to navigate the complexities of social interactions and contribute positively to society.

Health Education

Similar to RSHE, health education in PSHE promotes physical and mental well-being. However, it expands to include a broader range of health-related topics, such as stress management, digital well-being, and the impact of lifestyle choices on long-term health. Teachers aim to provide students with the tools to make informed decisions about their health and well-being.

Economic Education

Economic education is a unique aspect of PSHE that prepares students for financial literacy and economic understanding. It includes topics such as budgeting, saving, investing, and understanding economic systems. By fostering financial literacy, PSHE equips students with essential skills to manage their finances effectively and make informed economic decisions.

The importance of RSHE and PSHE

Both RSHE and PSHE play a crucial role in the holistic development of students. Their importance can be understood through several key aspects:

Promoting wellbeing

By addressing physical, mental, and emotional health, these educational frameworks contribute significantly to the overall well-being of students. They provide the knowledge and skills necessary for maintaining a healthy lifestyle and coping with challenges.

Building healthy relationships

RSHE and PSHE emphasize the importance of respectful and healthy relationships. By educating students about communication, empathy, and consent, these programs help in building a foundation for positive interactions throughout their lives.

Preparing for life's challenges

Life is filled with various challenges, and our RSHE and PSHE curriculum aims to prepare our students for these. Whether it's managing stress, making informed decisions about health and relationships, or understanding financial responsibilities, these educational frameworks equip students with the tools they need to navigate life successfully.

Fostering social responsibility

Through social education, students learn about their roles and responsibilities within their communities. This fosters a sense of social responsibility and encourages active participation in society, promoting a culture of empathy and inclusion.

Encouraging lifelong learning

RSHE and PSHE are not just about the immediate knowledge; they encourage a mindset of lifelong learning. By instilling curiosity and a desire to understand the world around them, our curriculum will help students become proactive learners and informed citizens. It also supports social, moral, spiritual and cultural development and provides students with protective teaching on essential safeguarding issues, developing knowledge of when and how they can seek support and ask for help.

What does this look like in our curriculum pathways?

At The Meadows School we teach relationships, sex and health education as part of our personal, social, health and economic education. Our PSHE curriculum is built upon the PSHE association framework and is taught through three areas:

- Relationships
- Health
- Economic Wellbeing and Careers

Although most of the PSHE curriculum is now statutory and has been since 2020, at The Meadows School we also teach the non-statutory content within Economic Wellbeing and Careers. This is to ensure that our learners receive a curriculum that prepares them for adult life and teaches them about social responsibility, careers and the personal aspects of financial education. We teach the importance of respect, honesty, kindness, generosity and ensure that all sensitive content is delivered with care.

Our students all learn in different ways and so PSHE looks very different in each curriculum pathway and is dependent on the independence and communication needs of the students. Here are examples of how PSHE and RSHE fits within our curriculum pathways:

Engagement for Life	Foundations for Life	Learning for Life	Options for Life
This pathway typically consists of PMLD learners who need and respond to a sensory based curriculum that supports their holistic care and physical wellbeing needs.	This pathway typically consists of our ASC learners who may have complex needs alongside varying communication needs. These students often need support to manage their emotions and process information	This pathway typically consists of learners who have SLD who are learning to communicate through the most appropriate means to them, building independence and confidence to generalise skills in different social contexts.	This pathway typically consists of learners who have MLD who are learning to build on existing skills and develop greater independence and confidence within different social contexts and environmental settings.
Social and Emotional Development and Wellbeing Within holistic wellbeing, the focus is on the development of student engagement and communication while providing students with motivating opportunities to build positive relationships with others and develop their personal independence. This is facilitated by giving the students plenty of opportunities to interact with other people and generalise their skills for learning in different contexts. For example, within different environments, alongside different people with a variety of stimuli. We aim to ensure	**PSHE** PSHE is embedded across different subject areas to ensure that the students have more opportunities to generalise their skills for learning. Learners in this pathway need support to develop relationships with adults and peers. They are provided with opportunities to be taught to self- regulate, and access structured learning within the school day to ensure that tasks are taught in the correct sequence and consistently within different environments. It is important that these learners have the opportunity to access different	**PSHE** Learners access the PSHE curriculum which focusses on the three core themes within the RSHE curriculum; Relationships, Health and Economic Wellbeing & Careers in order to prepare them for life in modern Britain. They are taught to understand and manage their emotions in order to build relationships with a range of people and taught who to go to for support if needed. The learners are taught to make informed choices related to healthy living and how to keep safe in different environments.	**PSHE** Learners access the PSHE curriculum which focusses on the three core themes within the RSHE curriculum; Relationships, Health and Economic Wellbeing & Careers in order to prepare them for life in modern Britain. They are taught about healthy and unhealthy relationships including consent and online relationships. The students also learn about all aspects of physical and emotional wellbeing and prevention. Students in this pathway will learn about goal setting and personal aspirations as well as managing personal finances.

that our learners are safe, happy and healthy and prepared for life's opportunities.	environments and work with different people so that tolerance and life skills can be developed in order for them to lead lives that are as independent and healthy as possible.	They are taught about their rights so that they know they have the right to an opinion and this should be heard so that they can live safe, happy, healthy and independent lives.	
Social and Emotional Development and Wellbeing **Intent** Develop self-awareness Learn about self-care, support and safety Be able express emotions Develop relationships with supportive adults	**PSHE** **Intent** Develop self-awareness Learn about self-care, support and safety Manage their own emotions Lead a healthy lifestyle Develop confidence and be able to access the wider world as independently as possible Build positive relationships with others	**PSHE** **Intent** Develop confidence and responsibilityDevelop confidence and responsibility Lead healthy lifestyles Develop good relationships with others and respect differences Be as independent as possible Know how to keep themselves safe, including online Play an active role within the community Be able to make responsible decisions Develop financial awareness	**PSHE** **Intent** Develop confidence and responsibility Be as independent as possible Be able to make choices in relation to their own physical and mental wellbeing Be able to plan for their own future and make decisions in relation to this Be safe in all environments and contexts Develop relationships with a wide range of people, recognising similarities and differences and respecting these Be financially literate

Implementation	Implementation	Implementation	Implementation
A highly differentiated and holistic curriculum that is taught through thematic units and personalised for each learner. Coverage applicable statutory content delivered at a level suitable to the students • Eating and drinking • Dressing and undressing • Cleaning teeth • Brushing hair • Social environments • Daily living skills • Making relationships • Body awareness • Story massage • Choices • Personal/intimate care • Rebound • Water movement • Move programme • Community engagement • Routines • Sensory • Play • Music • Switch work	A highly differentiated and structured curriculum that is taught through thematic units and focusses upon the specific communication and independence needs of the learners. Coverage applicable statutory content delivered at a level suitable to the students • Personal skills • Healthy living • Relationships • Health • Emotional regulation • Independent living • Personal safety • Road safety and travel • Leisure • Community engagement • Structured learning • Cooking • Personal/intimate care • Swimming • Rebound • Forest School • Routines • Music	A highly differentiated curriculum with at least one lesson per week. Use of differentiated resources suitable to the needs and abilities of the learners. A reactive curriculum so that specific issues can be explored further with individuals as arises. Differentiated teaching to ensure that all students are informed and protected Coverage of all statutory content delivered at a level suitable to the students **Relationships:** • Families and people who care for me • Caring friendships • Respectful, kind relationships • Online safety and awareness • Being safe • Intimate and sexual relationships, including sexual health **Health:**	A highly differentiated curriculum with at least two lessons per week. Use of differentiated resources suitable to the needs and abilities of the learners. A reactive curriculum so that specific issues can be explored further with individuals as arises. Differentiated teaching to ensure that all students are informed and protected Coverage of all statutory content delivered at a level suitable to the students **Relationships:** • Families and people who care for me • Caring friendships • Respectful, kind relationships • Online safety and awareness • Being safe • Intimate and sexual relationships, including sexual health **Health:**

• Communication • Cooking	• Art • Communication	• General wellbeing • Wellbeing online • Physical health and fitness • Healthy eating • Drugs, alcohol, tobacco and vaping • Health protection and prevention and understanding the healthcare system • Personal safety • Basic first aid • Developing bodies • Mental wellbeing • **Economic Wellbeing and Careers Education** • Economic Wellbeing • Careers Education: aspirations, learning and work	• General wellbeing • Wellbeing online • Physical health and fitness • Healthy eating • Drugs, alcohol, tobacco and vaping • Health protection and prevention and understanding the healthcare system • Personal safety • Basic first aid • Developing bodies • Mental wellbeing **Economic Wellbeing and Careers Education** • Economic Wellbeing • Careers Education: aspirations, learning and work
Impact Our students will: Be safe, happy, healthy and prepared for life through the support of trusted adults.	**Impact** Our students will: Recognise who they are in relation to likes and dislikes Be as independent as possible in relation to self-care Have a greater understanding of their own feelings and emotions	**Impact** Our students will: Be self-aware in relation to likes and dislikes Be able to look after themselves to the best of their ability Be emotionally intelligent	**Impact** Our students will: Be safe and healthy and prepared for life's challenges Be resilient and self-aware Live as independently as possible

	Be aware of changes to themselves Be able to stay physically and mentally healthy Be confident individuals Be good communicators Have positive relationships with others Live safely and be able to ask for help if needed	Be aware of changes to themselves and others Be physically and mentally healthy Know who to go to for support and help How to report concerns and who to Be confidents individuals and good community citizens Be safe in different situations and contexts including online	Be financially literate and understand the factors that could affect them Be responsible decision makers Effective communicators able to resolve conflict and build respectful connections with family, friends and peers. Understand risks and dangers and know how to protect themselves and others