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Dear parents/ carers

As a Catholic School within the Archdiocese of Liverpool, the Governors of Sacred Heart adopted 'A Journey in Love', scheme to support the non-statutory teaching of Relationships, Sex and Health Education [RSHE].

The programme is authentic to the teaching of the Catholic Church and is intended to support teachers and parents in Catholic schools to enable holistic growth of children. As the first educators, parents/ carers are the key people who will teach children about relationships. 'A Journey in Love' complements this teaching in an age appropriate way.

At the heart of this revised resource, 'A Journey in Love', is our belief that we are made in the image and likeness of God and consequently, gender and sexuality are God's gift, reflecting his beauty and sharing in divine creativity. The new scheme reflects each stage of a person's growth in the primary years through a series of progressive and developmental tasks, activities and reflections that focus on social, emotional, physical and spiritual development.

**Reception:** To explore the wonder of being special and unique.

*Social and Emotional: To recognise the joy of being a special person in my family.*

*Physical: To recognise that we are all different and unique.*

*Spiritual: To celebrate the joy of being a special person in God's family.*

**Year 1:** To focus on families and specially growing up in a loving, secure and stable home.

*Social and Emotional: To recognise the signs that I am loved in my family.*

*Physical: To recognise how I am cared for and kept safe in my family.*

*Spiritual: To celebrate ways that God loves and cares for us.*

**Year 2:** To describe how we are growing and developing in diverse communities that are God-given.

*Social and Emotional: To recognise the joy and friendship of belonging to a diverse community.*

*Physical: To describe ways of being safe in communities.*

*Spiritual: To celebrate ways of meeting God in our communities.*

**Year 3:** To describe and give reason for how we grow in love, in caring and happy friendships where we are secure and safe.

*Social and Emotional: To describe and give reasons how friendship makes us feel happy and safe.*

*Physical: To describe and give reasons why friendships can break down, how they can be repaired and strengthened.*

*Spiritual: To celebrate the joy and happiness of living in friendship with God and others*

**Year 4:** To make links and connection to show that we are all different. *To celebrate these differences as we appreciate that God's love accepts us as we are now and as we change.*

*Social and Emotional:* *To describe how we all should be accepted and respected.*

*Physical:* *To describe how we should treat others making links with the diverse modern society we live in.*

*Spiritual:* *To celebrate the uniqueness and innate beauty of each of us.*

**Year 5:** 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, and grow further in recognising God's presence in our daily lives.

*Social and Emotional:* *To show knowledge and understanding of emotional relationship changes as we grow and develop.*

*Physical:* *To show knowledge and understanding of the physical changes in puberty.*

*Spiritual:* *To celebrate the joy of growing physically and spiritually.*

**Year 6:** To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focussing on Catholic teaching, children will also know and understand about conception of a child within marriage.

*Social and Emotional:* *To develop a secure understanding that stable and caring relationships. Which may be of different types, are at the heart of happy family.*

*Physical:* *To explain how human life is conceived.*

*Spiritual:* *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.*

*'A Journey in love' will be taught in the Autumn term of each year and then throughout each RE topic to reinforce the learning concepts and to connect every aspect of growth: physical, social, emotional, intellectual and spiritual, with love.*

**Kind Regards**

**Miss Ditchfield**

**RE Co-ordinator**

Atherton Sacred Heart RC  
Primary School