

Saint Clare's Catholic Primary School

Human Relationships and Sex Education
Information for Parents



What is HRSE?

At Saint Clare's we use the term Human Relationships and Sex Education (HRSE) to describe children's learning about their relationship with God, with themselves and with others, as part of developing their understanding of how life in God brings true happiness.

“You must love the Lord your God with all your heart, with all your soul, and with all your mind...You must love your neighbour as yourself.”

(The Gospel of Matthew 22:36-40)

Jesus' commandment inspires the whole of our teaching about forming friendships and caring for ourselves and each other in school life. Learning about relationships is part of the life of the school where everyone is encouraged to show respect and kindness towards each other.

HRSE at Saint Clare's:

- Back in 2018 we had a consultation with parents, children, staff, governors and the Diocesan Education Service to develop our policy and curriculum in preparation for the mandatory curriculum which commenced from September 2020.
- Mrs Charnley, Mr Parkinson and Miss Metcalf (Chair of Governors) have reviewed the policy since and included it within this pack of information so that you have the most recent copy.
- All teaching staff have had external training on the HRSE curriculum which was run by the Catholic Teaching Agency.
- We have also included a short questionnaire with this pack for you to have a look at and help us make any further changes to our curriculum.

Recognising the role of parents and carers

A child's first experience of love is in the home. At Saint Clare's we recognise that in faith, as in all things, parents are the first educators of their children. We always want to work with families in a supportive partnership.

Working together is so important especially when our children can access so much information via the internet and social media.

Where and how did you learn about sex and relationships?
For young people, their learning comes from...

Mobile phones



TV



Internet



School



Friends & Older Siblings



Parents & Carers



What do we teach?

The Foundation Stage

Teaching and learning about relationships looks at developing habits of behaviour that care for ourselves and show respect and courtesy for others, such as tidying up and saying “thank you”. They are encouraged to see beauty in the world, in themselves and in others and children listen to stories of Jesus and learn how he behaved with kindness, mercy, compassion and courage.

What do we teach?

Key Stages One and Two

Teaching Human Relationships Education takes place through three core themes

We have incorporated PSHE objectives into our HRSE curriculum to ensure all children have the skills and understanding to lead confident, healthy and independent lives, building on their relationships with God and others.

What do we teach?

Core Theme 1 - Growing in love for myself and God

Children are enabled to develop a sense of their worth, celebrating the “Wow!” in Creation and growth in ourselves and animals, giving context to the Science curriculum. They are taught to respect difference as we are all unique, yet all a part of God’s Creation. In Years 5 and 6, they develop an understanding of puberty as part of HRSE. As well as understanding biology, children are invited to notice the wonder of how a baby grows and reflect on the words of Pope Benedict XVI, “We are not some casual and meaningless product of evolution. Each of us is a thought of God.”

What do we teach?

Core Theme 2 - Growing in love for family, friends, faith and community

A part of knowing how to build relationships with others is understanding forgiveness and the importance of mercy. Jesus' life provides examples of the joy of friendship. He calls us to love one another, and we can choose to do this by growing more like him.

In Key Stage 2, we focus on the following areas.

- Families: Jesus teaches us to know God as Father, and one of the deepest realities and images of the Christian faith is experiencing God as a loving parent, forgiving and merciful.
- Friendship: Jesus offered friendship to those on the margins of society, such as tax collectors, children should reflect on how they choose friends.
- Faith: Children begin to form their ideas about their religious faith and be aware of the faith of others Faith directs the way we behave and the Catholic faith has a particular sacramental relationship with God. Marriage is one of those sacraments.
- Community: How groups of people with shared aims can work together, and how the school is a community.

What do we teach?

Core Theme 3 - Growing in love for my character and well-being

Children learn how to care for their physical health, knowing God loves them. Well-being is also about a state of mind, and it is important children learn to understand that though they may behave inappropriately, it is their behaviour that is wrong, not themselves, Jesus tells us that God never tires of being merciful. They are developing a relationship with God through taking some responsibility for their faith development. Love of neighbour can only be an act of faith when the child knows they are formed and loved by God and called to live in the Holy Spirit. In a busy school life, children need to find time for God who is already waiting for them.

Long term plan - HRSE

A copy is available on
HRSE tab on the school
website

Example questions EYFS

- Why are you special to your family?
- How do you know that you are special?
- What do you love and enjoy about belonging to your family?
- Who would you go to if you felt worried or needed help?
- How does God show love to you and your family?

Example questions KS1

Year 1

- How is love shown in your family?
- Why are the words 'please', 'thank you' and 'sorry' important to create a happy family?
- Why is teasing and bullying wrong and unacceptable within families and friendships?
- Why should we always tell the truth?

Year 2

- How would you describe a community?
- What are the joys of belonging to a community?
- How do different individuals enrich a community?
- What do you bring to the community that you belong to?

Example questions Lower KS2

Year 3

- How do friendships make us feel happy and secure?
- How can friendships change?
- Why is violence never the answer?
- What Bible stories teach us about the beauty of forgiveness?

Year 4

- In what ways is being polite and courteous helping to make a better world to live in?
- How do authority figures help communities and societies work together better?
- How do we respect others even when they are different from ourselves?
- How can your gifts be used for the common good?

Example questions Upper KS2

Year 5

- Identify and celebrate the ways I have changed since birth
- Recognise behaviour changes as we grow up
- Identify that physical changes from child to adult means the ability to become a mother or father
- Reflect on ways to become more sensitive to the emotional development of oneself and of others

Year 6

- Discuss the external and internal changes which happen to boys and girls in puberty- pupils may be divided into male and females and taught separately for this section of the unit
- Understand how a child grows within the mother's womb
- Understand that God causes new life to begin through the love that parents have for each other

By the end of their time at Saint Clare's your children will have been taught content on:

Health Education

- mental wellbeing
- internet safety
- physical health and fitness
- healthy eating
- health and prevention
- basic first aid
- changing adolescent body
- facts & risks associated with drugs/alcohol/tobacco
- Money
- Jobs and careers

Relationship Education

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

Next Steps:

Please look at the materials on the school website:

<https://www.st-clares.lancs.sch.uk/curriculum/pshec.php>

Thank you for taking your time to read this presentation. If you have any more questions please do not hesitate to contact school.