

## RSHE at Fox Wood



### Fox Wood School

*Together we shine*



## FUNctional Skills

**How can RSHE support our students to be more independent in day to day activities?**

The ability to make decisions, know right from wrong, create and maintain positive relationships and to know what they can do if something goes wrong are all vital parts of the RSHE curriculum that students can apply to their lives outside of school and college.

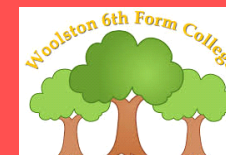
Through a wide variety of therapies available here at Fox Wood School and Woolston College, students can select activities and learn strategies to benefit their own mental health and wellbeing. They can begin to realize the impact such activities can have, and develop positive mindsets towards challenges they may face within their lives. We emphasize consent and its importance to our students, ensuring we have this before they take part in routines and activities. We also teach how to have and recognize healthy relationships, differentiating between types of relationship, i.e. professional, family, for student understanding and appropriateness



## RSHE



## Fox Wood School





## RSHE at Fox Wood

The RSHE (Relationships, Sex and Health Education) curriculum at Fox Wood school and Woolston 6th Form gives students:

- The ability to say 'No' to decisions in and about their lives, understanding the concept of consent.
- The values behind positive and healthy relationships, and being supported to uphold these.
- The skills and understanding to make choices.
- An understanding of their body, its health and what to do if something isn't right.
- Tools to know when a relationship might not be healthy and what they can do about it to keep themselves safe.



## Sequence of learning

At the school and college, learning is divided into content appropriate for each Key Stage as per the statutory government guidance for RSHE. This allows us to ensure that the content delivered to our students is age appropriate. We then use the EQUALS scheme of work for RSHE (Semi-formal/Formal learners) to ensure that the content is also appropriate for students' developmental stage, so that the learning is pitched at the correct level to ensure full understanding of content. Topics are mapped within the long term plans for each class, to ensure that they are revisited over time and previous knowledge is consolidated and built upon. For students working at the pre-formal or ASD complex curriculum RSHE is taught from the objectives identified in the PSHE Association SEND framework. The EQUALS scheme for RSHE is an evidence based scheme which is mapped against the 2014 revised National Curriculum and has been designed specifically for students with SEND. The scheme is broken down into six sections: Knowing My Body; Knowing Me; Private and Public; Touching and Allowing Others to Touch Me; Forming Relationships; Sexual Intimacy with Another Person. Sub-topics within each section are then divided up to meet the age-related needs of students, ensuring that they receive a tailored education offer at the correct stages of their lives and development.

Staff access annual training for RSHE from a SEND specialist, who shares practical ideas to support staff to deliver meaningful lessons and learning activities. In college we utilize the EQUALS post-16 scheme to create a bespoke offer through our PD curriculum in line with the objectives from the KS3-4 PSHE Association SEND framework, as appropriate.

**PSHE Association is a membership association and charity, supporting a national network of 50,000 teachers and schools to teach high quality PSHE. They provide us with the PSHE education planning framework for students**

## Implementation

RSHE objectives are taught as a cross-curricular approach with many lessons across the timetable providing opportunities for RSHE objectives to be practiced or revisited in a functional way. Whether students are working at the pre-formal, ASD complex, semi-formal or formal curriculum level, the values underpinning the RSHE curriculum are embedded. Students will learn about developing positive and healthy relationships through turn-taking activities, communication sessions and Preparation for Adulthood activities. Through this cross-curricular approach they develop the skills they need to make informed decisions. Some aspects of the RSHE curriculum are also taught on an individual basis, giving each student a personalized curriculum to meet their needs. Our 'Keeping Safe' curriculum is taught annually, in school, which also covers RSHE topics. In college, we do this through PFA and PD topics across a 3-year cycle.

## Impact—recent data review

The most recent data review indicates that students make good progress within the RSHE strands of the PSHE curriculum. There is a strong focus on the 'Relationships' aspect of planning across the school, and staff work to promote positive relationships in a variety of different ways. Many of our students find social interactions particularly difficult and staff ensure students are getting the support they need to overcome these barriers. We are currently developing the aspects of Sex education and how best to facilitate this learning with our students. At present students receive this education through focused sessions and as part of a personalized offer, as appropriate. We have engaged outside agency trainers to support development of this for school and college, to ensure coverage of objectives and progression of skills.

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