

Information for Parents & Carers



What is RSE?

Relationships and Sex Education (RSE) is lifelong learning about physical, moral, social and emotional development. It is the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care. The focus in primary school should be on teaching the fundamental building blocks and characteristics of healthy and positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. From the beginning of primary school, building on early education, pupils should be taught how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy.

Relationships Education also creates an opportunity to enable pupils to be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing.

The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. Relationship education supports this learning and should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.

Context

At St Teresa's, in conjunction with BOSCEP (Bolton Schools Catholic Education Partnership), our mission is to educate our children with Christ at the centre, and thus all that we teach is focussed upon Catholic values and morals. We recognise each of our pupils as unique individuals, created in the image and likeness of God, and our curriculum reflects the Gospel values of our faith. Therefore, SRE is taught in the context of Christian relationships and virtues. SRE promotes children's self-esteem and emotional wellbeing. It helps them to form and maintain worthwhile and satisfying relationships based on respect for themselves and for others, at home, at school and in the community.

Aims

Within a Catholic context, the purpose for teaching RSE at St.Teresa's is:

- To engender growth in self-respect and self-worth recognising that each of us is created in the image and likeness of God
- To appreciate and understand the role of God our Father as creator of our world and the founder of productive and purposeful relationships
- To enable pupils to have an understanding that love, trust and faith is central to relationships
- To promote an appreciation of the nature, purposes and value of marriage and the family
- To enable pupils to have an understanding of themselves, their bodies and their emotional development
- To enable pupils to reflect and recognise the qualities that helps them to grow, develop and sustain positive and effective relationships

Delivery of RSE



RSE is delivered through the 'A Journey in Love' scheme, as recommended by Salford Diocese; the scheme is supplemented by appropriate content from the PHSE association. External agencies and healthcare professionals may also have an input, although always in line with our school ethos and the Church's teaching.

RSE Programme content

Overview for parents

Early **The wonder of being special and unique.**

Years: 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.

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.

*What does love look like?
It has the hands to help others.
It has the feet to hasten to the poor and needy. It has eyes to see misery and want.
It has the ears to hear the sighs and sorrows of others.
That is what love looks like.*

St. Augustine

JOURNEY IN LOVE AND DFE GUIDANCE

From September 2020, 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. RSE 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.

An aspect of the mystery of love is taught in each year group; children are encouraged to marvel at the wonder and beauty of God's creative love. This is reflected through a series of progressive and developmental tasks, activities and reflections which focus on physical, social, emotional, intellectual and spiritual development.

Example content from Year One: We meet God's love in our family

A Journey in Love

YEAR ONE

1 Questions to consider

- 1) Who is in my family?
- 2) How do families show love and care for one another?
- 3) What are some of the characteristics of a happy family?
- 4) How do we act with adults that are not in our family or those we do not know?
- 5) In what ways are we made in the image and likeness of God?
- 6) How does your family help you to keep healthy? Include physical, mental and spiritual health. Include taking care not to spread diseases e.g. washing hands, coughs and sneezes etc.

2 Possible activities

- 1) Paint and draw your family tree.
 - 2) Draw each member of your family, including yourself and even your pets. Cut them out, write their names on their backs and hang them to make a mobile.
 - 3) Create a set of responses for children to use with people when they feel unsafe.
 - 4) Draw around your hand and on each finger; write ways you have grown and changed.
 - 5) Identify, name draw and label each part of the body and say what part of the body is associated with each sense. Include vocabulary, as agreed with parents/carers during parental consultation, for external genitalia (e.g. penis, breasts, nipple, vagina, bottom, anus).
 - 6) Create a collage showing all the ways we can stay fit and healthy. Include all elements of discussion above e.g. physical activity, dental health, healthy eating, positive relationships etc.
 - 7) Why do you think our families set rules and regulations/ boundaries for their children to follow e.g. staying safe at home e.g. not using certain electrical appliances, not playing with matches, fire etc. setting bed times, restricting TV and digital use, how to cross the road safely and stay safe on the beach/swimming pool etc.
- Create posters showing some of these ideas on staying safe.

2 Activities/supported discussions

- 1) Discuss the physical changes that take place during puberty. Discuss how it is normal for children to go through these changes at different times.
- 2) Recognise that sexual development is a natural part of human growth and that physical changes from child to adult means the ability and potential to become a mother and father. The purpose of the menstrual cycle is to prepare the female body for reproduction. There are two important stages to be completely aware of and prepared for: menstruation and ovulation.
- 3) Discuss how, as well as physical changes, emotions may change and/or become more intense as they grow and move through puberty. Discuss how these changes can positively and negatively affect physical, emotional & mental health.
- 4) As our bodies change there is pressure from outside including social media to look and feel a certain way. This can include images in the media that do not always reflect reality.
How can we deal with these external pressures and who can we talk to if we are unsure or do not understand the changes that are happening?

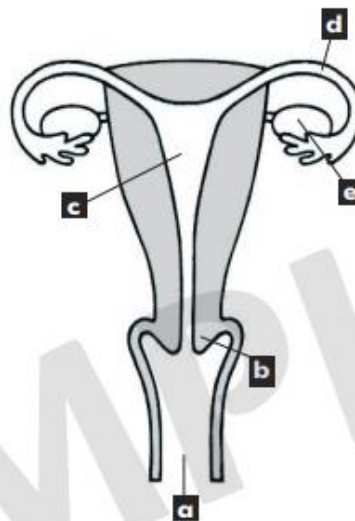
Menstruation

(From the Latin for 'month')

- 1) The menstrual cycle is controlled by hormones released from the pituitary gland. Most menstrual cycles last for about 28 days.
- 2) The first day of the period marks the start of the cycle and is counted as day one.
- 3) If the uterus does not receive a fertilised ovum, the lining of the uterus breaks down and is shed over the next number of days. This is called menstruation.
- 4) The lining of the uterus begins to thicken and an ovum begins to develop.

Ovulation

- 5) On approximately the 14th day of the cycle an ovum is released into the fallopian tube. This is called ovulation.
- 6) The ovum travels towards the uterus.
- 7) The lining of the uterus continues to thicken and gets full of blood in case a fertilised ovum arrives.
- 8) If the ovum is not fertilised it will dissolve and a period will occur.
- 9) Then the cycle starts again.



- a. Vagina
- b. Cervix
- c. Womb (Uterus)
- d. Fallopian tube
- e. Ovary