



St Mary's Catholic Primary
School & Nursery

PSHE/RHE Parents meeting

28th September 2023

Objectives

- To ensure the education of the whole child (spiritual, physical, intellectual, moral, social, cultural and emotional)
- To help prepare pupils for the opportunities, responsibilities and experiences of adult life.
- To raise pupils' self-esteem, help them to grow in knowledge and understanding, recognise the value of all persons and develop caring and sensitive attitudes.
- To provide children and young people with a 'positive and prudent sexual education' which is compatible with their physical, cognitive, psychological and spiritual maturity, and rooted in a Catholic vision of education and the human person.

Ten:Ten
Resources



Model Catholic RSE Curriculum - the Catholic Education Service

10:45



Parents are the primary educators

- As a school we provide the principal means by which the Church assists parents and carers in educating their children.
- All parents will have access to the school's RSHE programme (Life to the Full), through an online Parent Portal which provides parents with:
 - Access to resources;
 - Suggestions for further activity at home.
- Parents continue to have the right to withdraw their children from non-statutory sex education except in those elements which are required by the National Curriculum.

In **Life to the Full**, we follow a four-stage structure which is repeated and developed across four different learning stages:

- **Early Years Foundation Stage** is aimed at Nursery and Reception
- **Key Stage One** is aimed at Years 1 and 2
- **Lower Key Stage Two** is aimed at Years 3 and 4
- **Upper Key Stage Two** is aimed at Years 5 and 6

Within each learning stage, there are three Modules which are based on the Model Catholic RSE Curriculum:

- **Created and Loved by God**
- **Created to Love Others**
- **Created to Live in Community**

Each **Module** is then broken down into **Units** of Work.

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Module 1	Created and Loved by God
Units	Religious Understanding Me, My Body, My Health Emotional Well-being Life Cycles
Module 2	Created to Love Others
Units	Religious Understanding Personal Relationships Life Online Keeping Safe
Module 3	Created to Live in Community
Units	Religious Understanding Living in the Wider World

Within each Unit there are **a number of planned sessions** which are to be led in the classroom.

Topics in 'Life to the Full' include:

- Feelings and relationships
- My healthy body including physical health and fitness, healthy eating and drugs, alcohol and tobacco.
- Lifestyles and culture
- Growing up including the changing adolescent body
- Being Safe including health and prevention, basic first aid
- Online relationships including internet safety and harms
- Mental wellbeing
- Economic Wellbeing – Aspirations, Work and career
- Economic Wellbeing - Money

Sensitive areas of the curriculum

Following parental consultation and consultation with governors, coverage of certain non-statutory areas of the curriculum have been recommended.

- **Genitalia**

- In the Early Years Foundation Stage private parts are merely referred to as 'privates'.
- In year 1 we discuss the difference between boys and girls. Non-physical differences between boys and girls at this age are small and difficult to define. By linking gender to biological sex it helps children to understand the difference, equality and complementarity of boys and girls. The names of genitalia is introduced children in Years 1 and 2
- Safeguarding - if young children are better able to confidently articulate about private body parts, they are better equipped to identify experiences of feeling uncomfortable if any form of abuse takes place.

- **Puberty**

- The NHS Website states that "it is completely normal for puberty to begin at any point from the ages of 8 to 14. The process can take up to 4 years"
- In Year 4 Children will:
 - Learn what the term 'puberty' means.
 - Learn when they can expect puberty to take place.
 - Understand that puberty is part of God's plan for our bodies.

Sensitive areas of the curriculum

- **Life Cycles**

- DfE guidance: “Primary schools 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”
- In Year 4, children will learn:
 - That they were handmade by God with the help of their parents.
 - How a baby grows and develops in its mother’s womb including, scientifically, the uniqueness of the moment of conception.
 - How conception and life in the womb fits into the cycle of life.

- **Talking about seeing explicit images and videos online (pornography)**

- **Talking about sex including Journey In Love**

Journey In Love

- At the heart of the Journey In Love is our belief that we are made in the image and likeness of God and, consequently, gender and sexuality are God's gift, reflecting his beauty and sharing in divine creativity.
- In order that children may grow and flourish healthily and holistically towards an understanding of their gender and its implications for successful relationships, they must be at ease with themselves and deepen their self-knowledge.
- An aspect of the mystery of love is treated in each year group; children and young people are encouraged to marvel at the wonder and beauty of God's creative love. This links with the provision within Life to the Full.
- **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 hope
- **Year Four** - God loves us in our differences
- **Year Five** - God loves us in our changing and developing
- **Year Six** - The wonder of God's love in creating new life

Links to Life to the Full

