

*St Oswald's Catholic Primary School*



# *Relationships, Sex and Health Education*

*A Guide for Parents and Carers*

*'I have come that you might have life and  
have it to the full'  
(John 10:10)*

*At St Oswald's School together we love, learn,  
respect and appreciate.*

## *Aims of Relationship and Sex 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.*

*Mission Statement places these aims and beliefs at the Centre of all we hope to achieve...*

*At St Oswald's our mission is:*

*"Together we love, learn, respect and appreciate"*

*It is with this 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. The ultimate goal is to enable adults to fully love themselves (to accept themselves positively) and in turn love their neighbour (making themselves fully available to others).*

*Through our love for others, we link ourselves with God the Father, through Jesus Christ his Son, and through the Spirit.*

*The programme for Relationships and Sex Education which we have chosen to share at St Oswald's is called 'A Journey in Love'. This booklet for parents and carers outlines how the programme is organised and what is covered in each year group.*

*A Journey in Love has at its foundation the belief that we are made in the image and likeness of God, and as a consequence, gender and sexuality are God's gift, reflect God's beauty and share in the divine creativity.*

*In order that children may grow and develop healthily and as complete human beings, they must have an understanding of their gender and the implications for successful relationships, they must be at ease with themselves and grow in self-knowledge.*

*A different aspect of the mystery of love is explored in each year group and all are encouraged to marvel at the wonder and beauty of God's creative love. This is reflected in each stage of a person's growth, through a series of lessons with activities and reflections which focus on physical, social, emotional, intellectual and spiritual development.*

### *Themes explored in each year group...*

*Early Years* 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, 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. Any child who is 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.

Some lessons may be taught in single sex groups as appropriate.

All children will cover the same topics.

Lessons may include; discussions, presentations, questions, written work.

### *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 and discussing their work in school.

By listening to any concerns,

By reassuring your child that you are there if they need to talk about anything at all,

*We praise and thank you, Lord, for gifts of life and love. Help us to use these wisely as we continue to journey in love.*

*RSHE**A Journey in Love*

<i>Year Group</i>	<i>Theme</i>	<i>Aims</i>	<i>Social Emotional Strand</i>	<i>Physical Strand</i>	<i>Spiritual Strand</i>
			<i>Learning Intention</i>	<i>Learning Intention</i>	<i>Learning Intention</i>
<i>EYFS</i>	<i>The wonder of being special and unique</i>	<i>To explore the wonder of being special and unique</i>	<i>To recognise the joy of being someone special in my family</i>	<i>To recognise that we are all different and unique</i>	<i>To celebrate the joy of being a special person in God's family</i>
<i>Year 1</i>	<i>We meet God's love in our family</i>	<i>To focus on families and specially growing up in a loving, secure and stable home</i>	<i>To recognise signs that I am loved in my family.</i>	<i>To recognise how I am cared for and kept safe in my family.</i>	<i>To celebrate ways that God loves us and cares for us.</i>
<i>Year 2</i>	<i>We meet God's love in our community</i>	<i>To describe how we are growing and developing in diverse communities that are God-given</i>	<i>To recognise the joy and friendship of belonging to a diverse community.</i>	<i>To describe ways of being safe in communities.</i>	<i>To celebrate ways of meeting God in our communities.</i>
<i>Year 3</i>	<i>How we live in love</i>	<i>To describe and give reasons, for how we grow in love in caring and happy friendships where we are secure and safe</i>	<i>To describe and give reasons how friendships make us feel happy and safe.</i>	<i>To describe and give reasons why friendships can break down, how they can be repaired and strengthened.</i>	<i>To celebrate the joy and happiness of living in friendship with God and others.</i>
<i>Year 4</i>	<i>God loves us in our differences</i>	<i>To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God's</i>	<i>To describe how we should all be accepted and respected.</i>	<i>To describe how we should treat others, making links with the diverse modern society we live in.</i>	<i>To celebrate the uniqueness and innate beauty of each of us.</i>

		<i>love accepts us as we are now and as we change.</i>			
<i>Year 5</i>	<i>God loves us in our changing and developing</i>	<i>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.</i>	<i>To show knowledge and understanding of emotional relationship changes as we grow and develop.</i>	<i>To show knowledge and understanding of the physical changes in puberty.</i>	<i>To celebrate the joy of growing physically and spiritually.</i>
<i>Year 6</i>	<i>The wonder of God's love in creating new life</i>	<i>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 concept of a child within marriage.</i>	<i>To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.</i>	<i>Explain how human life is conceived.</i>	<i>Show an understanding of how being made in the image and likeness of God informs our decisions and actions when building relationships with others including life-long relationships.</i>