

Cavendish Close Infant and Nursery School

Our STAR Curriculum for Relationships and Health Education

Early Years Foundation Stage: Prime Area of Learning: Personal, Social and Emotional Development:
Self-Regulation, Managing Self and Building Relationships

Our Intent for Relationships and Health Education

At Cavendish Close Infant and Nursery School, our children will develop personally through a range of learning experiences that are underpinned by our key intentions for learning in Relationships and Health Education.

Our intention is for our children to:

- 1 Be **independent** and able to make **safe, happy, and healthy** choices (School Vision and STAR Expectations)
- 2 Be **sociable, respectful, resilient, kind and ambitious** (School Vision and STAR Expectations)
- 3 Master our **8 Behaviour Values**.
- 4 Develop a **positive sense of self** along with **good self-care** strategies.
- 5 Recognise, express and manage their own emotions, promoting **good emotional and mental wellbeing**. Learn **self-regulation** strategies to enable them to respond calmly to setbacks and challenges.
- 6 Live a healthy and active lifestyle, promoting **good physical health**.
- 7 Build strong, warm, supportive, positive and healthy **relationships** that lead to happiness and security.
- 8 Know how to **stay safe** and **speak out** about worries, including online.
- 9 Build **knowledge** as set out in our Relationships and Health Education Curriculum.
- 10 Build **vocabulary** as set out in our Relationships and Health Education Curriculum.
- 11 Use our **enabling environment** to support our Relationships and Health Education Curriculum. This includes:
 - 'Mood Monsters' Safe Spaces in classrooms
 - EYFS Wonderland Snug
 - KS1 Enchanted Woodland Retreat
- 12 Enjoy **reading high quality books** to support learning in Relationships and Health Education.

Our 8 Behaviour Values

We show respect to everyone.
We choose kindness.
We remember to use good manners.
We do what adults ask us to do.

We show respect to everything.
We know how to feel calm and ready to learn.
We make safe, healthy, and happy choices.
We are **Attendance HEROs** (**H**ere **E**very day **R**eady **O**n time).

