St Albert's Catholic Primary School

Relationships, Sex and Health Education (RSHE)

Information for Parents and Carers

Relationships, Sex and Health Education (RSHE)

From **September** 2020 all primary school children will learn about **relationships and health.**

Relationships and Health Education is a new compulsory part of the school curriculum, which comprises of two distinct areas:

Relationships

Physical Health and Mental Wellbeing

In St Albert's, our delivery of RSHE is designed to be:

Appropriate for your child's age and developmental stage.

Sensitive to the needs and religious backgrounds of all the children in our school.

The 'Relationships' part of the new curriculum will teach children what they need to learn in order to build **positive** and **safe** relationships:

With family
With friends
Online

Our school will teach RSHE in a way that is appropriate to your child's age and will look at these questions:

What is a relationship?
What is friendship?
What is family?
Who can your child look to for support?

RSHE at St Albert's Catholic Primary School

The RSHE curriculum forms a big part of the PSHE, RE and Science curriculum.

Our key objective as always, is the well-being of all children in our care.

We believe as parents/carers you are the prime educators of your children. However, we, as your child's school, along with the church of St Albert's, will work together to support you.

Can I withdraw my child from Sex Education?

Sex education is separate from the Relationships and Health curriculum.
You can withdraw your child from some or all of the lessons on Sex Education, but before making a request, please:

Remember that the Science curriculum in all maintained schools includes content on human development, which includes human reproduction.
There is no right for a parent to withdraw their child from the Science curriculum.

The central message of the Christian faith is always '**love**'.

The central message of our RSHE teaching is '**love**'.

"My commandment is this: love one another, just as I have loved you"

John 15:12

‘A Journey in Love’

This is the programme that St Albert’s follows for the RSHE curriculum and is approved by the Diocese.

The programme teaches that:

The journey begins at the moment of our conception-
Our message will be that God is at the heart of love.

Puberty can be an extremely confusing time for children-
Our message will be that even in this confusion, God is there.

The Sacrament of Marriage publicly declares the commitment of each spouse to the other permanently in the acknowledgement that it is God-given.

The Structure of 'A Journey in Love'

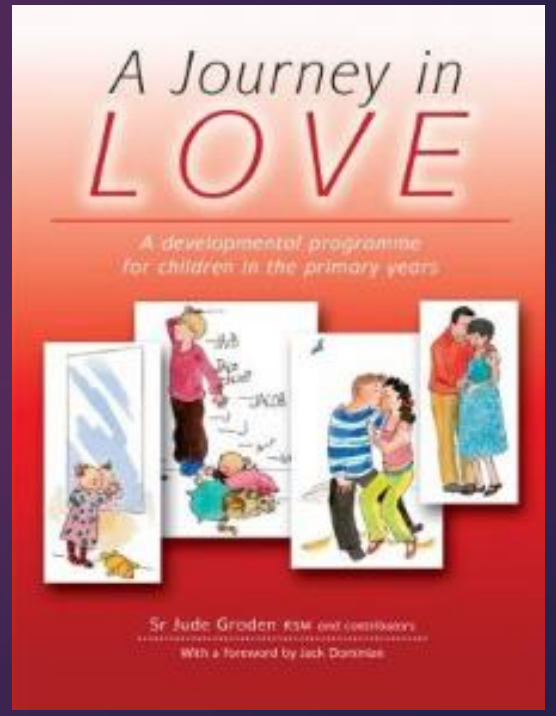
The programme is made up of 4 areas:

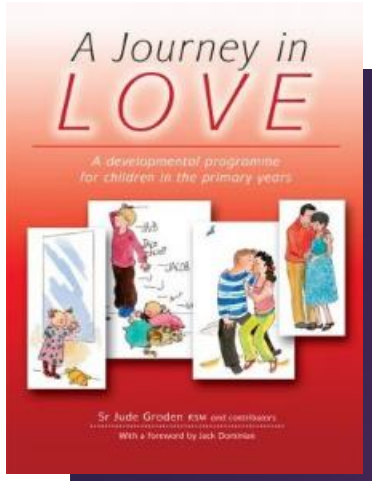
Social
Emotional
Physical
Spiritual

Each area is broken down into:

Activities
Pause & Reflect
Prayer

What will 'A Journey in Love' look like in each year group?





Reception

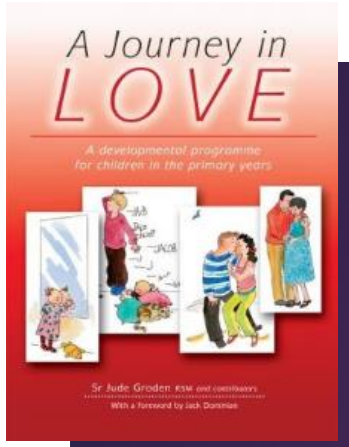
The wonder of being special and unique.

Aim:

To explore the wonder of being special and unique. Children begin to know and understand that they are part of the wonder of God's love and creation.

Key words:

God, wonder, love, hands, fingers, nails, faces, noses, lips, ears, hair, features, colour, shape, size, unique, belonging, different, special womb, describe, friends, generous, worried, Baptism



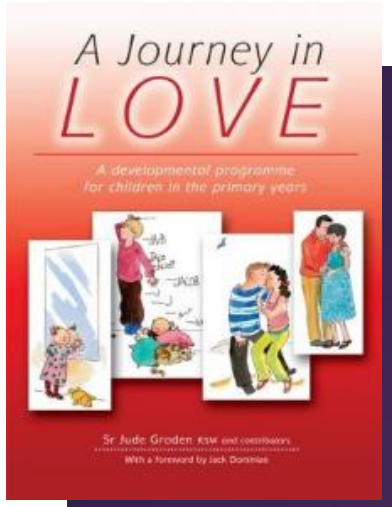
Reception

Key Objectives:

To recognise myself as being a special person in my family.

To recognise that we are all different and unique.

To celebrate the joy of being a special person in God's family.



Year 1

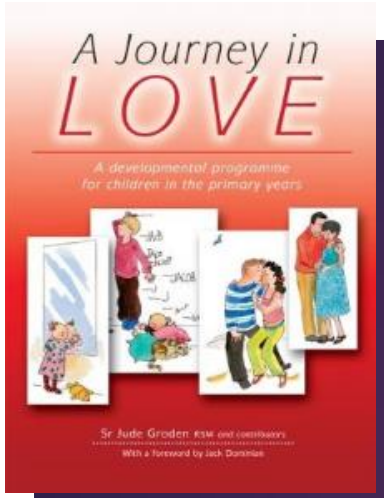
We meet God's love in our family.

Aim:

To focus on families and specially growing up in a loving, secure and stable home.

Key words:

unique, friend, respect, secure, God, love, care, commitment, stable, important, different, special, signs, healthy, safe, boundaries, kindness, teasing, bullying, positive, negative, wrong, unacceptable, truth, lies



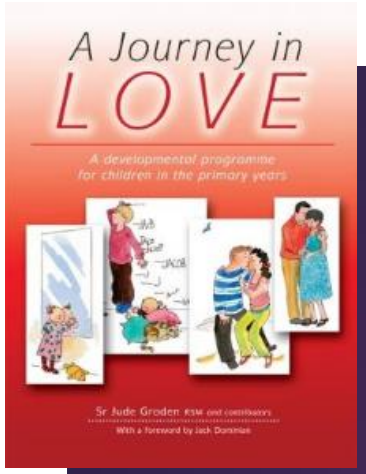
Year 1

Key Objectives:

To recognise signs that I am loved in my family.

To recognise how I am cared for and kept safe in my family.

To celebrate ways that God loves and cares for us.



Year 2

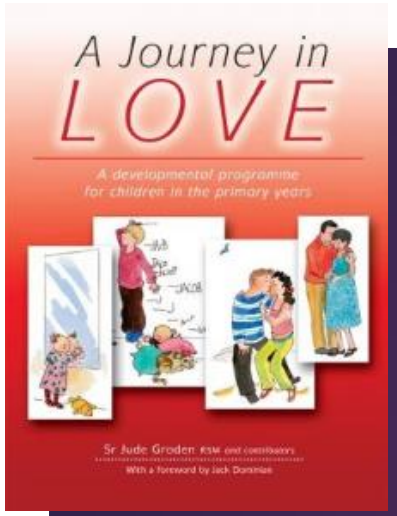
We meet God's love in the community.

Aim:

To describe how we are growing and developing in diverse communities that are God-given.

Key words:

community, local, global, impact, responsibility, harm, improve, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, recognise, emotions, friendships, relationships, secrets, stereotypes, respect, equal



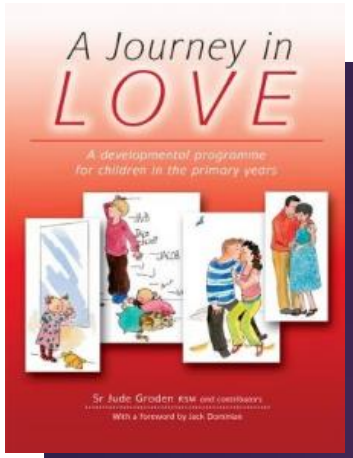
Year 2

Key objectives:

To recognise the joy and friendship of belonging to a diverse community.

To describe ways of being safe in communities.

To celebrate ways of meeting God in our communities.



Year 3

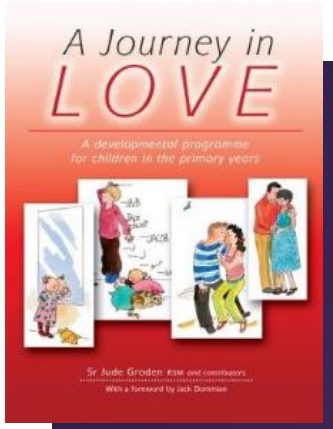
How we live in love

Aim:

To describe and give reasons for how we grow in love in caring and happy friendships where we are secure and safe.

Key words:

community, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, emotions, friends, loyalty, kindness, trust, selfless, generous, reasons, difficulties, positive, respectful.



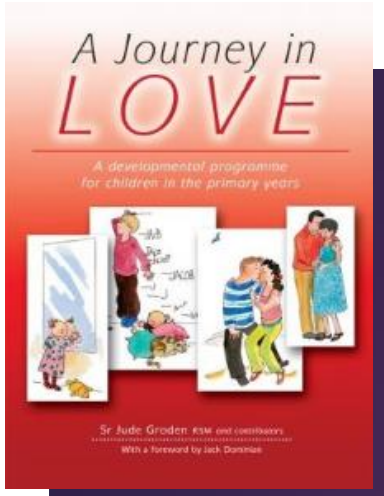
Year 3

Key Objectives:

To describe how and give reasons why friendships make us feel happy and safe.

To describe and give reasons why friendships can break down, and how they can be repaired ad strengthened.

To celebrate the joy and happiness of living in a friendship with God and others.



Year 4

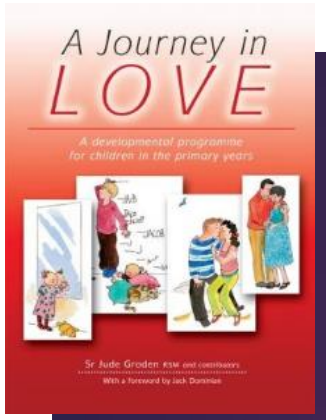
God loves us and our differences

Aim:

To make links and connections to show that we are all different.
To celebrate these differences as we appreciate that God's love accepts us as we are now and as we change.

Key words:

God, gifts, talents, difference, development, change, stereotype, acceptance, cultural, biological, respect, courtesy, manners, sensitivity, religious, belief, bullying, polite, uniqueness, innate, beauty, dignity



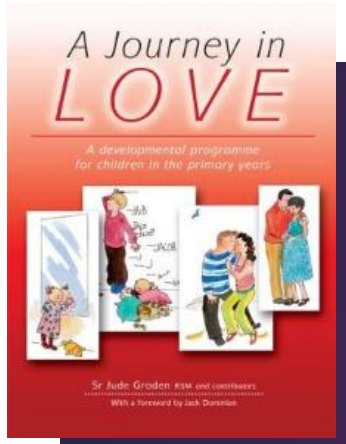
Year 4

Key Objectives:

To describe how we all should be **accepted** and **respected.**

To describe how we should treat others, making links with the **diverse** modern society we live in.

To celebrate the uniqueness and innate beauty of each of us.



Year 5

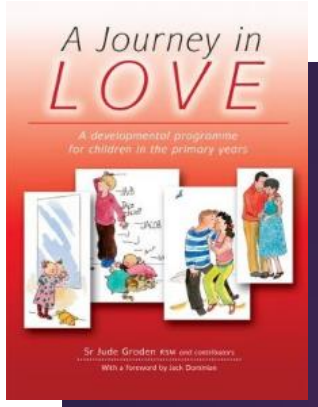
God loves us in our changing and developing

Aim:

To show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom etc. and grow further in recognising God's presence in our daily lives.

Key words:

God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, biological, respect, reproduction, menstrual cycle, hormones, pituitary gland, uterus, fertilised ovum, fallopian tube, vagina, vulva, cervix, womb, period, head, eyes, nose, mouth, teeth, tongue, throat, neck, shoulders, arms, breasts, nipple, waist, elbows, penis, vagina, vulva, bottom, anus, legs, knees, ankles, feet, toes



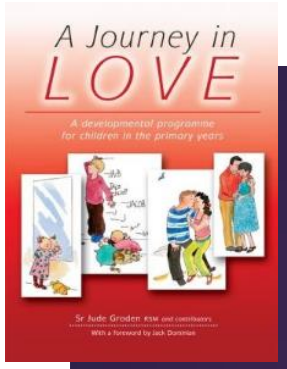
Year 5

Key objectives:

To show knowledge and understanding of how emotional relationships change as we grow and develop.

To show knowledge and understanding of the physical changes in puberty.

To celebrate the joy of growing physically and spiritually.



Year 6

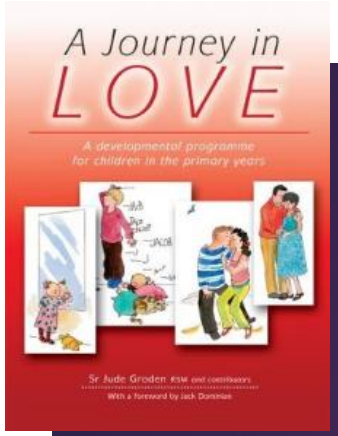
The wonder of God's love in creating new life

Aim:

To develop a secure understanding of what stable, caring relationships are and the different kinds there may be.
Focusing on Catholic teaching, children will also know and understand about the conception of a child within marriage.

Key words:

God, Christian, appropriate, dignity, sexuality, intercourse, fallopian, conceive, relationship, uterus, cervix, fiancé, fiancée



Year 6

Key Objectives:

To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.

To explain how human life is conceived.

To show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships.