

Relationships, Sex and Health Education (RSHE):

A Guide for Parents and Carers November 2020

A Journey in **LOVE**

A developmental programme for children in the primary years

 Nursery	 Reception	 Year One	 Year Two
 Year Three	 Year Four	 Year Five	 Year Six

A Journey in love - Home page

Learn to Love, Love to Learn

At St. Anne's, together in faith, we passionately commit to:

Build a loving, vibrant community with Christ at the heart;

- *Within our local and global communities, live, share and celebrate God's word, together with the core values of our school community.*
- *Work as one to make a positive difference in all that we do.*
- *Responsibly keep everyone safe and secure within an environment of tolerance and respect.*

Celebrate the uniqueness of all and enable them to reach their potential:

- *Value the uniqueness and dignity of all individuals, enabling them to grow, have aspirations and become global citizens of our common home.*
- *To respectfully hear, listen and respond to everyone's voice, thoughts and opinions equally.*
- *Recognise and develop individual qualities to enable all to live life to the full with courage and compassion.*

Through our shared vision and values, nurture knowledge and skills for life-long learning and achievement;

- *Build a place and a curriculum where everyone matters and everyone succeeds, with high expectations of ourselves and others.*
- *Develop pupils who grow to care about the world and go on to make a positive difference.*
- *For children to leave each stage of their learning journey with happy memories, lasting friendships and a desire to fulfil their hopes and dreams throughout their lives.*

*Raising **self-esteem**, with **commitment**, **organisation** and **resilience**, we achieve **excellence** as together we...*

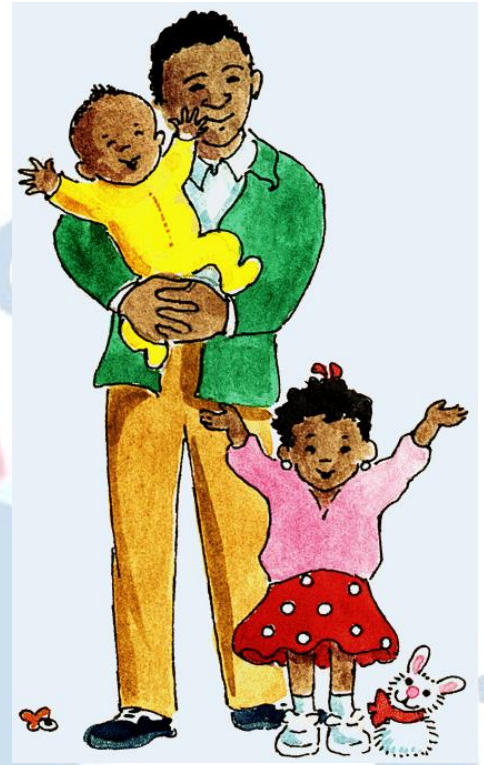
"Learn to love, Love to learn in readiness for life."

Aims of Relationship, Sex and Health Education (RSHE)

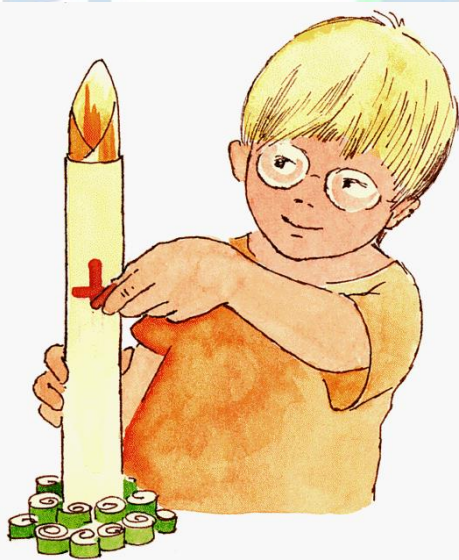
- To encourage pupils' growth in self-respect, acknowledging we are all created in the image and likeness of God
- To help pupils develop an understanding that love is the central basis of relationships
- To help pupils to understand the nature of relationships and to encourage them to reflect on their own relationships and respect differences between people.
- To develop pupils' 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 to develop a healthier, safer lifestyle.
- To prepare pupils to play an active role as citizens and to understand the Catholic vision of what it means to be citizens of the Kingdom/reign of God.



It is with these aims and mission that we share this booklet with our parents and carers. We recognise parents as the first and most important educators of their children and we hope that the information provided here will enable us all to work together in supporting parents in their most important role.



Love...



At the heart of Christian faith is love: St. John says that God is love (1 John 4:9) and the whole purpose of Christianity is to live it as fully as possible in and through love. This means that we have to link every aspect of our being, from birth to death, with love.

Love starts to enter our life from the moment of birth when we are held tenderly in the arms of our mother and developed throughout our first intimate relationship of childhood with our parents, family members, friends and teachers.

At puberty, sexual characteristics develop and we begin to seek someone outside of the family with whom we can grow in love, usually ending in marriage.

The whole purpose of education at home and in our primary school is to connect every aspect of growth, physical, emotional, intellectual and social with love.



Themes explored in each year group...

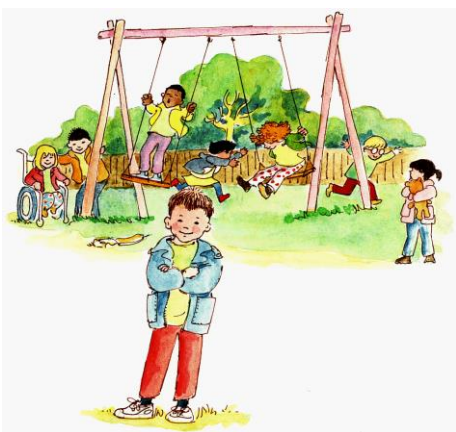
EYFS	The wonder of being special and unique
Year One	We meet God's love in our family
Year Two	We meet God's love in the community
Year Three	How we live in love
Year Four	God loves us in our differences
Year Five	God loves me in my changing and development
Year Six	The wonder of God's love in creating new life



How will we organise lessons for Journey in Love?

- Before the programme begins ground rules are set with the children regarding the kind of positive behaviour is expected of every child,*
- All children and teachers treat each other with respect, all questions and answers are listened to in a sensitive and sensible manner,*
- Any child who is silly, or disruptive and who deliberately attempts to embarrass or hurt another member of the group will be asked to leave,*
- Children may be taught in small groups for some elements of the programme*
- Lessons will be taught in mixed gender groups with the opportunity to work with smaller, single sex groups should the need arise. This will be at the discretion of class teachers along with the support of the subject leader and members of the Senior Leadership Team.*
- All children will cover the same topics,*
- Lessons may include; discussions, presentations, questions, written work, homework*

What if a child asks a difficult question?



There are specific areas that we feel should not be discussed within the context of our school lessons, e.g. contraception, as we feel that our children are not yet emotionally mature to handle these issues. These are all topics which are dealt with at secondary school.

If a child does ask a question outside the scope of our programme it will be dealt with in a sensitive and caring

manner. We would always ask the child concerned to discuss the issue with his/her parents.

How can I help?

- By talking with your child at home,
- By discussing their work after each lesson
- By listening to any concerns,
- By reassuring your child that you are there if they need to talk about anything at all,
- By helping with homework activities,



What if I don't feel that my child is ready for this programme of work?

Parents have the legal right to withdraw their child from the Sex Education part of our school's programme but **NOT** from the statutory Relationships and Health aspects. Some elements of the Sex Education curriculum are required by the National Curriculum for Science and therefore children cannot be withdrawn from these lessons.



Teaching staff will use their knowledge of the children in the class to make decisions about the appropriateness of materials and content and adapt to suit the needs of the children.

We ask that any parent who may be considering this, to make an appointment with the Headteacher to discuss what such a decision may involve.

What will be taught?

Please see the grid below for an overview of what is covered in each year group. Children taught in a mixed age class will work at the academic year they are in. Staff will adapt content to suit the age and stage of children.

	Aim	Autumn: Social & Emotional	Spring: Physical	Summer: Review & Spiritual
EYFS	To explore the wonder of being special and unique.	To recognise the joy of 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	To focus on families and specially growing up in a loving, secure and stable home.	To recognise the 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	To describe how we are growing and developing in diverse communities that are God-given.	To recognise the joy of 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	To describe and give reasons for how we grow in love, in caring and happy friendships where we are secure and safe.	To describe and give reasons how friendships make us feel happy and safe.	To describe and give reasons why friendships break down, how they can be repaired and strengthened.	To celebrate the joy and happiness of living in friendship with God and others.
Year 4	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.	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	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 et., and grow further in God's presence in our daily lives.	To show knowledge and understanding of emotional relationship changes 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	To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focussing on Catholic teaching, children will also know and understand about the conception of a child within Marriage.	To develop a secure understanding that stable and caring relationships, which may be of difference 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.

We praise and thank you, Lord, for gifts of life and love.

Help us to use these wisely as we continue to journey



