

Spring 1 Relationships and Health Education Newsletter

Welcome to the second edition of Coit's RHE newsletter. You will find information updating you about what we have been doing in school and some helpful resources which might support you at home.

Pupil Voice

I was really lucky to have the opportunity to talk to pupils about their recent experiences of RHE. They gave me a really clear insight into what they have learnt and why they think it is an important part of our curriculum. From the monitoring, I learnt that...

-children have acquired subject specific vocabulary such as diversity, segregation, stereotypes, bias, self esteem, exclusion and inclusion

-children were aware that 'health education' relates to both mental and physical health

-children could also state the reasons why it is important to learn RHE i.e. it prepares us for the future and the wider world, to prevent accidents, so we know what is happening in our brain, so we don't feel lonely

The table below lists the different RHE sessions being taught during Spring 1.

<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<p>M1) Where do feelings come from?</p> <p>P2) How do I decide what to eat?</p> <p>Os) What is the internet? C2*</p> <p>L10. what money is; forms that money comes in; that money comes from different sources</p> <p>L13. that money needs to be looked after; different ways of doing this</p>	<p>Fa2) Do families always stay the same?</p> <p>H20 – about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better</p> <p>Fa3) How should families treat each other?</p> <p>P3) How do we stop getting ill?</p>	<p>P1) How do I keep my body healthy?</p> <p>H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines);</p> <p>H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns</p> <p>Os) Screen Time L1*</p> <p>Os) Sleep L2*</p>	<p>Os5) Digital media (N1)</p> <p>Os6) Verifying content and echo chambers (N3)</p>	<p>Fr2) Should I try and fit in with my friends?</p> <p>Os) Online Behaviour S2 *</p> <p>Fr30 Should friends tell us what to do?</p> <p>P1) Is there such a thing as a perfect body?</p> <p>Os) Self Esteem L2 *</p>	<p>Sx1) How do plants reproduce? (N.B. Taught through science – does not include sexual intercourse)</p> <p>C4) How can I be a great citizen?</p> <p>C5) Why is money important?</p> <p>Os) Online Ads and money on the internet C1*</p> <p>Os) In App purchases and credit card info C5 *</p>

Book Recommendations-These are two of the books which may be used within RHE sessions to help support and explain the different topics being taught.



Written by Hena Khan

This book provides a friendly introduction to hijabs and celebrates the Muslim women who choose to wear them.



Written by Leslea Newman

This book explores same sex relationships within a family home.