

# A Journey in Love



Year 1

## Parent's Booklet

*We praise and thank you, Lord, for gifts of life and love.  
Help us to use these wisely as we continue to journey in love.*

## *What is it?*

RSHE (Relationships Sex and Health Education) developmental programme from Reception to Year 6. The authors have collaborated with teachers and advisors over several years to produce this programme for primary schools on sex and relationship education. It is intended that it will support teachers and parents in Catholic schools to enable the holistic growth of children.

- RECEPTION - The wonder of being special and unique
- YEAR ONE - We meet God's love in our family
- YEAR TWO - We meet God's love in the community
- YEAR THREE - How we live in love
- YEAR FOUR - God loves us in our differences
- YEAR FIVE - God loves me in my changing and development
- YEAR SIX - The wonder of God's love in creating new life

## *When will my child complete their "A Journey in Love" work each year?*

At key points throughout the academic year. (The long-term plan for PSHE and RSHE clearly shows when each element should be taught in each year group and is available on the school website).

## *What will each lesson look like?*

Each lesson will focus heavily on discussion with key questions to consider. Children will discuss and share their ideas. The class teacher will lead the session and ensure any misconceptions are addressed. As the Catholic ethos underpins the learning, each session ends with a reflection and prayer.

## *How is the holistic programme structured?*

Each year the same structure will take place:

Social & Emotional - Physical- Spiritual

<p><b>Year One</b></p> <p><b><i>"We meet God's love in our family"</i></b></p>		
<p><b>Aim:</b></p> <p><i>To focus on families and specially growing up in a loving, secure and stable home.</i></p>	<p><b>Keywords:</b></p> <p><i>unique, friend, respect, secure, God, love, care, commitment, stable, important, different, special, signs, healthy, safe, boundaries, kindness, teasing, bullying, positive, negative, wrong, unacceptable, truth, lies. Names of body parts.</i></p>	<p><b>Skills:</b></p> <p><i>listening, observing, relating, speaking, respecting, praying, reflecting, understanding, recognising, supporting, celebrating, deciding</i></p>
<p><b>Social and Emotional focus:</b></p>	<p><i>Children will discuss the characteristics of positive and negative relationships, the different types of teasing and bullying which are wrong and unacceptable, how to recognise when people are being unkind and the difference between truth and lies.</i></p> <p><i>We will explore the best way to respond to difficult/uncomfortable situations, including knowing who to go to if worried or in need of help.</i></p>	
<p><b>Physical Focus:</b></p>	<p><i>Children will consider how they are cared for and kept safe in their family.</i></p> <p><i>Who is in my family?</i></p> <p><i>How do families show love and care for one another?</i></p> <p><i>What are some characteristics of a happy family?</i></p> <p><i>How do we act with adults that are not in our family or those we do not know?</i></p> <p><i>In what ways are we made in the image and likeness of God?</i></p> <p><i>How does your family help you to keep healthy?</i></p>	
<p><b>Spiritual Focus:</b></p>	<p><i>Children will explore:</i></p> <p><i>What ways have we grown in love and security in our families?</i></p> <p><i>How have we shown love to our families this year?</i></p> <p><i>How do we know that we are loved and cared for by God</i></p>	

### *A Reflection*

*For each of us, life is like a journey.*

*Birth is the beginning of this journey,*

*And death is not the end; but the destination*

*It is a journey that takes us*

*from youth to age,*

*from innocence to awareness,*

*from ignorance to knowledge, from foolishness to wisdom*

*from weakness to strength and often back again,*

*from offence to forgiveness, from pain to compassion,*

*from fear to faith*

*from defeat to victory and from victory to defeat,*

*Until, looking backward or ahead,*

*we see that victory does not lie at some high point along the way,*

*but in having made the journey, stage by stage.*

*Adapted from an old Hebrew Prayer*