



St Paschal Baylon Catholic Primary School

Following In The Footsteps Of Christ

13th June 2023

Relationships, Sex and Health Education

Dear Parents/Carers

As a school we recognise that parents have the prime responsibility in teaching your children how to build healthy, loving relationships, but our Catholic school also plays a vital part in supporting you as the first educators of your children. The staff and Governors at St. Paschal Baylon continue to share with you information about how we teach Relationships and Sex Education (RSE) in our school. To support this aspect of the curriculum, we use the recommended resource 'Journey In Love' throughout the school which has recently been updated to reflect the changes in the new DfE statutory guidance. The programme of study is authentic to the teachings of the Catholic Church and recommended by the Archdiocese, following guidance from the Catholic Education Service. Below is a brief outline of the programme content.

RSHE is supplementary to, not instead of, how we currently teach RSE and also falls under the Personal, Social, Health and Economic (PSHE) Education umbrella.

A Journey in Love

'A Journey in Love' has, as its foundational premise, the belief that we are made in the image and likeness of God and, as a consequence, gender and sexuality are God's gift, reflect God's beauty and share in the divine creativity. In order that children may grow and develop healthily and holistically towards an understanding of their gender and its implications for successful relationships, they must be at ease with themselves and grow in self-knowledge. An aspect of the mystery of love is treated in an age-appropriate way for each year 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 progressive and developmental tasks, activities and reflections which focus on physical, social, emotional, intellectual and spiritual development.

REC: The wonder of being special and unique

Y1: We meet God's love in our family

Y2: We meet God's love in the community

Y3: How we live in love

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Y4: God loves us in our differences

Y5: God loves us in our changing and development

Y6: The wonder of God's love in creating new life

My Life

'My Life' is a complete primary PSHE course covering all statutory aspects and can support safeguarding within schools and help to meet the requirements of the 'Keeping Children Safe in Education' document (2022). It has structured progression so children build up their understanding of health, relationships, safety and social issues in age-appropriate steps. It encourages personal development of important qualities such as resilience, responsibilities and well-being. This resource can be used flexibly, meaning it can be adapted as needed for individual classes so that the PSHE curriculum at SPB is bespoke to our school.

The programme is split into five topics per year group for KS1 and six topics per year group for KS2. The topics have been carefully arranged in order to create a spiral curriculum of both content and skills. Topics are regularly revisited through the key stages which enables children to grow in confidence when taking part in discussions, debates and when exploring current issues. The units are categorised into three key strands: Relationships, Health and Living in the Wider World. The strands are mapped against the statutory RHE guidance and in addition to developing specific subject content, 'My Life' lessons build the key skills from the PSHE Association Programme of Study: Personal Effectiveness, Interpersonal and Social Effectiveness and Managing Risk and Decision Making. The development of these strands is essential for pupils to begin to apply their knowledge to their own lives. The range of teaching activities allows for pupils to practise and hone these skills either individually or in a group. This closely reflects the Ofsted framework which will judge provisions made to promote learners' wider personal development, character and resilience within school.

Year 5 and Year 6 will be delivering their sex education lessons in the coming weeks. Children in these year groups will also continue to learn about keeping themselves safe through the NSPCC Speak Out and Stay Safe workshops. Parents continue to have the right to request to withdraw their child from sex education lessons (those aspects which are not part of the Relationships Education) but not from the statutory Science National Curriculum which includes some elements of sex education. This is after discussion with the headteacher.

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If you have any questions, please do not hesitate to contact Mr Flood, Miss Kavanagh or a member of the Year 5 or Year 6 teaching team.

Thank you for your continued support.

Mr E Flood
Headteacher

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