


## What will the Health part of RHE cover?

The DfE says...

### Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching **'relationships and health education'** on GOV.UK.

At Austhorpe we have thought carefully about how we teach children about healthy lifestyles and we use the Personal, Social and Health Education (PSHE) curriculum to support this.

In all year groups pupils will...

- Learn what is needed for a healthy lifestyle
- Learn about how their bodies work and will name parts of the body appropriate to their age
- Learn about how healthy lifestyles contribute to confidence and mental well-being
- Learn to take responsibility for personal choices about healthy lifestyles
- Learn about how to use technology safely to support learning
- Learn about changes to their bodies as they grow up – this will always be age appropriate

Austhorpe is an inclusive school where we are sensitive to meeting the needs of our children in partnership with you as parents and carers

This is information sheet 3 of 4 which you will have an opportunity to read and comment on. If you have any questions, please email [office@aps.rklt.co.uk](mailto:office@aps.rklt.co.uk).

Thank you for your support with this.

