

# St. Margaret Mary's Catholic Junior School

Pilch Lane  
Liverpool  
L14 0JG



# Relationships, Sex and Health Education Policy

<b>Committee to approve/ratify policy</b>	Full Governors
<b>Policy Co-ordinator</b>	Rebecca Wilkinson
<b>Date of approval/ratification by Committee</b>	February 2024
<b>Date for renewal</b>	February 2025
<b>Signature of the Chair of the Committee</b>	S Boardman

## **Mission Statement:**

**Loving, learning, growing together with Jesus**

## **Rationale**

**'I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL'**

**(Jn.10.10)**

We are involved in Relationships, Sex and Health Education (RSHE) precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in

a Catholic school. Our approach to RSHE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. As a consequence of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift, reflect God's beauty, and share in the divine creativity. RSHE, therefore, will be placed firmly within the context of relationship as it is there that sexuality, and indeed the whole person, grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DfE (and the Welsh Assembly Government) RSE will be firmly embedded in the PSHE/RSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated.

All Relationships, Sex and Health Education (RSHE) will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household from which they come. It will also prepare pupils for life in modern Britain.

## **Aim**

St Margaret Mary's Catholic Junior School aims to provide a suitable programme that follows the statutory need to include RSHE into our curriculum which meets the ethos of its Catholic identity and mission.

The purpose of this Relationships, Sex and Health Education (RSHE) policy is to set out the ways in which the school's provision supports pupils through their spiritual, moral, social, emotional and physical development, and prepares them for the opportunities, responsibilities and experiences of life growing up in today's world.

Our School's mission embraces the spiritual, physical, intellectual, emotional, moral and social development of children and young people, and through an agreed approach to Relationships and Sex Education (RSE), using the Archdiocesan recommended resource 'Journey In Love' (2020), we believe that we can promote the development of the whole child, so that children can grow in *virtue, wisdom and stature*, understanding both the emotional, social and physical aspects of growing spiritually, as well as moral aspects of relationships within a context of a Christian vision for the purpose of life.

The other aspects of the statutory curriculum intent will be met within Come and See (RE), PSHE and Science curriculum. See appendices at end of document which incorporates Primary Relationships Education Statutory Learning Opportunities (Appendix 1) Come and See (Appendix 2), DfE Statutory Relationships and Statutory Science (Appendix 3)

## **The Purpose**

The aims of Relationships, Sex and Health Education (RSHE) at St Margaret Mary's Catholic Junior School are to:

- Provide a framework in which sensitive discussions can take place.
- Help pupils develop feelings of dignity, self-worth, self-respect, confidence and empathy.
- Prepare pupils for puberty and give them an understanding of sexual development and the importance of health and hygiene.
- Create a positive culture around issues of sexuality and relationships.
- Teach pupils the correct vocabulary to describe themselves and their bodies.
- Enable children to embrace the challenges of creating a happy and successful life, including childhood, adolescence and adulthood.
- Put knowledge into practice as the children develop the capacity to make sound decisions when facing risks, challenges and complex contexts.
- Support pupils' development as they contribute to the common good.

## **Statutory Requirements**

At St Margaret Mary's, we must provide Relationships Education to all pupils as per section 34 of the Children and Social Work Act 2017.

In teaching Relationship and Sex Education, we must have regard to Catholic Education Service guidance issued by the Bishops Conference of England and Wales 2017.

The statutory guidance from the Department for Education issued under Section 80A of the Education Act 2002 and section 403 of the Education Act 1996 Appendix A

The statutory guidance from the Department for Education Equality Act 2010.

Relationships, Sex and Health Education (RSHE) became statutory from September 2020 but due to the Covid-19 pandemic was deferred to September 2021 and is formed from the Personal, Social and Health Education (PSHE) and the Relationships and Sex Education (RSE) curricula.

An RSHE policy is statutory, whilst PSHE and RSE policies are optional. At St Margaret Mary's, the RSHE policy refers to the school's PSHE policy.

### **Policy Development**

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – Headteacher & Deputy Headteacher reviewed the policy, referencing DfE statutory guidance and guidance from the Archdiocese of Liverpool.
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations.

### **Definition**

Relationships, Sex and Health Education involves a combination of sharing information and exploring issues underpinned by our Catholic values.

Relationships, Sex and Health Education is about the emotional, social and cultural development of pupils, and involves learning about personal relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

### **Curriculum**

We have developed our curriculum with recommendations from the Archdiocesan Education Department to ensure that it meets with Catholic Church teaching.

After consultation with parents, Relationships and Sex Education will be covered using the Archdiocesan recommended resource 'Journey in Love' 2020. This includes sexual intercourse at Year 6 (see right of withdrawal below).

We have considered the age, stage and feelings of pupils and have consulted with parents and staff to ensure we are offering a quality curriculum which is adequately catered to meet their needs.

We have adapted PSHE materials from a number of resources which enable both PSHE and RSHE objectives to be met.

If pupils ask questions outside the scope of our curriculum, teachers will respond in an appropriate manner, so they are fully informed and do not seek answers online.

### **Delivery of Relationships, Sex and Health Education (RSHE)**

Relationships and Sex Education (RSE) is taught both discretely and within our bespoke Personal, Social and Health Education (PSHE), SHINE curriculum lessons (see Appendix 4 for Overview). Some aspects of the RSHE curriculum may be touched upon in other lessons as it shares links with Religious Education, Science and Physical Education.

Our RSHE will ensure that content is relevant to the age, experience and maturity of pupils.

The new statutory guidance for Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me.
- Caring friendships.
- Respectful relationships.
- Online relationships.
- Being safe.

These areas of learning are taught within the context of 'family life' and could include married or single parent families, same sex parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures, along with reflecting sensitively that some children may have a support structure around them (for example: looked after children or young carers).

As a school, we promote equality of opportunity and foster good relations. Our school environment uniformly applies values of inclusion and respect to all pupils and their families. All staff are proactive in promoting positive relationships and receive regular training.

## **Equal Opportunities**

All pupils have access to the RSHE curriculum. Where pupils have specific educational needs, arrangements for support from outside agencies and support staff are made to ensure these pupils have an appropriate, differentiated curriculum.

## **Roles and Responsibility**

### **The Governing Body**

- The governing body will approve the RSHE policy and hold the Headteacher to account for its implementation. ||

### **The Headteacher**

- The Headteacher is responsible for ensuring that RSHE is taught consistently across the school and for managing requests to withdraw pupils from the non-statutory element of Relationship and Sex Education in Year 6 (see right of withdrawal below).

### **Staff**

- Staff do not have the right to opt out of teaching RSHE as this forms part of the Teaching Standards. Any staff who have concerns about teaching RSHE are encouraged to discuss this with the Headteacher.
- Staff are responsible for:
  - Delivering RSHE in a sensitive way which complies with Church teaching.
  - Modelling positive attitudes to RSHE.
  - Monitoring progress.

- Responding to the needs of individual pupils.
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSE.

## **Pupils**

- Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with dignity, respect and sensitivity.

## **Parents' right to withdraw**

Parents have the right to withdraw their children from the non-statutory component of sex education in Year 6. This is where sexual intercourse is taught discretely as part of the physical aspect within Journey in Love, the Archdiocesan recommended resource.

Requests for withdrawal should be made in writing and addressed to the Headteacher. The Headteacher will discuss the request with parents and take appropriate action.

Alternative work will be given to pupils who are withdrawn from RSE.

Parents do not have the right to withdraw their children from Statutory Relationships Education as set out in the DfE guidance 2020.

## **Monitoring arrangements**

The delivery of RSHE is monitored by the Catholic Ethos Team and the Headteacher by undertaking learning walks, staff and pupil consultations, planning and work scrutiny and questionnaires.

Class teachers monitor pupils' development in RSE as part of our internal informal assessment systems.

This policy will be agreed upon annually by the governors and reviewed annually.

## **Resources**

- [www.valuesmoneyandme.co.uk](http://www.valuesmoneyandme.co.uk)



- Journey in love
- No Outsiders in Our School
- Twinkl
- Come and See
- A range of texts to teach The Equalities Act and celebrate difference and diversity across the curriculum
- CAFOD Resources

## **Appendix 1: Primary Relationships Education Statutory Learning Opportunities**

### **Families and people who care for me**

		SHINE
That families are important for children growing up because they can give love, security and stability	All years	JIL
The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives	All years	JIL
That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care	All years	JIL & E&D

That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up	All years	JIL E&D
That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong	Year 4, Year 5	JIL
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	Year 3, Year 4	JIL S

### **Caring friendships**

		SHINE
How important friendships are in making us feel happy and secure, and how people choose and make friends	All years	JIL
The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	All years	JIL
That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded	All years	JIL H
That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right	All years	JIL H
How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed	Key Stage 2	JIL H

### **Respectful relationships**

		SHINE
The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	All years	JIL E&D
Practical steps they can take in a range of different contexts to improve or support respectful relationships	Key Stage 2	JIL H
The conventions of courtesy and manners	All years	JIL
The importance of self-respect and how this links to their own happiness	Key Stage 2	JIL H
That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority	Key Stages 1 and 2	JIL E&D
About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	All years	S E&D
What a stereotype is, and how stereotypes can be unfair, negative or destructive	All years	E&D
The importance of permission-seeking and giving in relationships with friends, peers and adults	Key Stage 2	JIL S

### **Online relationships**

		SHINE
That people sometimes behave differently online, including by pretending to be someone they are not	Key Stage 2	S

That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous	Key Stage 2	S
The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them	All years	S
How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met	Key Stages 2	S
How information and data is shared and used online	Key Stages 2	S

### **Being safe**

		SHINE
What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)	Key Stages 2	S
About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe	Key Stages 2	S
That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact	Key Stages 2	S
How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	All years	S
How to recognise and report feelings of being unsafe or feeling bad about any adult	All years	S
How to ask for advice or help for themselves or others, and to keep trying until they are heard	Year 5, Year 6	S
How to report concerns or abuse, and the vocabulary and confidence needed to do so	Year 5, Year 6	S
Where to get advice from e.g. family, school and/or other sources	All years	S

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**Mental wellbeing**

		SHINE
That mental wellbeing is a normal part of daily life, in the same way as physical health	All years	H
That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations	All years	H
How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings	All years	H
How to judge whether what they are feeling and how they are behaving is appropriate and proportionate	All years	H
The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness	All years	H
Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	All years	H
Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support	Key Stage 2	H
That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing	Key Stages 2	H E&D
Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental	Key Stage 2	H

wellbeing or ability to control their emotions (including issues arising online)		
It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough	Key Stage 2	H

### **Internet safety and harms**

		SHINE
That for most people the internet is an integral part of life and has many benefits	All years	S
About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing	Key Stage 2	S
How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private	Key Stages 2	S
Why social media, some computer games and online gaming, for example, are age restricted	Key Stage 2	S
That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health	Key Stages 2	S
How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted	Key Stage 2	S
Where and how to report concerns and get support with issues online	Key Stages 2	S

### **Physical health and fitness**

		SHINE
The characteristics and mental and physical benefits of an active lifestyle	All years	H
The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise	All years	H
The risks associated with an inactive lifestyle (including obesity)	Key Stage 2	H
How and when to seek support including which adults to speak to in school if they are worried about their health	All years	H

### **Healthy eating**

		SHINE
What constitutes a healthy diet (including understanding calories and other nutritional content)	All years	H
The principles of planning and preparing a range of healthy meals	Key Stages 2	H
The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)	Key Stage 2	H

### **Drugs, alcohol and tobacco**

		SHINE
The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking	Key Stage 2	H



### Health and prevention

		SHINE
How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body	Year 6	H
About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer		H
The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn	Key Stages 2	H
About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	Year 3 and Year 4	H
About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing	Key Stages 2	H
The facts and science relating to allergies, immunisation and vaccination	Year 6	H

### Basic first aid

		SHINE
How to make a clear and efficient call to emergency services if necessary	Key Stage 2	H S
Concepts of basic first-aid, for example dealing with common injuries, including head injuries	Key Stage 2	H S

### Changing adolescent body

		SHINE
Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes	Year 5 and Year 6	JIL
About menstrual wellbeing including the key facts about the menstrual cycle	Year 5 and Year 6	JIL

## **Appendix 2: Come and See and Relationship and Sex Education**



### **Introduction**

The following is intended as a guide for linking Relationship and Sex Education with Come and See. Some of these aspects might be covered in the EXPLORE section where the topic is being introduced, starting with the pupil's own experience, and extending into the REVEAL and RESPOND sections. Some ideas may be used in the REVEAL process where the teaching is explicitly concerned with Scripture and the teaching of the Church. Some topics offer more explicit teaching to develop ideas about Relationship and Sex Education, some less so.

Another way of using this section is when teaching Religious Education which occurs in other aspects of the curriculum.

**YEAR 3**

<b>HOMES</b>	God's vision for every family	<ul style="list-style-type: none"> <li>• What makes a house a home?</li> <li>• What makes home a special place for you</li> <li>• What makes a house a home?</li> <li>• Why is family important</li> <li>• The respect of parents and children for one another</li> <li>• What do you like to do at home, on your own and as a family?</li> <li>• What do people do for you at home, that makes you feel special</li> <li>• What is sometimes difficult about sharing and being part of a group at home</li> <li>• God's dream for every family</li> <li>• God is always there</li> </ul>
<b>PROMISES</b>	The meaning of the commitment and promises made at Baptism	<ul style="list-style-type: none"> <li>• What is good about being in a group</li> <li>• Why we have rules</li> <li>• The importance of making promises</li> <li>• How some promises are more difficult to keep than others</li> <li>• The link between the promises made the consequences of actions following the promise.</li> <li>• The role of parents and godparents in bringing up the child in the Faith</li> <li>• What it means to live a child of the Light</li> </ul>
<b>VISITORS</b>	The coming of Jesus	<ul style="list-style-type: none"> <li>• How we welcome visitors</li> <li>• How we feel as a visitor</li> <li>• The importance of preparing for visitors.</li> <li>• The joys and demands of visitors</li> </ul>
<b>JOURNEYS</b>	Christian family's journey with Jesus	<ul style="list-style-type: none"> <li>• Each year has its special times and seasons</li> <li>• Life is a journey</li> <li>• Who is with you on the journey</li> <li>• What makes it good</li> <li>• difficulties times in the life's journey</li> <li>• What/who helps</li> <li>• How we help one another on the journey</li> </ul>
<b>LISTENING &amp; SHARING</b>	Jesus gives himself to us in a special way	<ul style="list-style-type: none"> <li>• The cost of sharing</li> <li>• The joys of sharing</li> <li>• The importance of listening well and sharing.</li> </ul>

		<ul style="list-style-type: none"> <li>• The joys and difficulties of listening and sharing</li> <li>• How feelings affect our own and others desire to listen and to share.</li> </ul>
<b>GIVING ALL</b>	Lent a time to remember Jesus' total giving	<ul style="list-style-type: none"> <li>• Why people are brave and give themselves to others</li> <li>• The demands of total giving in terms of time and giving up something you what to do</li> <li>• How people give themselves to others</li> <li>• Those in need and how we might help them.</li> <li>• Lent: an opportunity for giving, growing in goodness.</li> <li>• Jesus' total giving</li> </ul>
<b>ENERGY</b>	Gifts of the Holy Spirit	<ul style="list-style-type: none"> <li>• The energy of wind and of fire.</li> <li>• The best use of power of wind and fire</li> <li>• The inspiration of the Holy Spirit</li> <li>• The power and energy of the Holy Spirit</li> <li>• The prayer to the Holy Spirit</li> <li>• The gifts of the Holy Spirit</li> <li>• Christians can use the gifts of the Holy Spirit to help others.</li> </ul>
<b>CHOICES</b>	The importance of examination of conscience	<ul style="list-style-type: none"> <li>• The meaning of choice and consequence</li> <li>• The importance of making good choices</li> <li>• What helps in making good choices</li> <li>• Consequences of choices</li> <li>• What it means to examine your conscience</li> <li>• How God is always forgiving</li> </ul>
<b>SPECIAL PLACES</b>	Special places for Jesus and the Christian community	<ul style="list-style-type: none"> <li>• How places become special?</li> <li>• What makes a place special?</li> <li>• Special places for you and your family?</li> <li>• Why is our heart a special place?</li> <li>• Keeping our world, a special place?</li> <li>• Why do Christians want to keep the world a special pace?</li> </ul>

<b>PEOPLE</b>	The family of God in Scripture	<ul style="list-style-type: none"> <li>• The importance of families</li> <li>• Family relationships</li> <li>• Respect for those who gave us life.</li> </ul>
<b>CALLED</b>	Confirmation a time to renew baptismal promises	<ul style="list-style-type: none"> <li>• Our response to being chosen</li> <li>• What it feels like to be chosen</li> <li>• Why it is difficult to make a response in some situations</li> <li>• Giving up something else when you are chosen.</li> <li>• What help do you need to chose</li> <li>• The work of the Holy Spirit in our lives</li> <li>• The work of the Holy Spirit in the lives of Christians</li> <li>• What it is to live in the light of Christ</li> <li>• The commitment of people who respond to the call of God</li> </ul>
<b>GIFT</b>	God's gift of love & friendship in Jesus	<ul style="list-style-type: none"> <li>• What you value most about the gift of friendship</li> <li>• What you offer others in your friendship</li> <li>• Why the gift of love and friendship is important?</li> <li>• The joys and demands of friendship</li> <li>• The commitment required by the gift of love and friendship.</li> </ul>
<b>COMMUNITY</b>	life in the local Christian community: ministries in the parish	<ul style="list-style-type: none"> <li>• The meaning of <i>community</i></li> <li>• The advantages of being part of a <i>community</i>?</li> <li>• What helps to build up <i>community</i></li> <li>• The demands of being part of a community?</li> <li>• Why people give time and service in helping others in their community</li> <li>• The causes of a breakdown of a <i>community</i></li> <li>• How the parish community celebrates together and supports one another</li> </ul>
<b>GIVING &amp; RECEIVING</b>	Living communion in	<ul style="list-style-type: none"> <li>• Your experience of giving and receiving.</li> <li>• The importance of giving and receiving?</li> <li>• The joys and demands of giving and receiving?</li> <li>• Why it is important to live in communion</li> <li>• Ways in which we live and grow in communion.</li> <li>• How the Eucharist challenges and enables living and growing in communion?</li> </ul>
<b>SELF DISCIPLINE</b>	Celebrating growth to new life	<ul style="list-style-type: none"> <li>• The experience of giving up something and be disciplined for a good reason.</li> </ul>

		<ul style="list-style-type: none"> <li>• How to be self-disciplined</li> <li>• How self-discipline helps people to grow and make the best use of their potential</li> <li>• Lent; the opportunity to make change and to prepare for Christ's Resurrection on Easter Sunday.</li> </ul>
<b>NEW LIFE</b>	To hear & live the Easter message	<ul style="list-style-type: none"> <li>• What you do when life is difficult</li> <li>• The experience of good news bringing life and happiness.</li> <li>• How the power of the Holy Spirit helps Christians today</li> </ul>
<b>BUILDING BRIDGES</b>	Admitting wrong, being reconciled with God and one another.	<ul style="list-style-type: none"> <li>• What makes friendships strong</li> <li>• How decisions about friendship are informed by beliefs and values.</li> <li>• How friendships are built</li> <li>• How friendships may be restored when they have been broken</li> <li>• Sin and the importance of examining of your conscience</li> <li>• The greatest commandment, love of God and others</li> <li>• The meaning of contrition and of absolution</li> <li>• Forgiveness of others</li> </ul>
<b>GOD'S PEOPLE</b>	Different saints show people what God is like.	<ul style="list-style-type: none"> <li>• What makes a person do extraordinary things?</li> <li>• How ordinary people do extraordinary things.</li> <li>• The qualities you admire in others</li> <li>• How true happiness can be found</li> <li>• How you can do extraordinary things</li> </ul>

## YEAR 5

<b>OURSELVES</b>	Created in the image and likeness of God	<ul style="list-style-type: none"> <li>• Talents and qualities, you admire in others</li> <li>• Your own talents and qualities and how you use them</li> <li>• Identify qualities in anyone else</li> <li>• How talents and qualities are developed.</li> <li>• We are made in the likeness of God</li> <li>• What being unique means</li> <li>• God's love for us</li> <li>• How Christians are called to live in peace.</li> <li>• How people are made in God's image and likeness might live</li> </ul>
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<b>LIFE CHOICES</b>	Marriage, commitment and service	<ul style="list-style-type: none"> <li>• The ingredients of a good friendship</li> <li>• What fidelity means and how it applies to friendship</li> <li>• Responsibilities friends have for one another</li> <li>• Difficulties and joys of friendships</li> <li>• What is important for friendship to thrive</li> <li>• What it feels like to have faithful friend</li> <li>• Jesus' advice about relationship?</li> <li>• The importance of fidelity, loyalty and commitment in maintaining a friendship</li> <li>• The importance of commitment and responsibility in relationships.</li> <li>• What is means to be committed</li> <li>• The work of Christian service</li> <li>• The Sacrament of Marriage</li> <li>• The symbols of the promises and the blessing of rings</li> <li>• All are called to live in love and service</li> </ul>
<b>HOPE</b>	Advent; waiting in joyful hope for Jesus; the promised one	<ul style="list-style-type: none"> <li>• Your experience of waiting</li> <li>• How people wait in different ways, for different things.</li> <li>• Why waiting is a mystery</li> <li>• How you can best use the time you spend waiting and what might help you</li> <li>• What you think about when you are waiting for something exciting</li> <li>• How you behave when you are waiting</li> <li>• The difference between <i>hope</i> and <i>expect</i></li> <li>• Why people wait with hope</li> <li>• The coming of Jesus at the end of time</li> <li>• Advent is a time of waiting hopefully</li> </ul>
<b>MISSION</b>	Continuing Jesus' mission in diocese. [ecumenism]	<ul style="list-style-type: none"> <li>• The demands and joys being dedicated in your mission</li> <li>• Discovering your mission?</li> <li>• What inspires people in their mission</li> <li>• The joys and demands of engaging in a mission</li> <li>• The reasons why people want to help others.</li> <li>• How people carry out Jesus' mission today</li> <li>• Jesus' prayer for unity</li> </ul>

<b>MEMORIAL SACRIFICE</b>	The Eucharist; the living memorial of Jesus	<ul style="list-style-type: none"> <li>• Why memories are important</li> <li>• How it is possible to keep important memories alive</li> <li>• About sacrifice in daily life</li> </ul>
<b>SACRIFICE</b>	Lent a time of giving in order to celebrate the sacrifice of Jesus	<ul style="list-style-type: none"> <li>• How you feel when you give</li> <li>• How you feel when you refuse to give.</li> <li>• The cost of giving.</li> <li>• How people decide whether or not to give</li> <li>• How those decisions are informed by beliefs and values</li> <li>• The costs or rewards of giving can be</li> <li>• That Lent is a season of giving to prepare for the Easter</li> </ul>
<b>TRANSFORMATION</b>	Celebration of the Spirit's transforming power	<ul style="list-style-type: none"> <li>• How people can use the energy of their minds for the good of others.</li> <li>• How people can use time and physical energy for the well-being of others and why they should.</li> <li>• How energy can transform</li> <li>• How we can use our energy to transform ourselves</li> <li>• How we can use the energy from the earth's resources in a fair and sustainable way.</li> <li>• How the power of the Holy Spirit helps Christians today</li> </ul>
<b>FREEDOM &amp; RESPONSIBILITY</b>	& Commandments enable Christians to be free & responsible	<ul style="list-style-type: none"> <li>• What freedom parents have a right to</li> <li>• What freedom children have a right to</li> <li>• What is responsible and irresponsible behaviour?</li> <li>• How rules can bring freedom</li> <li>• How people know the boundaries that their personal freedom gives them.</li> <li>• How freedom and responsibility are linked.</li> <li>• How people's perception of what their freedom allows may conflict with the expectation of others.</li> <li>• How importance of the Ten Commandments for Christians today.</li> <li>• How the Beatitudes show us a positive way of life.</li> <li>• Jesus teaching on the greatest commandments, love of God and others.</li> </ul>
<b>STEWARDSHIP</b>	The Church is called to	<ul style="list-style-type: none"> <li>• What I really care about</li> <li>• Showing concern for what I care for</li> <li>• The meaning of stewardship</li> </ul>



	stewardship of Creation	<ul style="list-style-type: none"> <li>• Understanding the wonders of God's creation</li> <li>• People are made in the image and likeness of God</li> <li>• Christians can be good stewards.</li> <li>• The Christian's responsibility to take care of, to be a steward of the earth</li> <li>• The importance of ecology</li> </ul>
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## YEAR 6

<b>LOVING</b>	God who never stops loving	<ul style="list-style-type: none"> <li>• What unconditional love means</li> <li>• How love is shown</li> <li>• How you are loved and cared for</li> <li>• What members of your family do for each other?</li> <li>• How you show love to others</li> <li>• How people have inspired and influenced you to show unconditional love to others</li> <li>• What it means to be truly loving</li> <li>• How people show unconditional love to others</li> <li>• The beliefs and values which have inspired and influenced you to be loving?</li> <li>• The scripture text that demonstrate God's unconditional love for everyone even when times are hard.</li> <li>• The challenge these passages present to Christians.</li> <li>• The Beatitudes and their meaning for today.</li> <li>• God's unconditional love and what this means.</li> <li>• By living in God's way, as Jesus showed us, we can grow in love.</li> </ul>
<b>VOCATION AND COMMITMENT</b>	The vocation of priesthood and religious life	<ul style="list-style-type: none"> <li>• What it means to be committed?</li> <li>• Why people are committed?</li> <li>• The implications of lack of commitment</li> <li>• Whom shows commitment</li> <li>• How commitment affects the level of job satisfaction</li> <li>• Responding to the call of Jesus</li> <li>• Our mission in living out our baptismal vows</li> </ul>

<b>EXPECTATIONS</b>	Jesus born to show God to the world	<ul style="list-style-type: none"> <li>• The expectations you have of yourself</li> <li>• Having high expectations of others</li> <li>• Trusting and believing in one another</li> <li>• What happens if you let people down or others let you down?</li> <li>• Patience is important in expectations</li> <li>• The difference between wishing and expecting.</li> <li>• The meaning of Advent</li> </ul>
<b>SOURCES</b>	The Bible, the special book for the Church	<ul style="list-style-type: none"> <li>• The kind of books which are the most helpful</li> <li>• Our lives are enriched by books.</li> <li>• The wonder of books and how they take a person beyond themselves</li> <li>• The presence of God in the words of Scripture</li> <li>• The care and reverence with which the Word of God is treated</li> </ul>
<b>UNITY</b>	Eucharist enables people to live in communion.	<ul style="list-style-type: none"> <li>• Why friendships are important</li> <li>• The most important value in friendship</li> <li>• What helps a friendship to flourish?</li> <li>• The kinds of behaviour that break a friendship</li> <li>• Those affected when a friendship is broken</li> <li>• Mending broken friendships</li> <li>• Becoming one with Christ and one another in Holy Communion</li> <li>• The unity which Holy Communion brings</li> </ul>
<b>DEATH &amp; NEW LIFE</b>	Celebrating Jesus' death and resurrection	<ul style="list-style-type: none"> <li>• The effect of loss in everyday life</li> <li>• The change it brought</li> <li>• What remained the same</li> <li>• What is the best way to cope with loss?</li> <li>• How people cope with loss and death</li> <li>• How death brings new life</li> <li>• Lent, a time to remember the suffering and death of Jesus</li> </ul>
<b>WITNESSES</b>	The Holy Spirit enables people	<ul style="list-style-type: none"> <li>• When to be a witness</li> <li>• How to be a witness</li> </ul>


	to become witnesses	<ul style="list-style-type: none"> <li>• Why it sometimes needs courage to be a witness</li> <li>• Examples of modern witnesses</li> <li>• The witness of a local charity.</li> </ul>
<b>HEALING</b>	Sacrament of the Sick	<ul style="list-style-type: none"> <li>• Showing compassion and care for those who are ill</li> <li>• Our attitude towards those people are ill in their minds</li> <li>• Helping, caring and understanding those with a learning disability.</li> <li>• What gives a person comfort when they are very ill?</li> <li>• Why people give time and commitment to caring for others</li> <li>• Why we care for the sick</li> <li>• The Sacrament of Anointing brings comfort to those who are sick</li> <li>• The Christian responsibility for caring for these in need</li> </ul>
<b>COMMON GOOD</b>	Work of Christians for the good of all	<ul style="list-style-type: none"> <li>• How we build a fair and just world</li> <li>• The difference between fairness and justice, unfairness and injustice</li> <li>• Helping to promote the dignity and common good of one another</li> <li>• Beatitudes; a guide from Jesus about how to live life.</li> <li>• The ways we can act justly, love tenderly and walk humbly with God</li> <li>• How Christians can work for the common good</li> <li>• Something about Catholic Social Teaching</li> </ul>

### **Appendix 3: Statutory Science Curriculum**

#### **In Key Stage 2, children learn:**

- That the life processes common to humans and other animals including nutrition, growth and reproduction
- About the main stages of the human life cycle

#### Appendix 4: Overview of SHINE themes throughout each year group

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Safety</b>	Safety in The Outside World	Digital Safety (online bullying)	Digital Safety (online relationships)	Digital Safety (online reputation)	Family friends and relationships (safe relationships, boundaries and friendships)	Family friends and relationships (our bodies and boundaries)
<b>Health and wellbeing</b>	Healthy Bodies (food/exercise/diet)	Healthy Bodies (hygiene)	Healthy Minds (identifying emotions)	Healthy Minds (resolving conflicts)	Healthy Minds (having a positive attitude)	Healthy Minds (maintaining a growth mindset)
<b>Independence</b>	Leadership and Democracy	Inspirational Role Models	Money Matters	Celebrating Culture Day	Interests and Aspirations	Be Yourself
<b>News</b>	Current Affairs (Picture News News Round)	Current Affairs (Picture News News Round)	Current Affairs (Picture News News Round)	Current Affairs (Picture News News Round)	Current Affairs (Picture News News Round)	Current Affairs (Picture News News Round)
<b>Equality and Diversity</b>	Individual Liberty (with focus on Black History Month in October)	Embracing others (with a focus on disability awareness)	Inclusivity (with a focus on race equality)	Acceptance (with a focus on celebrating differences)	Mutual Respect (with a focus on other religions and cultures)	Tolerance (with focus on Refugee Week)

## **Appendix 5 : Personal Development in St Margaret Mary's Catholic Junior School**

Our children learn about British Values (democracy, rule of law, tolerance, individual liberty and mutual respect) in all aspects of school life. Within each subject area, we have carefully mapped out where British Values can be promoted so that links can be made across the curriculum as well being taught in SHINE lessons, RE lessons and RSE lessons.

Below shows how we ensure our children receive progressive content in relation to these British Values (with some explained in more detail to show if they are not a discrete lesson in SHINE)

	Democracy	Rule of Law	Tolerance	Individual Liberty	Mutual Respect
Year 3	Voting for head child	Our school expectations and signing behaviour contracts	Different faiths and beliefs	Be Your Best what this is (in relation to school expectation)	Be Respectful (what this is in relation to school expectation)
Year 4	Introduction of Pupil Leadership Teams and an understanding of what democracy is in relation to society.	Importance of following rules and expectations	Challenging stereotypes (understanding this in a historical context) and recognising the importance of accepting others	Accepting Ourselves (in relation to unique abilities and talents)	Self-respect and kindness to all
Year 5	The difference between a democratic government and other types of government	Law making and enforcing (links to changes in monarchy and law making)	Challenging discrimination (use of language in English unit)	Being proud of ourselves (considering our media use in our Computing topic)	Showing respect online
Year 6	An understanding of the positive aspects of a democracy and how things would be different in other societies where democracy is not valued.	Human Rights (links to history and English Units)	Challenging prejudice (story time books and use of language English units)	Freedom of Speech	Respect in the community (range of transition activities support this)

## **Appendix 6 : Additional Experiences to Support the SHINE Curriculum**

Throughout the year, we invite in visitors and speakers to provide experiences that enhance our SHINE offer.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	ICE CATS (in case of emergency training)	NSPCC Assembly - Speak Out, Stay Safe	Paige Williams - (ex pupil, ex EFC, Birmingham, Berscia, Verona and England ladies footballer, now Firefighter)	Community Police Officer (road safety, rail safety, strangers) TBC	First Aid Training	
Year 4	ICE CATS (in case of emergency training)	NSPCC Assembly - Speak Out, Stay Safe	Paige Williams - (ex pupil, ex EFC, Birmingham, Berscia, Verona and England ladies footballer, now Firefighter)	Community Police Officer (road safety, rail safety, strangers) TBC		Luke Nisted- Hearing impaired past pupil, Successful swimmer and Physiotherapist- Resilience and determination
Year 5	ICE CATS (in case of emergency training)	NSPCC Assembly - Speak Out, Stay Safe	Andy Grant - Resilience Talk	Bikeability	First Aid Training	Shield Team (gangs and crime awareness) TBC
Year 6	ICE CATS (in case of emergency training)	NSPCC Assembly - Speak Out, Stay Safe	Andy Grant - Resilience Talk	Road Safety Workshop	Bikeability	CELLS Team (choices and criminality) Adam Ellison Foundation (knife crime) Eyes Wide Open (drug and alcohol awareness)

## Appendix 7: RSHE - Journey in Love Yearly Overview

Year Group		Autumn	Spring	Summer	Cross-curricular links
Year 3	<p><b>Journey in Love: How we live in love</b></p> <p><b>Aim:</b> To describe and give reasons for how we grow in love in caring and happy friends where we are secure and safe.</p> <p><b>Key words:</b> community, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, emotions, friends, loyalty, kindness, trust, selfless, generous, reasons, difficulties, positive, respectful.</p>	<p><b>RSE</b> <u>Social and Emotional</u></p> <p><b>Autumn 1</b> To describe and give reasons how friendships make us feel happy and safe.</p> <p><b>Physical</b></p> <p><b>Autumn 2</b> To describe and give reasons why friendships can break down, how they can be repaired and strengthened.</p>	<p><b>RSE</b> <u>Physical</u></p> <p><b>Spring 1</b> <b>Spring 2</b> To describe and give reasons why friendships can break down, how they can be repaired and strengthened.</p>	<p><b>RSE</b> <u>Spiritual</u></p> <p><b>Summer 1</b> <b>Summer 2</b> To celebrate the joy and happiness of living in friendship with God and others.</p>	<p>Maths - money Come and See links</p>

<p><b>Year 4</b></p>	<p><b>Journey in Love: God love us in our differences</b></p> <p><b>Aim:</b> To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God's</p>	<p><b>RSE</b> <b>Social and Emotional</b></p> <p><b>Autumn 1</b> <b>Autumn 2</b> To describe how we all should be accepted and respected.</p>	<p><b>RSE</b> <b>Physical</b></p> <p><b>Spring 1</b> <b>Spring 2</b> To describe how we should treat others by making</p>	<p><b>RSE</b> <b>Spiritual</b></p> <p><b>Summer 1</b> <b>Summer 2</b> To celebrate the uniqueness and innate beauty of each of us.</p>	<p>Come and See: Rights and responsibilities Anti-bullying RSE - relationships element Linking to wellbeing award Gospel values</p>
	<p>love accepts us as we are now and as we change.</p> <p><b>Key words:</b> God, gifts, talents, difference, development, change, stereotype, acceptance, cultural, biological, respect, courtesy, manners, sensitivity, religious, belief, bullying, politeness, uniqueness, innate beauty, dignity.</p>		<p>links with the diverse modern society we live in.</p>		<p>Science - water cycle Geography - water Spanish - introducing myself history - democracy in Greece and Rome PE - mindfulness moving</p>



<p><b>Year 5</b></p>	<p><b>Journey in Love: God loves us in our changing and developing</b></p> <p><b>Aim:</b> To show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty - sensitivity, mood swings, anger, boredom etc. and grow further in recognising God's presence in our daily lives.</p> <p><b>Key words:</b></p>	<p><b>RSE</b> <b>Social and Emotional</b></p> <p><b>Autumn 1</b> To show knowledge and understanding of emotional relationship changes as we grow and develop.</p> <p><b>Physical</b> <b>Autumn 2</b> To show knowledge and understanding of the physical changes in puberty.</p>	<p><b>RSE</b> <b>Social and Emotional</b></p> <p><b>Spring 1</b> <b>Spring 2</b> To show knowledge and understanding of emotional relationship changes as we grow and develop.</p>	<p><b>RSE</b> <b>Spiritual</b></p> <p><b>Summer 1</b> <b>Summer 2</b> To celebrate the joy of growing physically and spiritually.</p>	<p>RE - links to <i>Come and See</i> topics Science links to animals including humans.</p>
	<p>God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, biological, respect, reproduction, menstrual cycle, hormones, pituitary gland, uterus, fertilised ovum, fallopian tube, vagina, vulva, cervix, womb, <u>period</u></p>				

<p><b>Year 6</b></p>	<p><b>Journey in Love: The wonder of God's love in creating new life</b></p> <p><b>Aim:</b> To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focusing on Catholic teaching, children will also know and understand about the conception of a child within marriage.</p>	<p><b>RSE</b> <b>Social and Emotional</b></p> <p><b>Autumn 1</b> <b>Autumn 2</b> To develop a secure understanding that stable and caring relationships, which may be of different types, are at the heart of happy families.</p>	<p><b>RSE</b> <b>Physical</b></p> <p><b>Spring 1</b> <b>Spring 2</b> To explain how human life is conceived.</p>	<p><b>RSE</b> <b>Physical and Spiritual</b></p> <p><b>Summer 1</b> <b>Summer 2</b> To show an understanding of how being made in the image and likeness of God informs decisions and actions when building relationships with others, including life-long relationships.</p>	<p>ICT links Anti-bullying week links Come and See <a href="#">links</a> Transition School play</p>
	<p><b>Key words:</b> God, Christian, appropriate, dignity, sexuality, intercourse, fallopian, uterus, cervix, fiancé, fiancée, conceive</p>				