

St Anne's Catholic Primary School



**Relationships, Sex and Health
Education (RSHE)**

Information for Parents



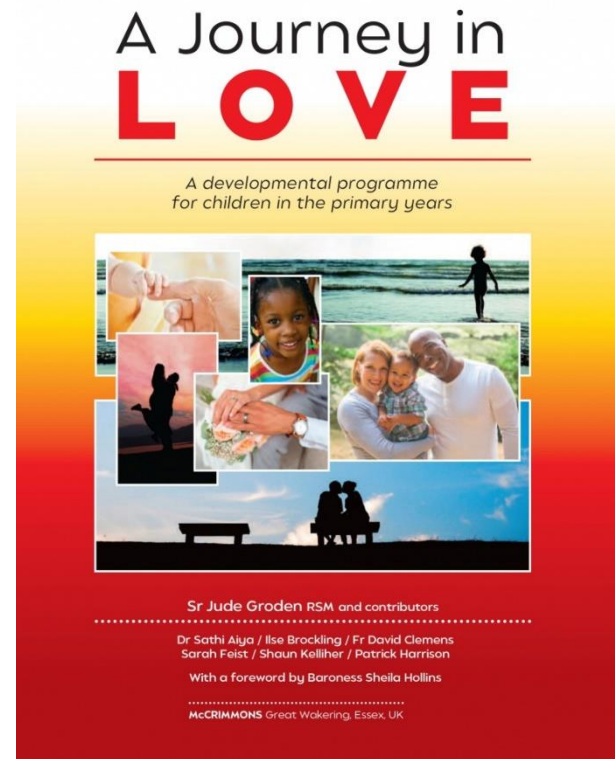
What is RSHE?

The place of Relationship and Sex Education (RSE) in the curriculum of a Catholic School

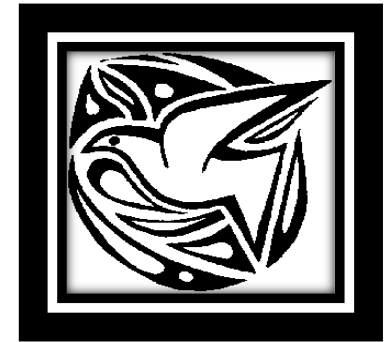


A Journey in Love

- An introduction to the programme
- Its structure and content



- RSHE 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.

RSHE at St Anne's

- RSHE forms a part of the PSHE, RE and Science Curriculum
- Science, PSHE, RE and RSHE will have overlapping areas
- Our key objective is the well-being of the child
- Parents have the right to withdraw their children from non-statutory elements of RSHE 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 RSHE teaching is love.

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

John 15:12

A Journey in Love

Is a developmental programme, approved by the Liverpool Archdiocese which 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

A Journey in
LOVE

A developmental programme
for children in the primary years



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With a Foreword by Baroness Sheila Hollins

.....
McCRIMMONS Great Wakering, Essex, UK

The structure of *A Journey in Love*

The programme is made up of 3 areas:

- Social & Emotional
- Physical
- Spiritual

Each area is broken down into:

- Activities
- Pause & Reflect
- Prayer

A Journey in **LOVE**

*A developmental programme
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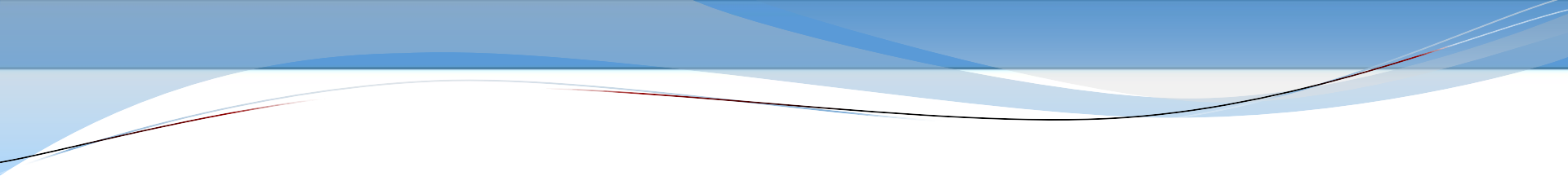


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With a foreword by Baroness Sheila Hollins

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



Early Years

The wonder of being special and unique

Children know and understand that God has made them unique and that they are part of the wonder of God's love and creation

Examples of Early Years activities:

- Looking in mirrors, exploring similarities and differences
- Reflecting on the wonders of our uniqueness
- Discuss how we are different from one another
- Thinking about our families
- Thanking God for creating us

Year 1

We meet God's love in our family

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
- Exploring ways to keep fit and healthy
- How is love shown in a family?
- Know that we are members of God's family

Year 2

We meet God's love in the community

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?
- Talking about ways of being safe
- As children of God, how should we help each other?

Year 3

How we live in love

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:

- Reflect on friendships
- Considering how to repair broken friendships
- 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

God loves us in our differences

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 and respect differences
- Consider rules for treating others with respect
- Look at how pupils appreciate their own and others gifts, talents, achievements and all that makes us unique
- Know we are all unique and created by God

Year 5

God loves me in my changing and development

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
- Recognise behaviour changes as we grow up
- Reflect on ways to become more sensitive to the emotional development of oneself and of others

Year 6

The wonder of God's love in creating new life

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
- 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