



Respecting opinions, tolerance, equipping to feel safe and they can express themselves.

	Our Safety	Our Relationships	Our Bodies	Our Community	Our Future	Our Feelings and Wellbeing
Foundations	<p><i>"But the Lord is faithful, and he will strengthen you and protect you from evil."</i></p> <p>2 Thessalonians 3:3</p>	<p><i>"In everything, therefore, treat people the same way you want them to treat you."</i></p> <p>Matthew 7:12</p>	<p><i>"And God made man in his image, in the image of God he made him: male and female he made them."</i></p> <p>Genesis 1:27</p>	<p><i>"May God Almighty bless you and make you fruitful and increase your numbers until you become a community of peoples."</i></p> <p>Genesis 28:3</p>	<p><i>"For I know the plans I have for you, declares the Lord, plans for welfare, to give you a future and a hope."</i></p> <p>Jeremiah 29:11</p>	<p><i>"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."</i></p> <p>Philippians 4:7</p>
Overview	<p>We will be looking at our behaviours, the behaviours of others, how our actions can effect other people. We will think about risks and dangers in our everyday lives and how we manage these dangers.</p>	<p>We will be looking at positive, healthy friendships, how to build and keep friendships, how to find help if we feel lonely and the importance of understanding friendships online.</p>	<p>We will be looking at how to have a balanced, healthy lifestyle. How to spot signs of common illness and understand how these can be treated quickly and easily.</p>	<p>We will be looking at differences and similarities between people. The benefits of living in a community, the different groups within a community and the different communities we belong to. How our choices impact the environment around us.</p>	<p>We will be looking at how people budget and how their values impact on their spending. We will look at different ways of spending money and the importance of keeping to a budget. We will also identify negative outcomes from spending on certain money in certain ways.</p>	<p>We will be looking at how to identify our different feelings, how they make us feel and what we can do to help ourselves. We will look at our strengths, value others and learn how to cope with setbacks.</p>



At St Johns we look at these 6 strands of RHE (Relationships and Health Education) each half term, building on each area every half term.

This cycle of strands each half term let us build on each area throughout the year.

These 6 strands are built upon of school motto, 'I will shine', helping our children to become positive members of our communities.





Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
<p><b>Our Safety</b> Who can I ask if I need to know something? Who can I go to if I am worried about something or feel unsafe? What can I do to stay safe? What should I do if there is an accident?</p> <p><b>Our Relationships</b> Who is in my family? What does my family do for me? What makes a good friend? How should I treat my friends?</p> <p><b>Our Bodies</b> What things do I need to keep safe and healthy? How have I changed since I was a baby? How are other children similar or different to me? What do we call the different parts of girls' and boys' bodies?</p> <p><b>Our Community</b> What is a community? Why are we all different? How can I look after other people? How can I look after the wider world? How might my choices affect the environment?</p> <p><b>Our Future</b> What different jobs do people do? What can people do with money?</p> <p><b>Our Feelings and Wellbeing</b> What is bullying and what can I do about it? How do I feel? Who can help me with my feelings?</p>	<p><b>Our Safety</b> How can I stay safe online? What are rules? How can I stay safe in the world around? What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable?</p> <p><b>Our Relationships</b> How can my family help me? How can I help my family? Why might friendships change? How can I be a good friend? How do I communicate safely online?</p> <p><b>Our Bodies</b> What healthy or unhealthy choices do I make? What is a habit? What are good habits for looking after my growing body? How and why is it important to use medicines safely? How can I look after my dental health?</p> <p><b>Our Community</b> What are laws? What is my role in a community? How can I treat others respectfully and why? How can communities help?</p> <p><b>Our Future</b> What skills can help me in a job? What might I like to do when I am older? What is a budget?</p> <p><b>Our Feelings and Wellbeing</b> How do I know if I am being bullied and what can I do about it? What makes good and bad feeling? How can I tell how other people are feeling? How am I unique? How can I overcome challenges?</p>	<p><b>Our Safety</b> How can I say 'no' to someone without hurting their feelings? Who can I talk to if I am worried or concerned? How should I respond to an emergency? What should I do if someone is injured?</p> <p><b>Our Relationships</b> How can we make others feel included? What are the important relationships in my life? How can I overcome challenges in friendships? What is love? How do we show love to one another?</p> <p><b>Our Bodies</b> What health routines can I do to look after myself? What is puberty? Does everyone go through it? What changes happen during puberty to boys and girls? How can I look after my body now I am going through puberty? How can girls manage periods (menstruation)? How will my body change as I get older? What kinds of feelings come with puberty?</p> <p><b>Our Community</b> Why should we treat everyone equally? How can I be a positive role model? How can I show respect to others? What is prejudice? What is discrimination? What can I do to look after the environment?</p> <p><b>Our Future</b> What career might I like? What is value for money?</p> <p><b>Our Feelings and Wellbeing</b> How can I help my mental health? How can I manage my feelings? Who can help me with my mental health? Why is mental health important? How do I feel about moving to secondary school? How can I manage change?</p>
<p>If topics arise through discussions that are not outlined within the strands of St Johns RHSE, children will be encouraged to ask these at home.</p>		

