
COVID-19 RSHE Policy Addendum

ORCHARDSIDE SCHOOL



Vision

We want all of our learners at Orchardside to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. This is a vision we share with the Department for Education. That is why, from September 2020, all secondary age children will be taught an updated subject within the national curriculum called Relationships, Sex and Health Education (RSHE). This subject will be taught in Enrichments lessons. RSHE has been designed to equip our young people with the knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

RSHE – Orchardside Context

Orchardside understands that the return to school will be a difficult experience for many young people after Covid. However, we feel that social interactions with peers, parents and teachers will benefit their overall wellbeing and mental health. Our RSHE strategy will aim to specifically support our young people to readjust to school life and support our students with their transition to school who may be reluctant. We are planning to support our learners with impact of the pandemic on their mental wellbeing and recovery. We aim use RSHE as our dedicated time in our school day and in the curriculum to contextualise anxiety from the stress, low mood, and depression as normal responses to this abnormal situation

Orchardside will use the RSHE curriculum as an opportunity to focus on supporting our young people with their social, emotional and mental health in relation to the impact of the pandemic. DfE has also published the first of the relationships, sex and health education training modules for teachers to support them in preparation to deliver content on mental health and wellbeing. Our RSHE co-ordinator and Assistant Headteacher will be training our Enrichment staff and teaching by using the materials made available by the DfE. The training module on teaching about mental wellbeing, which has been developed with clinical experts and schools, will improve teacher confidence in talking and teaching about mental health and wellbeing in the classroom. It was published early given the importance of supporting pupils' mental health and wellbeing at this time.

Strategic Priorities

- support the rebuilding of friendships and social engagement
- address and equip pupils to respond to issues linked to coronavirus (COVID-19)
- support pupils with approaches to improving their physical and mental wellbeing
- Identify vulnerable groups that may benefit from specific interventions to support their understanding of the impact of the pandemic and to improve their physical and mental wellbeing

Operational Management

- Planning and preparation for RSHE will always take into account the impact of covid or how the topic may relate to the pandemic
- Teachers delivering will be briefed on Monday and Wednesday to ensure they are equipped to deliver the sessions
- RSHE co-ordinator will work with the Assistant Headteacher and SEMH lead to identify vulnerable learners and plan interventions accordingly
- RSHE lead to attend the weekly inclusion meeting to discuss individual learners

Reporting

RSHE Co-ordinator will report to weekly inclusion meetings. and staff weekly briefings