



St Monica's Catholic Primary School

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RE: RSHE (Relationships and Sex Education)

Dear Parents and Carers,

Following the guidance of the Bishops of England and Wales and as advocated by the DfE (and the Welsh Assembly Government) Relationships and Sex Education will be firmly embedded in the PSHE/RSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centered on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All Relationship, Sex and Health Education (RSHE) will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

At St Monica's, we aim to provide a suitable programme that follows the statutory need to include RSHE into our curriculum and meets the ethos of its Catholic identity and mission. To support the teaching of RSHE within St Monica's we use 'A Journey in Love' an Archdiocesan recommended resources. 'A Journey in Love' is a resource created by Sister Jude Groden. It is the recommended programme of study for Catholic schools for Relationships and Sex Education and has been written as a progressive scheme of work that supports the Religious Education, PSHE and Science curriculum taught within the school. This resource has been recently revised to ensure it is up to date and links where appropriate to DfE guidelines. Below is a brief outline of the content of the programme:

EYFS: The wonder of being special and unique – the key learning outcomes are to recognise the joy of being a special person in our families, recognising that we are all different and unique and celebrating the joy of being a special person in God's Family.





Year 1: We meet God's love in our family – the key learning outcome are to focus on families and specially growing up in a loving, secure, and stable home, to recognise signs that I am loved in my family, to recognise how I am cared for and kept safe in my family and to celebrate ways that God loves and cares for us all.

Year 2: We meet God's love in the community – the key learning outcomes are to recognise the joy and friendship of belonging to a diverse community, to describe ways of being safe in communities and to celebrate ways of meeting God in our communities.

Year 3: How we live in love – the key learning outcomes are to describe and give reasons for how friendships can make us feel happy and safe, to describe and give reasons why friendships can break down, how they can



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be repaired and strengthened and to celebrate the joy and happiness of living in friendship with God and others.

Year 4: God loves us in our differences – the key learning outcomes are to describe how we should be accepted and respected, to describe how we should treat others making links with the diverse modern society we live in, to celebrate the uniqueness and innate beauty of each of us.

Year 5: God loves us in our changing and developing – the key learning outcomes are to show knowledge and understanding of emotional relationship changes as we grow and develop, to show knowledge and understanding of the physical changes of puberty and to celebrate the joy of growing physically and spiritually.

Year 6: The wonder of God's love in creating new life – the key learning outcomes are to develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families, to explain how human life is conceived, to show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships.

Parents have the right to withdraw their children from the non-statutory component of sex education in Year 6. This is where sexual intercourse is taught discretely as part of the Physical aspect within Journey in Love. Requests for withdrawal should be made in writing and addressed to the headteacher. The headteacher will discuss the request with parents and take appropriate action. Alternative work will be given to children who are withdrawn from RSE. Parents do not have the right to withdraw their children from Statutory Relationships Education as set out in the DFE guidance 2020.

Throughout 'A Journey in Love', an aspect of the mystery of love is focussed upon in each group. Children and young people 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 in the Primary Years through a series of suggested, progressive and developmental tasks, activities and reflections which focus on physical, social, emotional, intellectual and spiritual development.

The teaching of RSHE will take place during these last few weeks for each year group. Parental Guide are available on our website. Where possible, a copy of our Parental Guide has been emailed out to you. If you require further samples of content from the programme of study, please do not hesitate to get in touch.

If you have any concerns or queries around the teaching of RSHE then, please do not hesitate to contact us.

Thank you for your continued support.

Mr J. Gouldbourne

Headteacher