RSE and PSHE at Our School

At our school, we are committed to supporting every child's personal, social, emotional and health development. To ensure a high-quality and progressive curriculum, we use **Kapow Primary** to deliver our **Personal, Social, Health and Economic Education (PSHE)** and **Relationships and Sex Education (RSE)** programmes across the school.

Kapow's carefully designed curriculum helps children develop the knowledge, understanding and skills they need to thrive both now and in the future. Lessons are age-appropriate, engaging and inclusive, covering important topics such as:

- Building positive relationships
- Physical and mental wellbeing
- Keeping safe online and offline
- Understanding and managing emotions
- Respecting differences and diversity
- Growing and changing
- Economic wellbeing and aspirations

The curriculum is fully aligned with statutory guidance from the Department for Education and is delivered in a sensitive and supportive manner by class teachers.

We recognise the important role that parents and carers play in supporting their child's learning. To help you understand what is taught in each year group, Kapow has produced a dedicated parent information page which outlines the content covered throughout the primary years.

For further information about the Kapow PSHE and RSE curriculum, please visit:

Kapow PSHE and RSE Information for Parents

If you have any questions about our PSHE or RSE curriculum, please contact the Miss Mee, who will be happy to direct you to the appropriate member of staff.