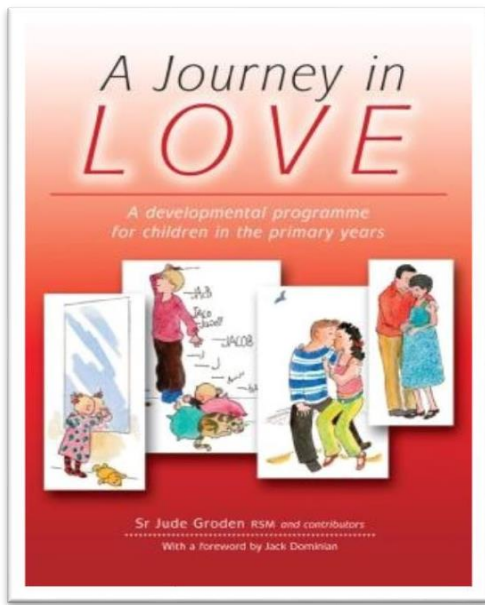




ST. GERARD'S  
CATHOLIC  
PRIMARY AND  
NURSERY SCHOOL

# A Journey in Love: Guide for Parents



## St Gerard's Catholic Primary School

*"Guided by God, St Gerard's Catholic Primary and Nursery School is an inspiring and aspirational community where we learn to love, hope, dream and achieve."*

## SAFEGUARDING STATEMENT

*"St Gerard's Catholic Primary and Nursery School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment".*



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

### Aims of Relationship, Sex and Health Education (RSHE)

Encourage pupils' growth in self-respect

Understand that love is the central basis of relationships

Acknowledge that we are all made in God's image

Understand the nature of relationships

Help pupils to develop a healthier, safer lifestyle

Reflect on own relationships

Offer sex education in the wider context of relationships

Develop pupils' confidence in talking, listening and thinking about feelings and relationships

Prepare pupils to play active roles as citizens

Acquire skills to develop and sustain relationships

Understand the nature of relationships

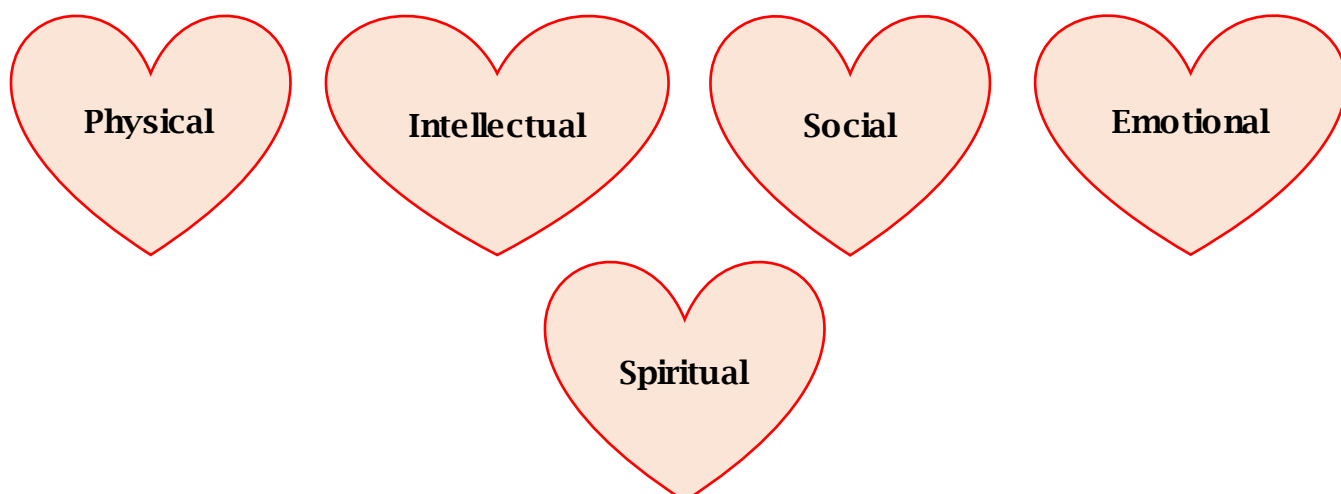
Ensure pupils protect themselves and ask for help and support when needed

Ensure pupils are prepared for puberty

Help pupils to understand the Catholic vision of what it means to be citizens of the Kingdom of God

## Programme Structure

The learning within the programme is broken into 5 aspects of human development:



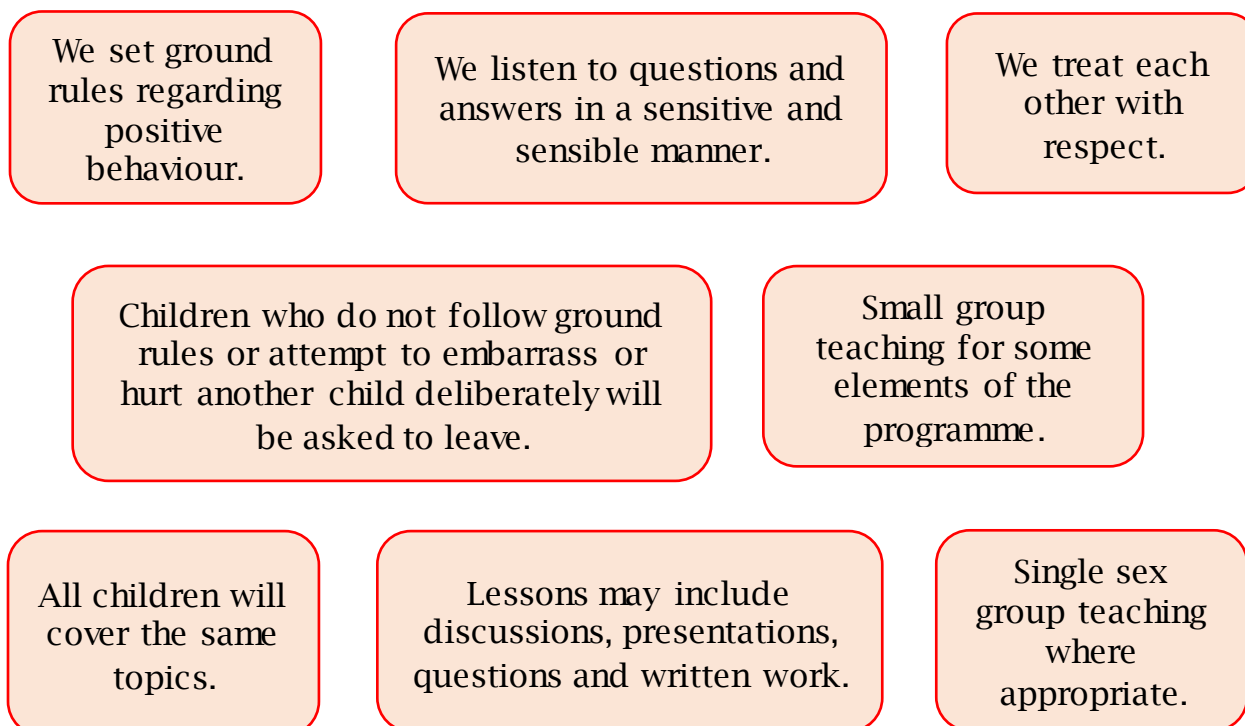
Each aspect is broken down into:



## Themes

<b><u>Nursery</u></b> Wonder at God's Love	<b><u>Reception</u></b> God loves each of us in our uniqueness	<b><u>Year 1</u></b> We meet God's love in our family	<b><u>Year 2</u></b> We meet God's love in the community
<b><u>Year 3</u></b> How we live in love	<b><u>Year 4</u></b> God loves us in our differences	<b><u>Year 5</u></b> God loves me in my changing and development	<b><u>Year 6</u></b> The wonder of God's love in creating new life

## Organisation of Lessons



## Summary of Learning

### Physical

*Focus on body parts, colours, shapes and features.*

### Social

*Look at how we are special, our similarities and differences.*

### Nursery



*Wonder at God's Love*

### Spiritual

*Focus on the wonders of God's world, see their special place as part of the wonder of God's creation.*

### Intellectual

*Focus on the cause of happy and sad feelings, looking at expressions.*

### Emotional

*Observe facial expressions, focusing on individual expressions and discover the beauty of their smile.*

### Physical

*Focus on how we are special and different, being friendly to others.*

### Social

*Look at who we play with and why, explore favourite games, why we are special to our families.*

### Reception



*God loves each of us in our uniqueness*

### Spiritual

*Consider how Jesus is our friend, how God shows love to me and my family, celebrations and church celebrations.*

### Intellectual

*Explore why it is important to have friends, describe a good friend.*

### Emotional

*Explore how we feel about friends at home and at school, who we would go to if we needed help.*

## Summary of Learning

### Physical

Explore who is in my family, what a happy family consists of, how our families keep us healthy, how we change from a baby.

### Year 1



*We meet God's love in our family*

### Social

Explore how love is shown in our families, why using manners is important, showing respect, keeping safe and mending broken friendships.

### Spiritual

Recognise that we are members of God's family, how we are made in the image of God, how we are loved and cared for by God.

### Intellectual

Focus on why we need to grow up in families, why we should always tell the truth.

### Emotional

Explore happy and sad moments in our families, how love is shown in our families.

### Physical

Belonging to communities, safety, secrets, using internet safely.

### Year 2



*We meet God's love in the community*

### Social

Importance of belonging to a community, how individuals enrich our communities, learning from others, roles and responsibilities.

### Spiritual

How we should treat others as children of God, school mission statement, helping others in need, meeting God in the community.

### Intellectual

Loneliness within a community, advantages of being on our own.

### Emotional

How communities help us develop feelings and emotions, what we bring to our communities.

## Summary of Learning

### Physical

Look at who takes care of us, how we look after ourselves, how we are changing, what healthy friendships look like.

### Year 3



### *How we live in love*

### Social

Keeping ourselves safe, helping others, making and keeping friends, how my friends make me feel happy and secure.

### Spiritual

Look at the story of Zacchaeus, how Jesus accepted him, welcomed and forgave him, how we can do the same, and forgiveness.

### Intellectual

Recognise the difference between being alone and being lonely, recognising the need for personal privacy.

### Emotional

How we feel when friends aren't there for us. Qualities of a true friend, how friendships change, being supportive.

### Physical

Recognise that we grow and develop at different rates, challenging stereotypes, dignity of the person.

### Year 4



### *God loves us in our differences*

### Social

Learning to accept and celebrate who we are, accepting difference in others, managing conflicts, being polite and courteous, staying safe in the community, people who help us.

### Spiritual

Recognise how we are unique, what our special gifts are, what our qualities and talents are, why honesty, truthfulness and integrity are positive attributes.

### Intellectual

Identifying and naming my feelings, understanding what they are, how to deal with what we feel, analysing our feelings and actions.

### Emotional

Recognising how to appreciate our own gifts, talents, achievements and all that makes us unique, appreciating the gifts of others, dealing with a range of emotions.

## Summary of Learning

### Physical & Intellectual

Recognising the emotional, internal and external changes that happen during puberty, changing hygiene routines, good personal hygiene, physical contact being appropriate, inappropriate or unsafe, recognising God's love that journeys with us.

### Year 5



**God loves me in my changing and development**

### Social & Emotional

Recognising behaviour changes as we grow up, how this may affect friendships, being more sensitive to our emotional development, self-esteem, reporting concerns, looking after our mental wellbeing, staying safe online.

### Spiritual

Learning about what it means to grow holistically, how we can ensure each aspect happens healthily, challenges we might face as we change and grow, being respectful to our bodies.

### Spiritual

Focus on the characteristics of positive respectful relationships, building relationships online, positive and negative information online, recognising risks online and how to report them, appropriate boundaries within friendships, contributing to the wellbeing of others, discovering the presence of God in family and friends.

### Year 6



**The wonder of God's love in creating new life**

### Social & Emotional

Understanding what love is, what it means to be patient, kind and never jealous, not being boastful, conceited or seeking advantage, grievances, what it means that love finds joy in the truth and never comes to an end.

### Physical

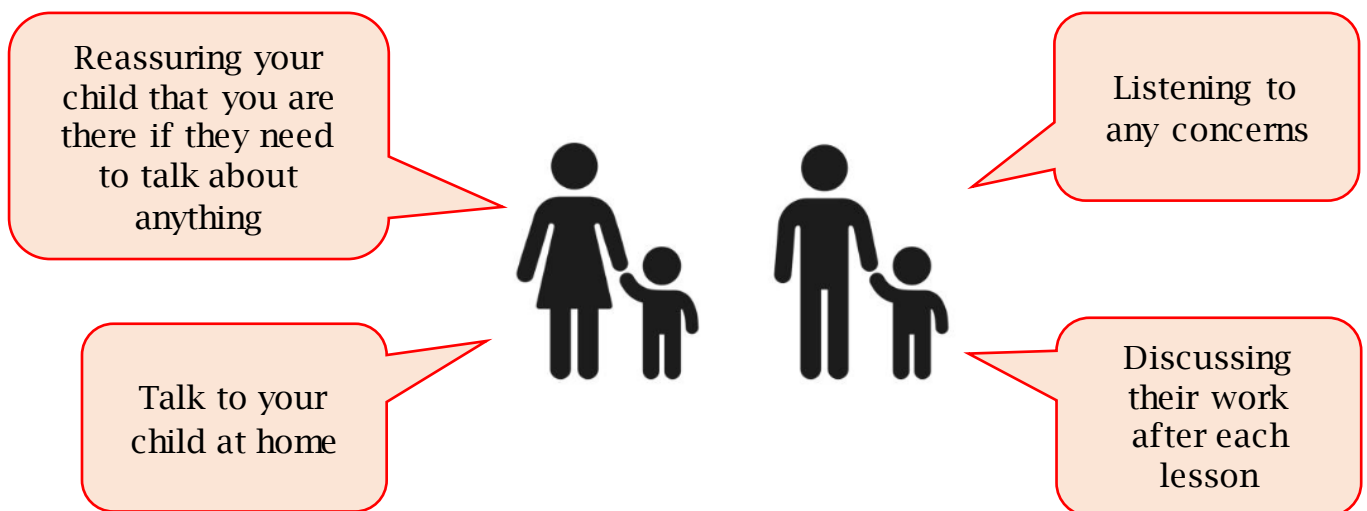
Focus on the key building blocks in a loving relationships, how conception takes place.

## Difficult Questions

There are specific areas that we feel are not appropriate to discuss within the context of our school lessons as our children are not yet emotionally mature to handle these issues. We also ensure that all of our lessons are in line with Catholic teaching.

If a child asks a question outside the scope of our programme, it will be dealt with in a sensitive and caring manner. We would always encourage the children concerned to discuss the issue with their parents.

## What you can do to help



If you have any concerns about the content within the programme or the delivery of it, please make an appointment with Mr Landrum, Mrs Farrell or Miss Sanders to discuss this further.