

Faith and Wellbeing



Through teaching [Religious Education](#), we want to support children growing up in a diverse society, to understand the views and opinions of people whose beliefs differ from their own. During RE lessons, children have space to reflect on their own ideas and develop their thoughts and questions about meaning and ethics.

Children investigate the nature of a religion, its key beliefs and teachings, practices, its impacts on the lives of communities and the varying ways in which these are expressed.

At Darlinghurst we provide hybrid programme including focus topics, events and religious festivals/celebration that is taught in accordance with the locally Agreed Syllabus (Southend Agreed syllabus 2019), promoting the spiritual, moral, cultural, mental and physical development of children and preparing children for the opportunities, responsibilities and experiences of later life. Skills of interpretation, analysis and explanation are taught whereby children develop reflections and responses to their own experiences and their knowledge of religion. Children then develop their abilities in evaluating, particularly with reference to questions of identity, belonging, meaning, purpose, truth, values and commitments.

The three main strands that RE is split into are:

- Believing,
- Expressing,
- Living.

Through teaching [Relationships, Health and Sex Education](#), we aim to provide children with key building blocks to supporting their knowledge of how to be healthy, form respectful and healthy relationships, building on strong foundations of family relations and friendships, including online relations (E-safety).

Children feel part of a community and are valued. They build and maintain positive and social relationships within and outside of the academy. Children extend their feeling of belonging within a small community and build upon this within other relationships and friendships, preparing them for future change.

At Darlinghurst a carefully structured and age-appropriate program personalised to our school alongside the scheme: 'Growing up with Yasmine and Tom' and the PSHE Association Syllabus, provides real life scenarios for our children to relate to, identifying with familiar or unfamiliar scenarios. Lessons are carefully structured using our layered approach. Learning allows children to develop a sense of wellbeing, resilience, character; growing up into happy, successful and productive members of society.

The main strands that make up [RHSE](#) are:

- My Body,
- Friendships and relationships,
- Keeping Safe (including online E-safety)
- Health and Wellbeing,
- Relationships,
- Living in the Wider World