



A message from Mrs Rosso, our wellbeing lead

Wellbeing is a combination of two subjects: RSHE (Relationships Sex and Health Education) and LLS (Learning and Life Skills). RSHE teaches children about relationships and how to be healthy – both physically and emotionally and LLS teaches our children to become effective members of the community. Our end goal is to give children the skills to know how to be safe and healthy. We want children to be able to manage their academic, personal and social lives in a positive way.

Design and Do

The RSHE (wellbeing) curriculum is a bespoke curriculum in line with statutory guidance and requirements. This covers relationships education, relationship and sex education and health education.

The key strands are

- health and wellbeing**
- relationships**
- living in the wider world**

Our curriculum ensures progression (at appropriate age and stage) in the following areas

Relationships

- Families and people who care for me
- -caring friendships-
- Respectful relationships
- Online relationships
- Being safe
- Mental wellbeing

Health and wellbeing

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

Living in the wider world

- money
- British values
- Characteristics and citizenship
- Equality and diversity

The Sex curriculum is taught in year 4,5 and 6 using the program '**Yasmin and Tom**'. All content is shared with parents ahead of the lessons being taught and the academy responds to requests for withdrawal in line with the guidance.

At Darlinghurst, children are encouraged to develop resilience to become happy, successful and active members of society. SMSC, British Values, Learning and Life skills and our Academy Values build the foundations of our personal development programme. A focus on mental well-being is central in these subjects and children are made aware of the importance of physical health. All wellbeing lessons are taught weekly from EYFS to Y6 and are relevant to real life situations, carefully mapped out so that key skills and knowledge are interwoven across units and revisited over time to deepen learning. Children engage with scenario-based enquiries, testing their prior knowledge and final reflections; they build upon and develop their vocabulary within the context given. Assemblies also support our wellbeing curriculum.

Wellbeing lessons teach children to reflect upon the key building blocks for healthy, respectful relationships. This focuses on family and friendships, in all contexts, including online. Children's progress can be seen between their first and final thoughts either within a lesson or across a unit of work. It is essential that children learn how to be healthy both physically and mentally, how to manage money and how to become a productive member of our community. A strong focus on identifying friendships and relationships is revisited each year, building on the understanding of how to be a good friend and recognising these qualities in others. Children are taught how to identify a range of feelings and emotions and practice applying these in different situations. Stereotypes are explored and reflected upon; children know what makes them special and understand why it is important to celebrate differences and have a sense of belonging. Through the explicit referencing of our 'Rainbow Words', children learn about personal attributes that support personal development: self-respect, self-worth, resilience, honesty, integrity, kindness, courage and trustworthiness. Our wellbeing lessons and wider curriculum provide fundamental building blocks that enrich cultural capital and support the characteristics of positive relationships, with reference to friendships, family relationships and relationships with other children and with adults which helps our children to lead confident, healthy and independent lives.

Each wellbeing lesson begins with an establishment of rules and expectations of discussions, encouraging openness and respect.

- We listen to each other
- We join in and share our thoughts
- We know there are different answers
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- We can disagree or agree as long as we are respectful
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- We can change our minds
- We are a listening school and can talk about anything that worries us.

Difference

The RSHE (wellbeing) curriculum supports our children in developing the key building blocks of healthy, respectful relationships particularly family and friendships (including online). Mental wellbeing is central and a priority for our children's happiness. Weekly lessons cover content which is supported through the wider work of the academy which fosters our children's wellbeing, develops their resilience and character to succeed. Our children know the importance of personal attributes such as kindness which supports their own and others wellbeing. Our children become successful learners and effective contributors. Through lessons structures our children develop their views and the ability to reflect on and answer big questions. Enquiry and conversation is used throughout the curriculum supporting children to generate first and final thoughts. Children are considerate and follow our wellbeing rules.

Children gain a strong sense of wellbeing where their resilience and character are developed and they become happy, successful and productive members of society. Over time, children's knowledge and skills advance and deepen as they focus on mental well-being and physical health. Children understand that healthy respectful relationships, in all contexts, including online are important to leading a balanced lifestyle. Developing an essential understanding of how to be healthy both physically and mentally, managing money and how to become a good member of our community enables our children to be prepared for change and for the next stage in their lives. Children at Darlington, learn to regulate their feelings and emotions and how to apply this in different situations, supporting a sense of belonging within the community and understanding of difference and uniqueness.

Wellbeing lessons support the development of children's health and wellbeing, their resilience and character. They grow into happy, successful and productive members of society, building strong relationships with others and broadening their outlook on life, acting responsibly towards others and growing up to be caring and responsible individuals. Children are reflective learners and review prior understanding. They take time to modify their understanding, choices and beliefs, considering different viewpoints and information. At the end of their primary education, our children begin secondary school with a strong understanding of self and those around them in the world and the impact and difference their choices and attitudes can make.

Our children are effective contributors who make connections and care for others and the world, supporting change. They become healthy, resilient and creative learners.

'Achieving Excellence Together'





