

**Year 3:** In Year Three the children learn about how we live in love. The children will know and understand the virtues essential to friendship e.g. loyalty, responsibility etc. and experience the importance both of forgiving and being forgiven and of celebrating God's forgiveness.

**Year 4:** In Year 4 the children learn about how God loves us in our differences. The children will know and understand that they are all different and celebrate these differences as they appreciate that God's love accepts us as we are and as we change.

**Year 5:** In Year Five the children learn about God loving them in their changing and development. The children will know and become aware of the physical and emotional changes that accompany puberty- sensitivity, mood swings, anger, boredom etc. and grow further in their understanding of God's presence in their daily lives.

During the Pentecost Term of Year 5 the first phase of the programme will be delivered. This focuses upon body changes in puberty, boy's changes, menstruation, health and hygiene and 'what kind of person do I want to be?'

**Year 6:** In Year 6 the children learn about the wonder of God's love in creating new life. The children develop, in an appropriate way for their age, an understanding of sexuality and grow further in their appreciation of their dignity and worth as children of God.

During the Advent Term of Year 6 the second phase of the programme focuses on revision/recap of Year 5, conception of a baby and the growth of an unborn baby.

Parents continue to have *the right to withdraw* their children from Sex Education except in those elements which are required by the National Curriculum science orders. Should parents wish to withdraw their children they are asked to notify the school by contacting the Headteacher. The school will provide support by providing material for parents to help the children with their learning.



ST. NORBERT'S  
CATHOLIC PRIMARY SCHOOL



**Saint Norbert's Catholic Voluntary Academy**

**RSHE**

**Relationship, Sex and Health Education**



ST. NORBERT'S  
CATHOLIC PRIMARY SCHOOL



St Thérèse  
of Lisieux

Catholic Multi Academy Trust

**Parent Pocket Guide**



**Saint Norbert's Catholic  
Voluntary Academy**



Telephone 01775 722889

Email: [enquiries@st-norberts.lincs.sch.uk](mailto:enquiries@st-norberts.lincs.sch.uk)

**Article 14:** Every child has the right to believe what they want and also practise their religion, as long as they are not stopping other people from enjoying their rights.

### Roles and Responsibilities

As parents you are the first educators of your children. It is your right and responsibility to inform and educate your children in matters relating to human growth and development, particularly sexual development. Therefore, as a school we will always seek to work in partnership with you and the teaching offered by us as a school should **complement** and not **replace** your primary role. The Church has a special duty and right to educate as part of its mission, and a Catholic school is the principal means by which it assists you as parents in your duties.

From September 2020 the Government is introducing compulsory **Relationships and Health Education** at primary level. This is not new for us in Catholic schools, we have always placed a strong emphasis on the development of the 'whole person' through our distinctive education which seeks to *form* as well as *inform* young people in preparation for life.

### What is Relationships Education?

The Government advises that **Relationships Education**: *will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. By the end of primary school, pupils will have been taught content on:*

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

### What is Health Education?

**Health Education** is described as giving children *the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others and to seek support as early as possible when issues arise. By the end of primary school, pupils will be taught content on:*

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Facts and risks associated with drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

### Programme of Study

Our programme is A Journey in Love, a resource created by Sister Jude Groden of BRES. It is the recommended programme of study for Catholic schools for Sex and Relationship Education, and has been written as a progressive scheme of work that supports the Religious Education, PSHE and Science curricula taught within the school.

**EYFS:** The children learn about God loving each of us in our uniqueness. The children will know and understand that God has made them unique and that although we are all different, we are special to him.

**Year 1:** In Year One the children learn about meeting God's love in our family. The children know and understand that they are growing and developing as members of their own family and God's family. forgiven and of celebrating God's forgiveness.

**Year 2:** In Year Two the children learn about meeting God's love in the community. The children will know and understand that they are growing and developing in a God-given community.