

A Journey in Love



Year 5

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 5

“God loves us in our changing and developing.”

<p>Aim: 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>Keywords: 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, period.</p>	<p>Skills: Respecting, adapting, relating, developing, considering, supporting deciding, accepting, helping .</p>
<p>Social and Emotional focus:</p>	<p>Children will show knowledge and understanding of emotional relationship changes as we grow and develop (Baby - Toddler-School Age - Adolescent). It is important to recognise that we may not all reach these milestones at the same time and we all develop at different rates and in different ways and should not feel pressured to be the same as anyone else. When we go through these differences it is not always easy when our friends are not going through these at the same time. It is also important to recognise that each person's body belongs to them and understand the difference between appropriate and inappropriate contact.</p>	
<p>Physical Focus:</p>	<p>Children will show knowledge and understanding of the physical changes in puberty. Children will consider: How do we recognise the emotional, internal and external changes that happen during puberty? Why do we think we might need to change our hygiene routines during the time of puberty; why is it important to keep clean and maintain a good personal hygiene? How do we know what physical contact is inappropriate or unsafe? Can this be extended to other forms of contact and what might these be? As we grow and change, how do we recognise the God of love who journeys with us?</p>	
<p>Spiritual Focus:</p>	<p>Children will celebrate the joy of growing physically and spiritually. Pope Francis teaches that God sees with his heart not his eyes, we are called to do the same. We are all special people made in the image and likeness of God. We should respect our bodies, character, personality and giftedness.</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