

Sex and Relationship Education

At the heart of the Catholic faith is love. This means that we link every aspect of our being, from birth to death, with love. Love starts to enter our life at the moment of birth and develops through our relationships.

As a parent, you are the key person in educating your child/ren in their social interactions with others. In primary school, your child's class teacher has a vital role to play too. We believe home and school should work in partnership and our SRE programme is designed to complement your role as educator for your child.

School has a responsibility to ensure that the information given to pupils is received in the context of the teachings of the Catholic Church and therefore based on sound moral principles. We must be ready to accompany the children on their journey to adulthood, modelling for them and enabling them to become capable of whole and wholesome relationships. The whole of childhood is the gradual independence in which children learn to live effective lives. They learn how to:

- identify, acknowledge and manage a range of feelings.
- live and work with others.

- make appropriate decisions and take responsibility for the decisions they have made.

The Catholic Church has always emphasised that its aim is the education of the whole person. At our school, we believe we should help pupils to make right judgements and take the right actions in the many varied situations they might find themselves.

This leaflet gives you a brief overview of Sex and Relationship Education in our school – SRE. Aspects of SRE are taught as an integral part of the RE curriculum and PSHE (Personal, Social and Health Education & Citizenship). A number of aspects are taken from the Science curriculum which is statutory.

Your rights as a parent:

- To be informed about the content of SRE in school and the resources that we use in our lessons.
- To talk to your child/ren about aspects of SRE.
- To know you have the right to withdraw your child from some SRE lessons but not from statutory science lessons.



YEAR 5

God loves me in my changing and development.

Learning

Children know and become aware of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom and grow further in their understanding of God's presence in their daily lives.

Physical and Intellectual

Identify and celebrate the ways I have changed since birth.

Discuss the external and internal changes which happen to boys and girls in puberty.

Social and Emotional

Recognise behaviour changes as we grow up. Expectations are different and are often dependent on our experiences and treatment by others, and our view of the world in which we live.

Reflect on ways to become more sensitive to the emotional development of oneself and others.

Spiritual

To share an understanding of change through poetry, prayer, art etc

To share with each other and celebrate the wonder of change.



KEYWORDS USED IN YEAR 5

God
Sensitivity
Puberty
Presence
Celebrate
External
Internal
Change
Develop
Ovulation
Reproduction
Hormones
Menstruation
Internal body part used for reproduction



PRAYER

God, grant me the serenity to accept the things I cannot change;

**Courage to change the things I can,
and the wisdom to know the difference.**

Amen

St William of York Catholic Primary School



A Guide for Parents

YEAR 5

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