

St Albert's Catholic Primary School



Relationship and Sex Education (RSE)

September 2020 – Relationships and Health Education

- As 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 two distinct areas: - Relationships - Physical health and mental wellbeing
- Our curriculum is designed to be - Appropriate for your child's age and development stage. - Sensitive to the needs and religious backgrounds of the children in your child's school.

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

- With family.
 - With friends.
 - Online.
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Our school will teach 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?

RSE at St Albert's

- RSE forms a part of the PSHE, RE and Science Curriculum
- Science, PSHE, RE and RSE will have overlapping areas
- Our key objective is the well-being of the child
- Parents have the right to withdraw their children from elements of RSE education
- We believe parents are the prime educators of their children
- The school, church and family will work together; our role as a school is to support you and not to replace you

A Journey in Love

The central message of the Christian faith is love.
The central message of our RSE teaching is love.

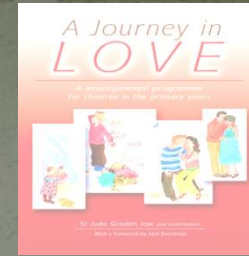
“My commandment is this: love
one another, just as I have
loved you”

John 15:12

- RSE is the life long learning about physical, moral and emotional development.
- It is the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care.
- It is also about the teaching of sex, sexuality and sexual health



A Journey in Love



Approved by the Diocese, the programme teaches that:

- The journey begins at the moment of our conception
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

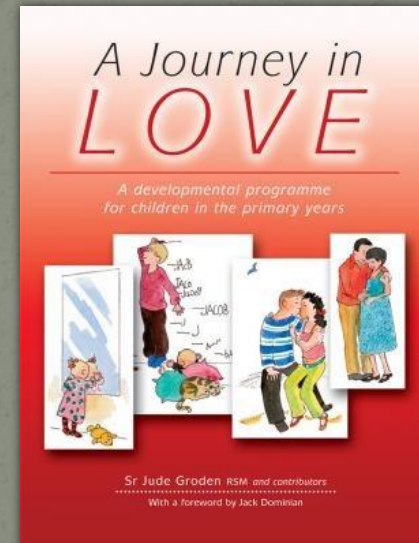
The structure of *A Journey in Love*

The programme is made up of 4 areas:

- Physical
- Social
- Emotional
- Intellectual

Each area is broken down into:

- Activities
- Pause & Reflect
- Prayer



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



Nursery

- Children begin to know and understand that they are part of the wonder of God's love and creation

Examples of Nursery activities:

- Focus on different parts of their body and look at their own and each others features
- Observe facial expressions
- Identify the signs of feeling happy and sad
- Look at the wonders of God's world through the song 'If I were a butterfly'

Reception

- Children know and understand that God has made them unique and that although we are all different we are all special to him.

Examples of Reception activities:

- Discuss how we are different from one another
- Identify who they play with and what they enjoy doing
- Look at the different types of friends they have
- Describe how to be a good friend
- Recognise that Jesus is our friend

Year 1

Children know and understand that they are growing and developing as members of their own family and God's family.

Examples of Year 1 activities:

- Talk about who is in their family
- Talk about how fast babies change and grow
- Look at happy and sad moment within a family
- How is love shown in a family?
- Know that we are members of God's family

Year 2

- Children know and understand that they are growing and developing in a God-given community.

Examples of Year 2 activities:

- What is community?
- Explore school as a community
- How can we contribute to the community?
- As children of God, how should we help each other?

Year 3

- Children know and understand the virtues essential to friendship e.g. loyalty, responsibility and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.

Examples of Year 3 activities:

- Who cares for me at home, school, parish, community?
- How do you keep safe?
- How do you take care of others?
- How do you feel if a friend is not there for you or you are not there for them?
- How can I forgive and include others as Jesus did?

Year 4

- Children know and understand that they are all different and celebrate these differences as they appreciate that God's love accepts us as we are and as we change.

Examples of Year 4 activities:

- Recognise all pupils grow and develop at a different rate
- Identify the development of the baby in the womb
- Look at how pupils appreciate their own and others gifts, talents, achievements and all that makes us unique
- St Paul's teaching on love

Year 5

- Children know and become aware of the physical and emotional changes that accompany puberty- sensitivity, mood swings, anger, boredom, etc.
- They grow further in their understanding of God's presence in their daily lives.

Examples of Year 5 activities:

- Identify and celebrate the ways I have changed since birth
- Discuss the external and internal changes which happen to boys and girls in puberty- pupils will be divided into male and females and taught separately for this section of the unit
- Recognise behaviour changes as we grow up
- Identify that physical changes from child to adult means the ability to become a mother or father
- Reflect on ways to become more sensitive to the emotional development of oneself and of others

Year 6

- Children develop, in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.

Examples of Year 6 activities:

- Explain how human life is conceived
- Recognise Male and female reproductive organs- children will be separated into males and females for this section
- Know that sexual intercourse occurs between husband and wife
- Understand how a child grows within the mother's womb
- Understand that God causes new life to begin through the love that parents have for each other
- Celebrate God's creative love in creating us as his children