



Context:

At Foxfields Academy, RSHE is designed to equip pupils with the knowledge, understanding and skills required to lead safe, healthy and fulfilling lives. Given the social, emotional and mental health needs of our pupils, the curriculum places a strong emphasis on emotional literacy, healthy relationships, personal safety, wellbeing, resilience, consent, online safety and preparation for adulthood.

Implementation:

RSHE is delivered through weekly lessons, social times, assemblies, enrichment activities and therapeutic interventions. The curriculum is adapted to meet pupils' individual needs and reflects the experiences and challenges faced by young people with SEMH needs. Key themes include:

- Mental health and emotional wellbeing.
- Healthy and respectful relationships.
- Personal safety and safeguarding.
- Online safety and digital citizenship.
- Physical health and healthy lifestyles.
- Diversity, equality and inclusion.
- Consent and appropriate boundaries.
- Preparation for adulthood, independence and employability.

Staff receive appropriate training, and external agencies are utilised where specialist input enhances pupil understanding. RSHE themes are reinforced across the wider curriculum and through pastoral support.

Current Priorities (2026-27)

- Further strengthen pupil understanding of healthy relationships and consent.
- Enhance support for mental health and emotional wellbeing through targeted interventions.
- Develop greater parental engagement in RSHE topics.

- Increase opportunities for pupil voice to shape the RSHE curriculum.
- Continue to adapt curriculum content to address emerging risks, including online harms and exploitation.

Evidence of Impact

- Positive pupil voice feedback regarding safety and wellbeing.
- Reduction in behaviour incidents linked to relationship conflicts.
- Increased pupil confidence in discussing wellbeing and personal safety.
- Strong safeguarding culture demonstrated through pupil surveys and monitoring.
- RSHE curriculum fully aligned with statutory requirements and the needs of Foxfields Academy pupils.