



A welcome message from the subject leader for RHE

At West Rainton Primary School, relationships and health education forms an integral part of our pupils' personal, social and emotional wellbeing and development.

Our aims and vision for the subject are set out in detail within our policy and mapping documents, but we are fiercely proud of a curriculum and ethos that nurtures well-rounded, confident citizens ready to safely take their next steps in the world.

As subject leader for this area, I am passionate about providing regular, rich and varied opportunities for children to learn as much as they can about themselves and the kind of people they want to be; a provision that fosters self-belief and resilience and instils in children a strong sense of self-worth when establishing healthy relationships in later life.

Hand-in-hand with this is our strong inclusive ethos which is relentless in its provision to develop learners with open-minds, mutual respect, appreciation, understanding and tolerance of the views, experiences and values of others.

With an honours degree in English and psychology, largely focused around children and learning, I can lead a subject with an emphasis on emotional literacy and strategies for mental wellbeing.

As a community member of West Rainton myself, I am also well-placed to ensure our children know, love and understand their village and forge their own place within it. From here, they can make informed decisions about their global responsibilities and the positive contributions they wish to make.

I can also build into the curriculum, my experience as designated safeguarding lead for the school, e-safety lead, attendance champion and youth mental health first aider to equip children with the necessary skills and knowledge for a safe and healthy future.

As a busy head teacher, my downtime is very important. Reading, needlework, sport, fitness, travel and my family ensure I maintain a healthy work-life balance. This experience helps me to foster in the children, the importance of taking time to be mindful and appreciative of simply enjoying life.

West Rainton Primary is often synonymous with the tagline, 'welcome to our happy school.' We know that happy, confident children learn, succeed and achieve more. We are determined that the dreams, hopes and ambitions of our pupils will not be limited by any external or contextual factors. Moreover, that they equip themselves with skills for lifelong learning to take them right through into a fulfilling adulthood.

Mrs Alison McDonough