

RSHE, PSHE and British Values Curriculum Plan 2025-2026 Rokeby School

|        | Autumn Term                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Spring Term                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Summer Term                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| Year 7 | <u>Assemblies/Meetings/Workshops</u><br>Keeping Safe Assembly<br>Black History Month<br>Anti - Bullying Week - Power for good<br>CEIAG -<br><br>Mental Health and Place2Be<br>Assembly: DHT & School Counsellor<br>FCA Workshops: Inspiring Futures<br><br><u>Academic Curriculum</u><br>Password security: Computer<br>Science<br>English - Explore how countries use<br>their cultural identity. The Jumbies -<br>Modern Text<br>Safety in PE, Impact of regular<br>exercise: PE<br>Emotional Wellbeing, Physical<br>Wellbeing, Social Wellbeing, and<br>Financial Wellbeing: Wellbeing | <u>Assemblies/Meetings/Workshops</u><br>Celebrating differences and protected<br>characteristics - Assembly - YC<br>Inner Harmony - WINS mental health<br>Diversity, self confidence and pride - Junior<br>prefects<br>Wellbeing safer internet day - ZK<br>Diversity and Equalities Assembly: DHT<br>Careers week assembly - AU<br><br><u>Academic Curriculum</u><br>Cyber bullying: Computer Science<br>Digital footprint: Computer Science<br>Talkabout for Teenagers: SEN Department<br>Zones of Regulation: SEN Department<br>Emotional Wellbeing, Physical Wellbeing,<br>Social Wellbeing, and Financial Wellbeing:<br>Wellbeing | <u>Assemblies/Meetings/Workshops</u><br>Personal hygiene and self care assembly: DSL<br>Screen free week - NB<br>Health awareness week - JL<br>Navigating our world - NB<br>Keeping safe over summer - JL<br><br><u>Academic Curriculum</u><br>Online grooming: Computer Science<br>Healthy eating: Science and Food Technology<br>Talkabout for Teenagers: SEN department<br>Zones of Regulation: SEN Department<br>FCA Workshops: Inspiring Futures Programme<br>Stress, Sadness and Zones of Regulation:<br>English<br>Emotional Wellbeing, Physical Wellbeing,<br>Social Wellbeing, and Financial Wellbeing:<br>Wellbeing |
|        | Autumn Term                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Spring Term                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Summer Term                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Year 8 | <u>Assemblies/Meetings/Workshops</u><br>Keeping Safe Assembly<br>Black History Month<br>Anti - Bullying Week - Power for good<br>CEIAG<br>Mental Health and Place2Be                                                                                                                                                                                                                                                                                                                                                                                                                      | <u>Assemblies/Meetings/Workshops</u><br>Celebrating differences and protected<br>characteristics - Assembly - YC<br>Inner Harmony - WINS mental health<br>Diversity, self confidence and pride - Junior<br>prefects                                                                                                                                                                                                                                                                                                                                                                                                                    | <u>Assemblies/Meetings/Workshops</u><br>Personal hygiene and self care assembly: DSL<br>Screen free week - NB<br>Health awareness week - JL<br>Navigating our world - NB<br>Keeping safe over summer - JL                                                                                                                                                                                                                                                                                                                                                                                                                     |

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|        | <p>Assembly: DHT &amp; School Counsellor<br/>FCA Workshops: Inspiring Futures</p> <p><u>Academic Curriculum</u><br/>Puberty and changing bodies,<br/>breathing and respiration: Science<br/>Respectful communication: Computer<br/>Science<br/>Finance workshops and personal<br/>finance level 1: Maths<br/>Talk about for Teens: SEN department<br/>Zones of Regulation: SEN Department<br/>Disability, Racism and Sexism (Of<br/>Mice and Men): English<br/>Relationships (relationship poetry):<br/>English<br/>Emotional Wellbeing, Physical<br/>Wellbeing, Social Wellbeing, and<br/>Financial Wellbeing: Wellbeing</p> | <p>Wellbeing safer internet day - ZK<br/>Diversity and Equalities Assembly: DHT<br/>Careers week assembly - AU<br/><u>Academic Curriculum</u><br/>Cyber bullying: Computer Science<br/>Sexting: Computer Science<br/>Talk about for Teens: SEN department<br/>Zones of Regulation: SEN Department<br/>Relationships (Romeo and Juliet): English<br/>Protest divides debate<br/>Emotional Wellbeing, Physical Wellbeing,<br/>Social Wellbeing, and Financial Wellbeing:<br/>Wellbeing</p> | <p><u>Academic Curriculum</u><br/>Selfies: Computer Science<br/>Talk about for Teens: SEN department<br/>Zones of Regulation: SEN Department<br/>Stress, Sadness and Zones of Regulation:<br/>English<br/>Healthy snacks: Food and nutrition<br/>Emotional Wellbeing, Physical Wellbeing,<br/>Social Wellbeing, and Financial Wellbeing:<br/>Wellbeing</p> |
|        | <b>Autumn Term</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Spring Term</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Summer Term</b>                                                                                                                                                                                                                                                                                                                                         |
| Year 9 | <p><u>Assemblies/Meetings/Workshops</u><br/>Keeping Safe Assembly<br/>Black History Month<br/>Anti - Bullying Week - Power for good<br/>CEIAG<br/><u>Academic Curriculum</u><br/>Cyber-crime: Computer Science</p>                                                                                                                                                                                                                                                                                                                                                                                                            | <p><u>Assemblies/Meetings/Workshops</u><br/>Celebrating differences and protected<br/>characteristics - Assembly - YC<br/>Inner Harmony - WINS mental health<br/>Diversity, self confidence and pride - Junior<br/>prefects</p>                                                                                                                                                                                                                                                          | <p><u>Assemblies/Meetings/Workshops</u><br/>Personal hygiene and self care assembly: DSL<br/>Screen free week - NB<br/>Health awareness week - JL<br/>Keeping safe over summer - JL<br/>Navigating our world - BG</p>                                                                                                                                      |

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|         | <p>Talk about for Teens: SEN department</p> <p>Zones of Regulation: SEN department</p> <p>Men's mental health, Stereotypes of women's roles, class and poverty (Blood Brothers): English</p> <p>Youth Violence &amp; Refugees (Social Justice Poetry): English</p> <p>Components of fitness and optimising training safely : PE</p> <p>Eatwell guide, healthy cultural snacks: Food and nutrition</p> <p>Emotional Wellbeing, Physical Wellbeing, Social Wellbeing, and Financial Wellbeing: Wellbeing</p> | <p>Wellbeing safer internet day - ZK</p> <p>Diversity and Equalities Assembly: DHT</p> <p>Careers week assembly - AU</p> <p><u>Academic Curriculum</u></p> <p>Sexual health and STI's: Science</p> <p>Cyber bullying: Computer Science</p> <p>Literature that deals with feeling like an 'outsider' (sexual orientation and gender identity, including transgender): English</p> <p>Finance workshops: Maths curriculum</p> <p>Talk about for Teens: SEN department</p> <p>Zones of Regulation: SEN Department</p> <p>Media Literacy (The Influencers Unit): English</p> <p>Emotional Wellbeing, Physical Wellbeing, Social Wellbeing, and Financial Wellbeing: Wellbeing</p> <p>SMILE-ing Boys Project (Mental health &amp; positive masculinity)</p> | <p><u>Academic Curriculum</u></p> <p>Benefits and risks of social media: Computer Science</p> <p>Talk about for Teens: SEN department</p> <p>Zones of Regulation: SEN Department</p> <p>Stress, Sadness and Zones of Regulation: English - Poetry social justice in novels</p> <p>Emotional Wellbeing, Physical Wellbeing, Social Wellbeing, and Financial Wellbeing: Wellbeing</p> <p>SMILE-ing Boys Project (Mental health &amp; positive masculinity)</p> |
|         | <b>Autumn Term</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Spring Term</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Summer Term</b>                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Year 10 | <p><u>Assemblies/Meetings/Workshops</u></p> <p>Keeping Safe Assembly</p> <p>Black History Month</p> <p>Anti - Bullying Week - Power for good</p> <p>CEIAG -</p> <p><u>Academic Curriculum</u></p> <p>Automated &amp; Non-automated cybercrime: Computer Science</p> <p>Charity and Social Responsibility (A Christmas Carol): English</p> <p>Cardiovascular and Respiratory Health - prevent CHD through physical activity, Musculoskeletal:PE</p>                                                         | <p><u>Assemblies/Meetings/Workshops</u></p> <p>Celebrating differences and protected characteristics - Assembly - YC</p> <p>Inner Harmony - WINS mental health</p> <p>Diversity, self confidence and pride - Junior prefects</p> <p>Wellbeing safer internet day - ZK</p> <p>Diversity and Equalities Assembly: DHT</p> <p>Careers week assembly - AU</p> <p>Work Experience assemblies</p> <p><u>Academic Curriculum</u></p> <p>Religion and life (including secular and religious views to towards 'unwanted pregnancies' and choices): RE</p>                                                                                                                                                                                                       | <p><u>Assemblies/Meetings/Workshops</u></p> <p>Personal hygiene and self care assembly: DSL</p> <p>Screen free week - NB</p> <p>Health awareness week - JL</p> <p>Navigating our world - BG</p> <p>Keeping safe over the summer - JL</p>                                                                                                                                                                                                                     |

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|              |                                                                                                                                                                                                                                                                                                                                                                      | STI's: Science<br>The law, data protection: Computer Science<br>Health - Maintaining a healthy, functioning body into adulthood and preventing injury : PE                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                        |
|              | <b>Autumn Term</b>                                                                                                                                                                                                                                                                                                                                                   | <b>Spring Term</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Summer Term</b>                                                                                                                                                                     |
| Year 11      | <u>Assemblies/Meetings/Workshops</u><br>College assemblies<br>Future pathways day<br><u>Academic Curriculum</u><br>Human relationships (including religious and secular views on types of relationships, and rights under the law): RE<br>Ethical hacking: Computer Science<br>Mental Health (Unseen poetry): English<br>Mental Health & Well-being<br>Strategies:PE | <u>Assemblies/Meetings/Workshops</u><br>College assemblies<br>Celebrating differences and protected characteristics - Assembly - YC<br>Inner Harmony - WINS mental health<br>Wellbeing safer internet day - ZK<br>Diversity and Equalities Assembly: DHT<br>Careers week assembly - AU<br>Future Pathways Day<br>Personal guidance<br><br><u>Academic Curriculum</u><br>STI's: Science<br>Privacy and surveillance; environmental impact: Computer Science<br>Substance Misuse Education<br>Diversity and Equality Education<br>Healthy Lifestyle Choices & Nutrition:PE | <u>Assemblies/Meetings/Workshops</u><br>Personal development assemblies<br>Action planning assemblies<br>Exam stress, wellbeing and mindfulness assembly                               |
|              | <b>Autumn Term</b>                                                                                                                                                                                                                                                                                                                                                   | <b>Spring Term</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Summer Term</b>                                                                                                                                                                     |
| Whole School | <b>Black History Month</b><br><br><u>Thought of the week- registration activities:</u><br>Disabilities and the Paralympics                                                                                                                                                                                                                                           | <b>Diversity and Equality Month</b><br>Protected Characteristics (including LGBTQ+ History Month) and Equality Act 2010<br>All departments focus on a particular protected characteristic                                                                                                                                                                                                                                                                                                                                                                                | <b>Health and Wellbeing Week</b> <ul style="list-style-type: none"> <li>Healthy relationship workshops delivered by Tender (FGM, consent, misogyny and 'toxic masculinity')</li> </ul> |

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|  | <p>Mental Health Week and Men's Mental Health Month<br/>Anti-bullying Week<br/>Alcohol Awareness Week</p> <p><u>P4C Sessions:</u><br/>E-safety- Echo chambers and 'fake' news<br/>Black History Month<br/>Consent</p> <p><u>Extended Registration:</u><br/>Decisions and consequences</p> <p><u>Consultations:</u><br/>Parent/carer and student consultations (RSHE)<br/>SEND student voice</p> <p>Parent information evenings (Year 10 and year 11)</p> | <p>Workshops provided by Racial Equality in Newham (REIN) and Pinsent Masons Law (links with CEIAG)<br/>CAMHS Mental Health and Wellbeing Assembly<br/>Tender workshops on healthy relationships- gender, sexual orientation and the law to Years 7 and 8</p> <p><b>Cultural Week</b></p> <p><u>Thought of the week- registration activities:</u><br/>Rule of Law<br/>Democracy<br/>Individual liberty<br/>Respect<br/>Tolerance<br/>Respect<br/>International Women's Day (including Pinsent Masons Conference)<br/>Friendship</p> <p><u>P4C Sessions:</u><br/>Diversity and Equality Month- Protected Characteristics<br/>Bullying- Discriminatory behaviours</p> <p><u>Talk to Learn Session:</u><br/>Protest</p> <p><u>Extended Registration:</u><br/>Keeping safe- online and outside of school</p> | <ul style="list-style-type: none"> <li>• Drugs, Alcohol and Smoking/Vaping Workshops delivered</li> <li>• Sexual Health workshops</li> </ul> <p><b>Humanities Week</b></p> <p><u>Thought of the week- registration activities</u><br/>Pride Month<br/>International day of Living together in peace<br/>Staying Safe in public places (over the Summer holidays)</p> <p><u>P4C Sessions:</u><br/>Diversity -<br/>Exploitation - County lines<br/>Vaping<br/>Staying safe - summer holidays</p> <p><u>Talk 2Learn</u><br/>Sports and wellbeing (including disabilities and performance enhancing drugs)</p> <p><u>Extended Registration:</u><br/>Economic wellbeing</p> |
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### **RSHE at Rokeby School**

**Intention:** Together, along with the Science curriculum, the RSHE curriculum aims to protect children by ensuring they have knowledge of their bodies, the human life-cycle, emotions, acceptable behaviour and right and wrong

**Key documents-** RSHE Policy and Consultations/ LTP for English, Computer Science, Science and RE (all online)

**Link to school values-** Respect and Harmony

#### **Developing staff through CPL**

*Annual Safeguarding training and updates in line with statutory requirements- including RSHE*

*Regular Safeguarding staff briefings and bulletins*

*Sexting and e-safety- DSL and BG (2019, 2020, 2023)*

*AIM Protocol parts 1 and 2- Louise O'Connor (NPW) (2019, 2021)*

*RSHE and Equality Act 2010- BG and Dr Jo Sell (Newham RSHE partnership) (2019) British Values and RSHE Subject Audit (NCST training day) (November 2020)*

*Dealing with 'awkward' conversations with students- DSL and BG (2021 and 2023)*

*RSHE and 'Everybody is invited' (September 2021)*

*Supporting students to build and sustain healthy relationships (Tender) (March 2022)*

*RSHE and Curriculum updates- DSL and BG (September 2022, 2023 and 2024)*

*British Values and RSHE Subject Audit (May 2022)*

*British Values, PSHE, RSHE at Rokeby (February 2025)*

*ECT/PGCE RSHE training (September 2022 and May 2023)*

*Middle Leader RSHE audit (September 2023 and October 2024)*

*All staff complete Level 1 P4C training annually*

### **Curriculum**

*Cover a wide range of issues (DfE specified content) through a number of vehicles (academic curriculum and wider curriculum e.g. assemblies, thoughts of the week and P4C sessions), but each issue is covered deeply and followed up in appropriate and engaging ways, using threads*

#### *Example of a thread:*

Physical and mental health- growing and changing: Extended Registration > Puberty and changing bodies: Science Curriculum > Sexual health and STI's: Science Curriculum > Human relationships (including religious and secular views on types of relationships, and rights under the law): RE Curriculum > P4C (Consent)

#### *Example of revisiting:*

Follow the thread

RSHE recall half termly

Termly RSHE assembly for each year group that revisits prior learning and outlines future learning

Summative and formative assessment as part of the English, Science, RE and Computer Science curriculums

Coverage of curriculum for all students with a focus on MPA's

#### *Examples of relevancy:*

Through the RSHE consultation (and parent/carers workshops), student feedback, analysis of Safeguarding and Behaviour trends/patterns- P4C enquires have included themes such as 'county lines' and 'community cohesion'. These have been followed up with registration activities (Being Resilient against Violence and Extremism), assemblies and staff CPL led by the Metropolitan Police Service and Prevent officers.

Additional P4C focus during and post covid: 'Fake news'/ Mental Health/Vaccines

**Active Citizenship opportunities available to all students:**

Student leaders, student council, prefects, junior prefects, student librarians, youth travel ambassadors, teens and toddlers, United World School's project, food bank, headstart champions (historic), Student Equalities Group, Lunch monitors, sports mentors, Literacy champions, Rokeby Blues, Mental Health Champions and P4C champions

Fundraising- International Schools Project, NSPCC, CALM (sports day)

### **Impact and external partners**

Carnegie Centre of Excellence for Mental Health in Schools- Mental Health Award

SAPERE- First Gold School in UK and only secondary school to have status renewed. 182 students have been accredited with P4C Level 1 facilitator accreditation in the last 5 years. P4C sessions delivered 9 times in an academic year. Rokeby staff led 'community cohesion session' at National Conference

Pinsent and Masons- Law Firm supports a wide number of whole school activities including International Men's and Women's Day and Diversity and Equality Month. 118 entries in Diversity and Equality competition

Diversity Role Models- Working towards eliminating homophobic and transphobic bullying in schools, key school partner since 2016 (Deutsche Bank Award)

Faith in Action- Community based organisation that has recently won funding by the local community to run 'What's the Point?' with year 9 students at Rokeby (anti-knife crime project). RE workshops

Tender- Charity organisation using London Mayor funding. Received 'Healthy Relationships' award by MOPAC and Tender Healthy Schools Award (Newham)

Violence Reduction Unit- Working with the Mayor's Office to trial a pilot programme in conjunction with Imperial College London, which tracks knife crime from the source to the operating theatre

New City Primary School- "The children were leaving the hall and going home deep in philosophical thoughts following on from the enquiry. Staff commented on how hooked our pupils were with a teacher quoting 'you had the children engaged like they were in the palm of your hand' (Deputy Head)

Tollgate Primary school- "Thank you for this piece of primary/secondary transition work today which is so important for our children. I hope we can continue further links next year. The Year 5 team was hugely impressed with your students. It's so important our children have good role models to aspire to" (Head teacher)

Newham RSHE Partnership and DfE training- National RSHE training sessions led by Rokeby staff

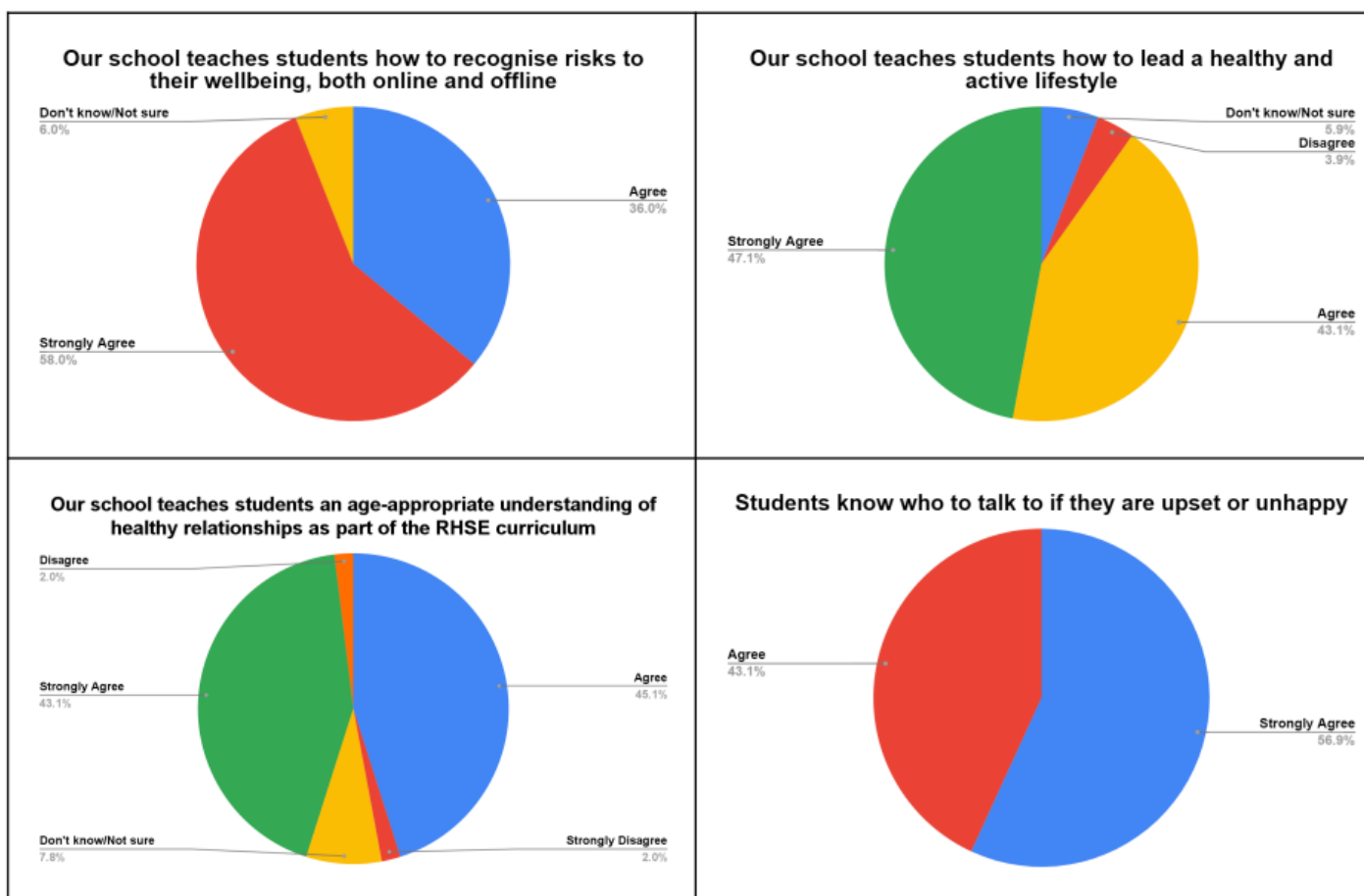
Student voice- 'School feels much more like a family than a school' (OFSTED 2018)

Power Ward- 3 years in a row for recognition of our work with 'Teens and Toddlers'

### **NCL Survey Responses**

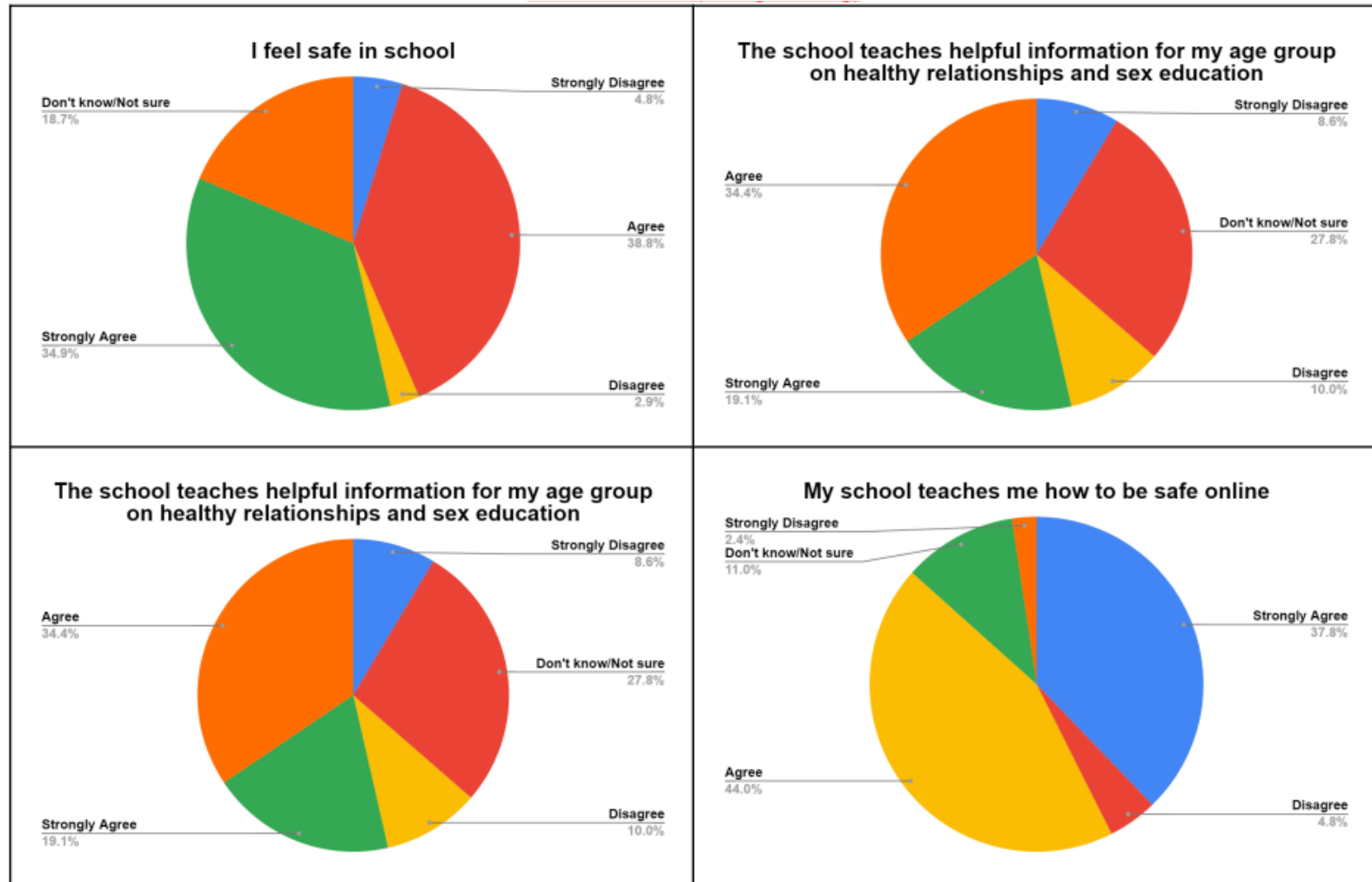
#### Teachers

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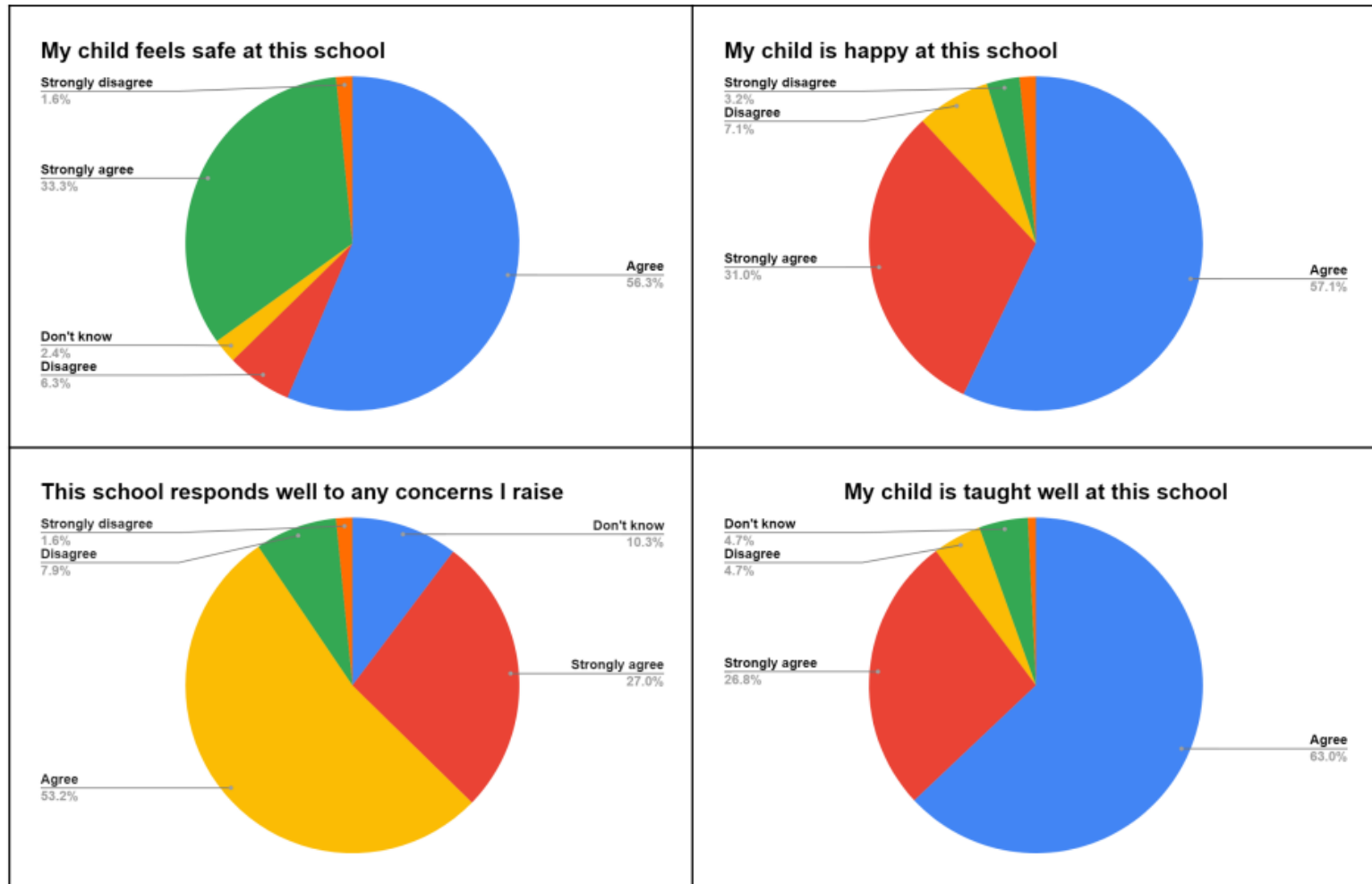


Students

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Parents/carers



## **Monitoring and Reviewing**

Trained DHT lead- accredited by DfE and Newham RSHE partnership

[RSHE Consultation](#) annually

[Governors \(minutes from committee meetings when policy ratified\)](#)

NCL Trust review (printed version in BG The Plan folder on desk)- since then we have introduced recall quizzes, signposting at the end of RE lessons (abortion/sexuality) and science (sex education), contacted <http://www.2020dreams.org.uk/> to supplement our sex education offer

School Improvement Board (upcoming November 2024)

NCL surveys- parents, students and staff

Year Group (registration activities and assemblies) and Subject SLT Reviews (where it forms part of the academic curriculum)

SLT Meetings including discriminatory behaviours log and safeguarding log (JD/JL/BG have access)

Middle Leader Meetings including audits (ML minutes- curriculum and individual meetings which AB, MA, SM and PN can discuss)

Department Meetings and lesson observations/ book looks/ assessment data (where it forms part of the academic curriculum)

[Tender Impact Report](#)

[P4C](#) case study at Rokeby

School Improvement Board (November 2024)