

## Aims of RSHE at St Marie's Catholic Primary

- To encourage pupil's growth in self respect, acknowledging we are all created in the likeness of God.
- To help pupils understand that love is the central basis of relationships.
- To help pupils to respect differences between people
- To develop pupil's confidence in talking, listening and thinking about feelings and relationships.
- To help pupils acquire the skills necessary to develop and sustain relationships
- To offer sex education in the wider context of relationships.
- To ensure that pupils protect themselves and ask for help and support when needed.
- To ensure that pupils are prepared for puberty.
- To help pupils develop a healthier, safer lifestyle.

## JOURNEY IN LOVE AND DFE GUIDANCE

From September 2020, (delayed to Summer 2021 due to covid-19) guidance from the Department for Education for Relationships Education, Relationships and Sex Education (RSE) and Health Education becomes mandatory for all Schools, including Catholic Schools. This initiative has been welcomed by the Catholic Education Service (CES), who state clearly that, Catholic schools are also required to deliver RSE in accordance with the teaching of the Church. RSHE is part of the mission of Catholic schools to educate the whole person. It should be carried out as part of the holistic education, which seeks to form as well as inform young people in preparation for adult life.

A Journey in Love offers opportunities to teach DFE guidance on Relationships Education and Relationships and Sex Education in age-appropriate ways.

The Catholic Education Service accentuates that any teaching about love and sexual relationships in a Catholic school must be rooted in the Catholic Church's teaching about what it is to be truly human in Christ, what it means to live well in relationship with others and be presented within a positive framework of Christian virtue.

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# St. Marie's Catholic Primary School



## RSHE -

## Journey in Love

## **“Walking, hand in hand with Jesus”**

It is now compulsory for schools to deliver a comprehensive and contextual relationships, sex and health education.

This leaflet is to provide an outline of the topics that will be addressed within each year group.

Although it is compulsory for schools to deliver RSHE, all aspects are not compulsory for your child. There are some aspects in Year 6 that you may choose to opt out of however, we hope that with this information you will feel confident that your child is receiving age appropriate information that supports our Catholic ethos and prepares them for the future.

#### Early Years

The wonder of being special and unique.

Aim: To explore the wonder of being special and unique.

#### 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.

#### 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.

#### 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.

#### Year 4

God loves us in 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.

In Year 4, children will see an illustrated diagram of how a baby grows in the womb.

#### Year 5

God loves us in our changing and developing.

Aim: 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.

#### 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.

**Throughout the delivery of RSHE the children will be in mixed gender and ability classes.**







