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“Live, Love and Learn Together Growing with God, in Knowledge and Faith”

Dear Parents & Carers,

### Relationships and Sex Education (RSE) and Health Education

Your child/children will receive their RSE lessons throughout the whole year, with an equal split of lessons taught in the Spring, and Summer terms.

Here is an outline of the lessons that your child will receive in each class per term.

#### Oak Class (EYFS) (Modules are from Handmade with Love from EYFS)

Module 1 Created and Loved by God	Module 2 Created to love others	Module 3 Created to live as a community
Handmade with love (5 short lessons)	Role model	God is love
I am me	Who's who	Loving God, loving others
Heads, shoulders, knees and toes	You've got a friend in me	Me, you, us
Ready Teddy	Forever friends	
I like, you like, we all like!	What is the internet?	
All the feelings	Playing online	
Let's get real	Safe inside and out	
Growing up	My body, my rules	
	Feeling poorly	
	People who help us	

#### Sycamore Class (Year 1/2) (Modules are from Key Stage 1)

Module 1 Created and Loved by God	Module 2 Created to love others	Module 3 Created to live as a community
Let the children come	God loves you	Three in one
I am unique	Special people	Who is my neighbour?
Girls & Boys (My Body) (Yr 1 are not taught names of genitalia)	Treat others well	The communities we live in
Clean & Healthy (My Body)	And say sorry	
Feelings, likes & dislikes	Real life online	
Feelings inside out	Rules to help us	
Super Susie Gets Angry	Being safe	
The cycle of life	Good and bad secrets	
Beginnings and endings	Physical contact	
	Harmful substances	
	Can you help me? (2 lessons)	



**Ash Class (Year 3)** (Modules are from Lower Key Stage 2)

<b>Module 1 Created and Loved by God</b>	<b>Module 2 Created to love others</b>	<b>Module 3 Created to live as a community</b>
Get Up!	Jesus, my friend	A community of love
The Sacraments	Friends, family and others	What is the church?
We don't have to be the same	Sharing online	How do I love others?
Respecting our bodies	Chatting online	
What am I feeling? (Yr 3 – not mentioning hormones)	Safe in my body	
What am I looking at?		
Life cycles		

**Ash & Hazel Class (Year 4)** (Modules are from Lower Key Stage 2)

<b>Module 1 Created and Loved by God</b>	<b>Module 2 Created to love others</b>	<b>Module 3 Created to live as a community</b>
Get Up!	Jesus, my friend	A community of love
The Sacraments	Friends, family and others	What is the church?
What is puberty?	Sharing online	How do I love others?
Changing bodies & separate boys and girls discussion groups.	Chatting online	
What am I feeling? (Yr 4 - mentioning hormones)	Safe in my body	
What am I looking at?	Drugs, alcohol and tobacco	
I am thankful	First aid heroes	
Life cycles		
Menstruation (UKS2 unit)		
A time for everything (bereavement)		

**Hazel (Year 5)** (Modules are from Upper Key Stage 2)

<b>Module 1 Created and Loved by God</b>	<b>Module 2 Created to love others</b>	<b>Module 3 Created to live as a community</b>
Calming the storm	God is calling you	A community of love
What is puberty?	Sharing online	The Holy Trinity
Changing bodies & separate boys and girls discussion groups.	Chatting online	
Girls' bodies	Safe in my body	
Boys' bodies	Drugs, alcohol and tobacco	
Menstruation	First aid heroes	
Spots and Sleep		
Body Image		
Peculiar feelings		
Emotional changes		
Seeing stuff online		

Life cycles		
A time for everything (bereavement)		

**Class (Year 6)** (Modules are from Upper Key Stage 2)

<b>Module 1 Created and Loved by God</b>	<b>Module 2 Created to love others</b>	<b>Module 3 Created to live as a community</b>
Calming the storm	Under pressure	Catholic Social Teaching
Body Image	Do you want a piece of cake?	Reaching Out
Peculiar feelings	Self talk	
Emotional changes	Sharing isn't always caring	
Seeing stuff online	Cyberbullying	
Making babies pt 1	Types of abuse	
Making babies pt 2	Impacted lifestyles	
Menstruation	Making good choices	
Hope beyond death	Giving assistance	

For further information, about our RSE policy and these lessons, please look at the website and parent portal.

[http://www.stcatherinesbridport.dorset.sch.uk/website/rse\\_curriculum/556707](http://www.stcatherinesbridport.dorset.sch.uk/website/rse_curriculum/556707)

<https://www.tentenresources.co.uk/parent-portal/>

If you have any questions about the content of the Life to the Full programme please contact the office.

Yours sincerely,

Liz Harris  
RSE Lead