

Sacred Heart Catholic Voluntary Academy

Headteacher: Alison James



Hope • Joy • Fulfilment
The Spirit of God at work in our Community

Dear Parents/Carers,

I am writing to inform you that your child will be taking part in RSE (Relationships and Sex Education) lessons. These lessons will be different, depending the age of your child.

Foundation Stage

Children will learn:

Children will learn that:

- That their bodies are good and made by God
- The names of the parts of the body (not genitalia)
- To know they are entitled to bodily privacy
- That they can and should be open with 'special people' they trust if anything troubles them
- That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and our parish priest

Year 1

Children will know:

- The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them;
- How to resist pressure when feeling unsafe.
- Children will know and appreciate that there are natural life stages from birth to death, and what these are

Year 2

Children will know:

- Our bodies are good;
- The names of the parts of our bodies (discussing genitalia);
- Our bodies are good and we need to look after them
- What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating
- The importance of sleep, rest and recreation for our health
- How to maintain personal hygiene
- That girls and boys have been created by God to be both similar and different and together make up the richness of the human family.
- To know that they are entitled to bodily privacy;
- That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest.
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Year 3

- That emotions change as they grow up (including hormonal effects);

- To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action;
- What emotional well-being means;
- Positive actions help emotional well-being (beauty, art, etc. lift the spirit);
- Talking to trusted people help emotional well-being (eg parents/carer/teacher/parish priest).

Year 4

Children will know:

- 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.
 - Learn correct naming of genitalia;
 - Learn what changes will happen to boys during puberty;
 - Learn what changes will happen to girls during puberty.
- 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;
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Year 5

Pupils will learn:

- That human beings are different to other animals;
- About the unique growth and development of humans, and the changes that girls will experience during puberty;
 - About the unique growth and development of humans, and the changes that boys will experience during puberty;
- About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately;
- The need for modesty and appropriate boundaries.
- How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.
- To recognise that images in the media do not always reflect reality and can affect how people feel about themselves
- That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media

Year 6

Pupils will learn:

- Emotions change as they grow up (including hormonal effects);
- To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action;
- About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.
- How a baby grows and develops in its mother's womb.
- About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life;
- Some practical help on how to manage the onset of menstruation.

We are informing you so that you are ready if your child comes home from school and wants to discuss what they have been learning.

Here is a reminder of the TenTen materials link in case you want to have another look at the content.

Username	sacred-heart-le5
Password	rain-plant11
Parent Portal	https://www.tentenresources.co.uk/parent-portal/
Parent Consultation Tool	https://www.tentenresources.co.uk/parent-consultation-tool-primary/

Please feel free to speak to your child's teacher if you have any questions.

God bless,

Alison James