



Relationships, Sex and Health Education (RSHE)



Statement of Intent

At St. Jude's, our Relationships, Sex and Health Education (RSHE) is taught through the TenTen programme in Relationships and Health Education for Catholic primary schools, Life to the Full Plus. This programme aims to give our pupils the acquisition of knowledge and skills to enable them to access the wider curriculum and prepare them for adulthood.

Intent At St. Jude's Catholic Primary School, Relationships, Sex and Health Education (RSHE) is an integral part of our mission to nurture the whole child, created in the image and likeness of God. Rooted in the teachings of the Church and guided by the Ten Ten "Life to the Full" programme, our RSHE curriculum is designed to help pupils grow in love, understanding, and respect for themselves, others, and God's creation.

Through RSHE, we aim for pupils to:

- Develop self-worth and dignity by understanding that they are created and loved by God.
- Recognise and respect the dignity of others by learning how to form positive, healthy and loving relationships.
- Understand the physical, emotional, and social changes that occur as they grow, preparing them for the responsibilities of adulthood.
- Build resilience and make safe choices by learning how to protect and care for themselves and others in a range of situations.
- Live out the Gospel values, demonstrating compassion, forgiveness, and respect within their families, friendships, and communities.
- Apply Catholic Social Teaching by promoting justice, service, and care for the common good.

Implementation At St. Jude's, we deliver the Ten Ten 'Life to the Full' RSHE programme through a carefully planned sequence that is faithful to the Church's teachings while meeting statutory DfE requirements. It is taught within a safe, supportive environment that promotes openness, respect, and understanding.

Curriculum Structure: The curriculum is organised into three core themes:

- 1) Created and Loved by God – exploring self-worth, identity, and the human body.
- 2) Created to Love Others – building healthy relationships grounded in love, respect, and responsibility.
- 3) Created to Live in Community – understanding individual and collective responsibilities as part of God's family. Lessons are revisited and deepened each year to ensure secure understanding and continuity.

Teaching Approaches:

- Lessons are delivered through a blend of storytelling, film, discussion, reflection, and prayer.
- Content is age-appropriate and builds progressively through Key Stages 1 and 2.
- Pupils are encouraged to explore moral choices and relationships through the lens of faith.

Partnership with Parents: The school works in partnership with families to reinforce shared values and messages about human dignity and relationships.

Retrieval and Reflection: Opportunities for prayer, discussion, and reflection are embedded throughout to support personal growth and moral development.

Teachers assess understanding through pupil voice, observation, and participation in activities.

Impact The impact of our RSHE curriculum at St. Jude's will be seen in:

Pupil outcomes: Children demonstrate a secure understanding of themselves as loved by God and show respect for others.

Retention of knowledge: Pupils recall key principles about personal safety, relationships, and health, applying them confidently in everyday life.

Curiosity and engagement: Pupils engage thoughtfully in discussions, showing openness, empathy, and an eagerness to learn how to live out Gospel values in their lives.

Living out Catholic values: Pupils demonstrate compassion, honesty, and kindness in their relationships, reflecting the teachings of Christ in their behaviour and choices.

Emotional literacy and wellbeing: Pupils can express their feelings appropriately, manage challenges with resilience, and seek help when needed, contributing to positive mental health.

Equity: All pupils, including those with SEND or EAL, access and engage with RSHE learning through inclusive teaching approaches and sensitive differentiation.

Preparation for the future: Pupils leave St Jude's with the knowledge, confidence, and moral foundation to form healthy relationships and make wise, faith-informed choices as they move into adolescence and adulthood. Monitoring through pupil interviews, lesson visits, and work scrutiny will provide evidence of these outcomes, with the subject leader reporting to SLT and governors.

