



**ST THOMAS
MORE**
VC ACADEMY

11th June 2021

Dear Parents and Carers,

Following the letter sent before half term regarding the teaching of RSE over the coming weeks, please find attached further information about the content of your child's RSE curriculum which follows the Catholic Model policy for Relationships and Sex Education which states that:

"Whilst promoting Catholic virtues, schools should ensure that children and young people are offered a broad and balanced RSE programme which provides them with clear factual, scientific information when relevant and meets the statutory requirements placed on schools."

If you have any questions or would like to discuss this further, please speak to your child's class teacher or contact the school office.

Thank you for your continued support

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Foundation Stage

Session Title	Objective
Story Sessions: Handmade With Love	Children will know: <ul style="list-style-type: none"> • We are created individually by God as part of His creation plan • We are all God's children and are special • Our bodies were created by God and are good • We can give thanks to God!
Session 1: Safe Inside and Out	Children will know: <ul style="list-style-type: none"> • About safe and unsafe situations indoors and outdoors, including online. • That they can ask for help from their special people.
Session 2: My Body, My Rules	Children will learn: <ul style="list-style-type: none"> • To know they are entitled to bodily privacy • That they can and should be open with 'special people' they trust if anything troubles them • That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and our parish priest
Session 3: Feeling Poorly	Children will know: <ul style="list-style-type: none"> • Medicines should only be taken when a parent or doctor gives them to us. • Medicines are not sweets. • We should always try to look after our bodies because God created them and gifted them to us.
Session 4: People Who Help Us	Children will know: <ul style="list-style-type: none"> • There are lots of jobs designed to help us. • Paramedics help us in a medical emergency. • First Aid can be used in non-emergency situations, as well as whilst waiting for an ambulance
Session 1: Growing Up	Children will know: That there are natural life stages from birth to death, and what these are
Session 1: God is Love	Children will know: <ul style="list-style-type: none"> • That God is love: Father, Son and Holy Spirit • That being made in His image means being called to be loved and to love others

Year 1

Session Title	Objective
Story Sessions: Let the Children Come	To know that: <ul style="list-style-type: none"> • We are created individually by God • God wants us to talk to Him often through the day and treat Him as our best friend • God has created us, His children, to know, love and serve Him in this life and forever – this is our purpose and goal and will bring us true happiness • We are created as a unity of body, mind and spirit: who we are matters and what we do matters • We can give thanks to God in different ways
<u>Session 1: God Loves You</u>	Children will learn that: <ul style="list-style-type: none"> • We are part of God's family; • Saying sorry is important and can mend friendships; • Jesus cared for others and had expectations of them and how they should act; • We should love other people in the same way God loves us.
<u>Session 1: Special People</u>	Children will learn: <ul style="list-style-type: none"> • To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special; • The importance of nuclear and wider family; • The importance of being close to and trusting special people and telling them if something is troubling them.
<u>Session 2: Treat Others Well...</u>	Children will learn: <ul style="list-style-type: none"> • How their behaviour affects other people, and that there is appropriate and inappropriate behaviour; • The characteristics of positive and negative relationships; • Different types of teasing and that all bullying is wrong and unacceptable.
<u>Session 3: ...And Say Sorry</u>	Children will learn: <ul style="list-style-type: none"> • To recognise when they have been unkind and say sorry; • To recognise when people are being unkind to them and others and how to respond; • To know that when we are unkind to others, we hurt God also and should say sorry to him as well; • To know that we should forgive like Jesus forgives.
<u>Session 1: Being Safe</u>	Children will learn: <ul style="list-style-type: none"> • To understand safe and unsafe situations, including online.
<u>Session 2: Good Secrets and Bad Secrets</u>	Children will know: <ul style="list-style-type: none"> • The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them; • How to resist pressure when feeling unsafe.
<u>Session 3: Physical Contact</u>	Children will learn: <ul style="list-style-type: none"> • To know that they are entitled to bodily privacy; • That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest.

Year 1 continued

Session Title	Objective
Session 4: Harmful Substances	Pupils will know that: <ul style="list-style-type: none"> • Medicines are drugs, but not all drugs are good for us. • Alcohol and tobacco are harmful substances. • Our bodies are created by God, so we should take care of them and be careful about what we consume.
Session 5: Can You Help Me?	Pupils will know that: <ul style="list-style-type: none"> • They should call 999 in an emergency and ask for ambulance, police and/or fire brigade • If they require medical help but it is not an emergency, basic first aid should be used instead of calling 999. • Some basic principles of First Aid
<u>Session 1: Trinity House</u>	Children will learn: <ul style="list-style-type: none"> • That God is love: Father, Son and Holy Spirit; • That being made in his image means being called to be loved and to love others.
<u>Session 2: Who is My Neighbour?</u>	Children will learn: <ul style="list-style-type: none"> • To know what a community is, and that God calls us to live in community with one another; • A scripture illustrating the importance of living in community as a consequence of this; • Jesus' teaching on who is my neighbour.
<u>Session 1: The Communities We Live In</u>	Children will learn: <ul style="list-style-type: none"> • That they belong to various communities such as home, school, parish, wider local community, national and global community. • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc. • That we have a duty of care for others and the world we live in. • About what harms and what improves the world in which we live.

Year 2

Session Title	Objective
<u>Story Sessions: Let the Children Come</u>	To know that: <ul style="list-style-type: none"> • We are created individually by God • God wants us to talk to Him often through the day and treat Him as our best friend • God has created us, His children, to know, love and serve Him in this life and forever – this is our purpose and goal and will bring us true happiness • We are created as a unity of body, mind and spirit: who we are matters and what we do matters • We can give thanks to God in different ways
<u>Session 1: I Am Unique (Me)</u>	To learn: <ul style="list-style-type: none"> • We are unique, with individual gifts, talents and skills
<u>Session 2: Girls and Boys (My Body)</u>	Children will know: <ul style="list-style-type: none"> • Our bodies are good; • The names of the parts of our bodies using the scientific vocabulary of penis, testicles, vagina, vulva, urethra. • Girls and boys have been created by God to be both similar and different - these differences are physical, emotional and spiritual and together make up the richness of the human family.
<u>Session 3: Clean and Healthy (My Health)</u>	Children will know: <ul style="list-style-type: none"> • Our bodies are good, and we need to look after them; • What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating; • The importance of sleep, rest and recreation for our health; • How to maintain personal hygiene.
<u>Session 1: Feelings, Likes and Dislikes</u>	Children will learn: <ul style="list-style-type: none"> • That it is natural for us to relate to and trust one another; • That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc); • A language to describe our feelings.
<u>Session 2: Feeling Inside Out</u>	<ul style="list-style-type: none"> • Children will have a basic understanding that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character.
<u>Session 3: Super Susie Gets Angry</u>	Children will learn: <ul style="list-style-type: none"> • Simple strategies for managing feelings and for good behaviour; • That choices have consequences; that when we make mistakes, we are called to receive forgiveness and to forgive others when they do; • That Jesus died on the cross so that we would be forgiven.
<u>Session 1: The Cycle of Life</u>	Children will learn: <ul style="list-style-type: none"> • to describe the stages of the human life cycle;
<u>Session 1: Trinity House</u>	Children will learn: <ul style="list-style-type: none"> • That God is love: Father, Son and Holy Spirit; • That being made in his image means being called to be loved and to love others.
<u>Session 1: The Communities We Live In</u>	Children will learn: <ul style="list-style-type: none"> • That they belong to various communities such as home, school, parish, wider local community, national and global community. • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc. • That we have a duty of care for others and the world we live in. • About what harms and what improves the world in which we live.

Year 3

Session Title	Objective
<u>Story Sessions: Get Up!</u>	<p>Children will know that:</p> <ul style="list-style-type: none"> • We are created individually by God who is Love, designed in His own image and likeness • God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation) • Every human life is precious from the beginning of life (conception) to natural death • Personal and communal prayer and worship are necessary ways of growing in our relationship with God
<u>Session 1: The Sacraments</u>	<p>Children will know that:</p> <ul style="list-style-type: none"> • That in Baptism God makes us His adopted children and 'receivers' of His love. • That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue).
<u>Story Sessions: Jesus, My Friend</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • That Jesus loves, embraces, guides, forgives and reconciles us with him and one another; • The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness; • That relationships take time and effort to sustain; • We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness.
<u>Session 1: Family, Friends and Others</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; • That there are different types of relationships including those between acquaintances, friends, relatives and family; • That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; • The difference between a group of friends and a 'clique'.
<u>Session 2: When Things Feel Bad</u>	<p>Children will:</p> <ul style="list-style-type: none"> • Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying; • Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.
<u>Session 1: Sharing Online</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • To recognise that their increasing independence brings increased responsibility to keep themselves and others safe; • How to use technology safely; • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; • How to report and get help if they encounter inappropriate materials or messages.

Year 3 continued

Session Title	Objective
<u>Session 2: Chatting Online</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • How to use technology safely; • That bad language and bad behaviour are inappropriate; • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; • How to report and get help if they encounter inappropriate materials or messages.
<u>Session 3: Safe in my Body</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • To judge well what kind of physical contact is acceptable or unacceptable and how to respond; • That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest.
Session 4: Drugs, Alcohol and Tabaco	<p>Pupils will know that:</p> <ul style="list-style-type: none"> • Medicines are drugs, but not all drugs are good for us. • Alcohol and tobacco are harmful substances. • Our bodies are created by God, so we should take care of them and be careful about what we consume.
Session 5: First Aid Heroes	<p>Pupils will know that:</p> <ul style="list-style-type: none"> • In an emergency, it is important to remain calm. • Quick reactions in an emergency can save a life. • Children can help in an emergency using their First Aid knowledge.
<u>Session 1: Trinity House</u>	<p>Children will learn that:</p> <ul style="list-style-type: none"> • God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'; • The human family is to reflect the Holy Trinity in mutual charity and generosity.
<u>Session 2: Where is Church?</u>	<p>Children will learn that:</p> <ul style="list-style-type: none"> • The human family can reflect the Holy Trinity in charity and generosity. • The Church family comprises of home, school and parish (which is part of the diocese).
<u>Session 1: How Do I Love Others?</u>	<ul style="list-style-type: none"> • To know that God wants His Church to love and care for others. • To devise practical ways of loving and caring for others.

Year 4

Session Title	Objectives
Story Sessions: <u>Get Up!</u>	<p>Children will know that:</p> <ul style="list-style-type: none"> • We are created individually by God who is Love, designed in His own image and likeness • God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation) • Every human life is precious from the beginning of life (conception) to natural death • Personal and communal prayer and worship are necessary ways of growing in our relationship with God
<u>Session 1: We Don't Have To Be The Same</u>	<p>Children will learn that:</p> <ul style="list-style-type: none"> • Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community; • Self-confidence arises from being loved by God (not status, etc.).
<u>Session 2: Respecting Our Bodies</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.
<u>Session 3: What is Puberty?</u>	<p>Children will:</p> <ul style="list-style-type: none"> • Learn what the term puberty means; • Learn when they can expect puberty to take place; • Understand that puberty is part of God's plan for our bodies.
<u>Session 4: Changing Bodies</u>	<p>Children will:</p> <ul style="list-style-type: none"> • Engage with the films and role plays. • Demonstrate correct naming of genitalia. • Answer questions and ask any more questions they have.
<u>Session 1: What Am I Feeling?</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • That emotions change as they grow up (including hormonal effects); • To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; • What emotional well-being means; • Positive actions help emotional well-being (beauty, art, etc. lift the spirit); • Talking to trusted people help emotional well-being (e.g. parents/carers/teacher/parish priest).
<u>Session 2: What Am I Looking At?</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.
<u>Session 3: I Am Thankful!</u>	<p>Children will learn that:</p> <ul style="list-style-type: none"> • Some behaviour is wrong, unacceptable, unhealthy and risky; • Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.
<u>Session 1: Life Cycles</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • That they were handmade by God with the help of their parents; • How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception; • How conception and life in the womb fits into the cycle of life; • That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual.

Year 4 Continued

Session Title	Objectives
<u>Session 1: Trinity House</u>	Children will learn that: <ul style="list-style-type: none">• God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship';• The human family is to reflect the Holy Trinity in mutual charity and generosity.
<u>Session 1: How Do I Love Others?</u>	<ul style="list-style-type: none">• To know that God wants His Church to love and care for others.• To devise practical ways of loving and caring for others.

Year 5

Session Title	Objectives
<u>Story Sessions: Made to Grow (Kester's Adventures)</u>	<p>Pupils will learn that:</p> <ul style="list-style-type: none"> • Physically becoming an adult is a natural phase of life. • Lots of changes will happen when growing up, and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it! • Like Kester, they were made to love and be loved.
<u>Session 1: Is God Calling You?</u>	<p>Pupils will know that:</p> <ul style="list-style-type: none"> • To know that God calls us to love others. • To know ways in which we can participate in God's call to us.
<u>Session 1: Under Pressure</u>	<p>Pupils will know that:</p> <ul style="list-style-type: none"> • Pressure comes in different forms, and what those different forms are; • There are strategies that they can adopt to resist pressure.
<u>Session 2: Do You Want a Piece of Cake?</u>	<p>Pupils will:</p> <ul style="list-style-type: none"> • Understand what consent and bodily autonomy means; • Discuss and reflect on different scenarios in which it is right to say 'no'.
<u>Session 3: Self-Talk</u>	<p>Pupils will:</p> <ul style="list-style-type: none"> • Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions; • Apply this approach to personal friendships and relationships.
<u>Session 1: Sharing Online</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. • How to use technology safely. • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others. • How to report and get help if they encounter inappropriate materials or messages.
<u>Session 2: Chatting Online</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • What the term cyberbullying means and examples of it; • What cyberbullying feels like for the victim; • How to get help if they experience cyberbullying.
<u>Session 3: Physical Contact</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • To judge well what kind of physical contact is acceptable or unacceptable and how to respond. • That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests.

Year 5 continued

Session Title	Objectives
Session 4: Impacted Lifestyles	Pupils will: <ul style="list-style-type: none"> • Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body. • Learn how to make good choices about substances that will have a positive impact on their health. • Know that our bodies are created by God, so we should take care of them and be careful about what we consume.
Session 5: Making Good Choices	Pupils will: <ul style="list-style-type: none"> • Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco • Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies
Session 6: Giving Assistance	Pupils will learn that: <ul style="list-style-type: none"> • The recovery position can be used when a person is unconscious but breathing. • DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.
<u>Session 1: Trinity House</u>	Pupils will: <ul style="list-style-type: none"> • Engage with questions and activities about the nature of the Trinity. • Be able to give ideas about how to bring God's love into the world.
<u>Session 2: Catholic Social Teaching</u>	Pupils will learn: <ul style="list-style-type: none"> • The principles of Catholic Social Teaching. • That God formed them out of love, to know and share His love with others.

Year 6

Session Title	Objective
<u>Story Sessions: Made to Grow (Kester's Adventures)</u>	<p>Pupils will learn that:</p> <ul style="list-style-type: none"> • Physically becoming an adult is a natural phase of life. • Lots of changes will happen when growing up, and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it! • Like Kester, they were made to love and be loved.
<u>Session 1: Gifts and Talents</u>	<p>Pupils will learn that:</p> <ul style="list-style-type: none"> • Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community; • Self-confidence arises from being loved by God (not status, etc).
<u>Session 2: Girls' Bodies</u>	<p>Pupils will learn:</p> <ul style="list-style-type: none"> • That human beings are different to other animals; • About the unique growth and development of humans, and the changes that girls will experience during puberty; • About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately; • The need for modesty and appropriate boundaries.
<u>Session 3: Boys' Bodies</u>	<p>Pupils will learn:</p> <ul style="list-style-type: none"> • That human beings are different in kind to other animals; • About the unique growth and development of humans, and the changes that boys will experience during puberty; • About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; • The need for modesty and appropriate boundaries.
<u>Session 4: Spots and Sleep</u>	<p>Pupils will learn:</p> <ul style="list-style-type: none"> • How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.
<u>Session 1: Body Image</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • To recognise that images in the media do not always reflect reality and can affect how people feel about themselves • That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media
<u>Session 2: Funny Feelings</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. • That some behaviour is wrong, unacceptable, unhealthy or risky.

Year 6 Continued

Session Title	Objective
<u>Session 3: Emotional Changes</u>	<p>Pupils will learn:</p> <ul style="list-style-type: none"> • Emotions change as they grow up (including hormonal effects); • To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; • About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.
<u>Session 1: Making Babies (Part 1)</u>	<p>Pupils will learn:</p> <ul style="list-style-type: none"> • How a baby grows and develops in its mother's womb.
<u>Session 3: Menstruation</u>	<p>Children will learn:</p> <ul style="list-style-type: none"> • About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life; • Some practical help on how to manage the onset of menstruation.
<u>Session 1: Trinity House</u>	<p>Pupils will:</p> <ul style="list-style-type: none"> • Engage with questions and activities about the nature of the Trinity. • Be able to give ideas about how to bring God's love into the world.
Session 1: Reaching Out	<p>Pupils will:</p> <ul style="list-style-type: none"> • Learn to apply the principles of Catholic Social Teaching to current issues. • Find ways in which they can spread God's love in their community.