

A Journey in Love



Year 3

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.

- EYFS - 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

Year Three

“How we live in love”

Aim: To describe and give reasons for how we grow in love in caring and happy friendships where we are secure and safe	Keywords: Community, God-given, belonging, family, diverse, father, mother, carer, guardian, feelings, emotions, friends, loyalty, kindness, trust, selfless, generous, reasons, difficulties, positive, respectful.	Skills: Listening, observing, relating, speaking, respecting, praying, reflecting, understanding, describing, articulating, welcoming, choosing wisely.
Social and Emotional focus:	Children will describe and give reasons how friendships make us feel happy and safe. Friendships that are healthy are characterised by mutual respect, truthfulness, trustworthiness, loyalty, kindness, sharing interests and experiences and support with problems and difficulties. They help us to become compassionate and able to empathise with others.	
Physical Focus:	Children will describe and give reasons why friendships can breakdown, how they can be repaired and strengthened. They will explore: What things trigger disagreement between friends and friendship groups? How do these make people feel? What might be the best way to resolve conflict in friendships? Healthy friendships make people feel included; how should we react if we or others feel lonely or excluded? What strategies could be used to ensure that they are included? Why is violence never the answer?	
Spiritual Focus:	Children will celebrate the joy and happiness of living in friendship with God and others. How does the gift of the Sacrament of Reconciliation help restore friendship with God and others? How can these words inspire, help and guide us to improve our friendships? What bible stories teach us about the beauty of forgiveness? Explore St Francis de Sales words “A quarrel between friends when made up, adds a new tie to friendship”.	

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