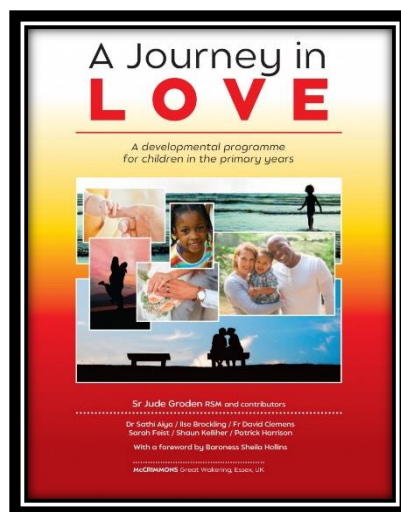


St Catherine's Catholic Primary School



Relationships and Sex Education:

‘A Journey in Love’



A Guide for Parents and Carers

Aims of Relationship and Sex Education (RSE)

- 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



St. Catherine's Mission Statement

Growing in Faith

Our vision at St Catherine's Catholic Primary School and all we do, and aspire to be, is centred on the love, life and teaching of Jesus, and rooted in the faith of the Catholic Church.

Aiming for Excellence

Our aim is to build a loving, happy, safe and welcoming school where everyone has the opportunity and support to recognise, celebrate and develop their God given gifts and talents, learning in a creative and friendly school family.

Learning for Life

Journeying together with each other, we work in harmony to provide outstanding Catholic Education for all our pupils preparing them to fulfil their mission to the world in which we live.

The programme for Relationships and Sex Education which we have chosen to share at St Catherine's is called 'A Journey in Love' and it the programme recommended by the Diocese of Arundel & Brighton

This booklet for parents and carers outlines how the programme is organised and what is covered in each year group and the related vocabulary.

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 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
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- All children will cover the same topics
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- Lessons may include; discussions, presentations, questions and/or some form of written work

Reception

Aim: To explore the wonder of being special and unique

Social and Emotional Learning Intention –

To recognise the joy of being a special person in my family

Physical Learning Intention –

To recognise that we are all different and unique

Spiritual Learning Intention –

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

Vocabulary –

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

Year 1

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

Social and Emotional Learning Intention –

To recognise signs that I am loved in my family

Physical Learning Intention –

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

Spiritual Learning Intention –

To celebrate ways that God loves and cares for us

Vocabulary –

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, 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 2

Aim: To describe how we are growing and developing diverse communities that are God-given

Social and Emotional Learning Intention –

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

Physical Learning Intention –

To describe ways of being safe in communities

Spiritual Learning Intention –

To celebrate ways of meeting God in our communities

Vocabulary –

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 3

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

Social and Emotional Learning Intention –

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

Physical Learning Intention –

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

Spiritual Learning Intention –

To celebrate the joys and happiness of living in friendship with God and others

Vocabulary –

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

Year 4

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

Social and Emotional Learning Intention –

To describe how we should be accepted and respected.

Physical Learning Intention –

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

Spiritual Learning Intention –

To celebrate the uniqueness and innate beauty of each of us

Vocabulary –

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

Year 5

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

Social and Emotional Learning Intention –

To show knowledge and understanding of emotional relationship changes as we grow and develop

Physical Learning Intention –

To show knowledge and understanding of the physical changes in puberty

Spiritual Learning Intention –

To celebrate the joy of growing physically and spiritually

Vocabulary –

God, sensitivity, puberty, presence, celebrate, external, change, develop, ovulation, biological, respect, reproduction, menstrual cycle, hormones, pituitary gland, uterus, fertilised ovum, fallopian tube, vagina, vulva, cervix, womb, period.

Year 6

Please see separate letter for January 2022

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 learning regularly
- By listening to any concerns
- By reassuring your child that you are there if they need to talk about anything

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

- We recognise parents as their child's first educators and we ask that if parents feel that their child may not be quite ready for the content within the programme, they should make an appointment with the Headteacher or the Deputy Headteacher to discuss their thoughts on the matter.

