



RSE  
St Bernadette'School

# Aims and Outcomes

- Understand why the programme is taking place;
- Be inspired by the vision of **Life to the Full**;
  - Develop a broad understanding of the programme content;
- Know where further information about the programme content can be accessed.

# Relationships and sex education in schools

- ▶ In June 2019, the Government released the final guidance document of what schools will need to deliver around RSE as part of the basic school curriculum.
- ▶ This guidance replaces the SRE guidance of 2000
- ▶ The new statutory requirements come into effect from September 2020, although the DFE is encouraging schools to begin teaching the new curriculum now.
- ▶ As a minimum, all schools will be required to cover a number of themes and topics by the end of the primary or secondary phase.

# Relationships education

- ▶ Families and people who care for me
- ▶ Caring relationships
- ▶ Respectful relationships
- ▶ Online relationships
- ▶ Being safe



# Relationships and sex education (Applicable to all schools providing secondary education)

- ▶ Families
- ▶ Respectful relationships
- ▶ Online and media
- ▶ Being safe
- ▶ Intimate and sexual relationships, including sexual health



# Physical health and mental well being

- ▶ Mental wellbeing
- ▶ Internet safety and harms
- ▶ Physical health and fitness
- ▶ Healthy eating
- ▶ Drugs alcohol and tobacco
- ▶ Health and prevention
- ▶ Basic first aid
- ▶ Changing adolescent body



# Delivery

- ▶ Many schools currently deliver these topics as part of their timetabled PSHE (personal social and health education)
- ▶ The content also complements national curriculum subjects such as science, PE and computing
- ▶ It is a requirement that all schools have a written policy in place for RSE and this is freely available to parents and stakeholders.
- ▶ The policy should reflect the needs of the children, parents and the community they serve.
- ▶ Schools are allowed to devise a policy that reflects the faith background of their pupils.

# Right to withdraw

- ▶ There is no right of parental withdrawal from Relationships Education or Health education elements.
- ▶ Parents do have the right to withdraw from some or all of the sex education, outside of the mandatory requirements ie that stated in the science national curriculum.





# The science curriculum

- ▶ Ks1
- ▶ Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each of the senses.
- ▶ Notice that animals including humans have offspring which grow into adults
- ▶ Describe the basic needs of animals including humans for survival
- ▶ KS2
- ▶ Describe the differences in life cycles of a mammal, amphibian, insect and bird.
- ▶ Describe the life process of reproduction in some plants and animals.
- ▶ Describe the changes that take place as humans develop, including the changes that are experienced in puberty.

# RSE at St Bernadette's

- ▶ At St Bernadette's we have subscribed to an online RSE Programme provided by a Catholic company called Ten:Ten.
- ▶ Ten:Ten are an award-winning theatre, film and educational organization working in Catholic Primary Schools throughout the UK.
- ▶ We currently use the Collective Worship and Assembly materials provided by Ten:Ten.
- ▶ The program provided by Ten:Ten is called Life To The Full.
- ▶ It is being promoted by the Birmingham Diocesan Education Service.

# Programme STRUCTURE

- Key Stage One
- Lower Key Stage Two
- Upper Key Stage Two

**Module 1**  
Created and  
Loved by God

**Units:**

- Religious Understanding
- Me, My Body, My Health
- Emotional Well-being
- Life cycles

**Module 2**  
Created to  
Love Others

**Units:**

- Religious Understanding
- Personal Relationships
- Keeping Safe

**Module 3**  
Created to Live  
in Community

**Units:**

- Religious Understanding
- Living in the Wider World

Various Lessons and Sessions

# Module I: Created and Loved by GOD

**Module One: Created and Loved by God** explores the individual. Rooted in the teaching that we are made in the image and likeness of God, it helps children to develop an understanding of the importance of valuing themselves as the basis for personal relationships.



# Module I: Created and Loved by GOD

**Kester's Adventures** follows the story of Kester who is in search of his Maker. When he finds his maker, Abraham, Kester develops a deep and personal relationship with him over many years. As the children grow through the learning stages, Kester's story grows in complexity as he tries to understand his place in the world when faced with more challenging life decisions. Ultimately, he is always reminded that he was created by Abraham, along with his parents, and was loved and cared for even before he was born.



# Module I: Created and Loved by GOD

## What makes us DIFFERENT?

- Eye colour
- Hair colour
- Height
- Body shape
- Skin colour
- Age
- Gender
- Country

- Language(s)
- Type of family
- Gifts and talents
- Favourite things

## Leona

I'm seven and I'm seven old. I've got curly brown hair which starts always looks like it's been wrapped through a toilet roll because I've got two other brothers with curly hair. My favourite colour is yellow like the sun. Can you guess what my favourite thing is to do?!

Some of these things are odd, but my favourite thing to do is the worst in class! I love with my brothers. They're like when we can help me to be the highest jumper!

## The Cycle of LIFE

## Can you help SUSIE?

### What should she do? - TEETH BRUSHING


- Brush your teeth twice each day for around 2 minutes.
- Wait the dentist every 6 months.
- Brushing properly removes plaque - which can cause cavities (holes), bad breath, gum disease and even our teeth to fall out!
- It also gives us lovely fresh breath, and stops our teeth feeling funny!

Happy, Sad, Angry, Scared, Proud, Shy, Disgust, Love

## Key Stage One:

- We are uniquely made by a loving God;
- We have differences and similarities;
- Key information about staying physically healthy;
- Understanding feelings and emotions, including strong feelings such as anger;
- The cycle of life from birth to old age.

# Module 2: Created to Love OTHERS



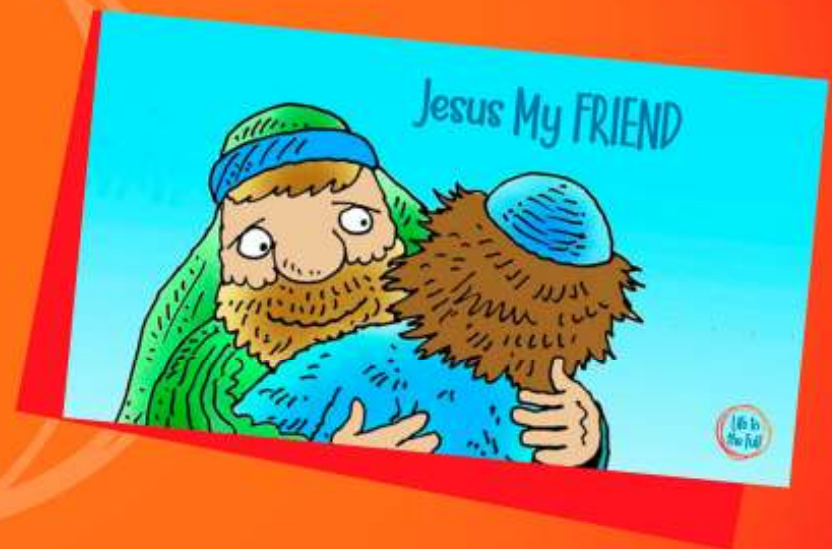
**Module Two: Created to Love Others** explores the individual's relationship with others. Building on the understanding that we have been created out of love and for love, this module explores how we take this calling into our family, friendships and relationships, and teaches strategies for developing healthy relationships and keeping safe.



# Module 2: Created to Love OTHERS

## Gospel Stories

At the start of each learning stage, we begin with a series of story sessions based on a key Gospel story which provides the religious foundation for the teaching that will follow. For example, through an imaginative retelling of the Prodigal Son, children deepen their understanding of the concept of sin and the importance of forgiveness in relationships.





# Module 2: Created to Love OTHERS



## Key Stage One:

### Unit 'Personal Relationships':

- Special People in their lives who they love and can trust;
- Coping with various social situations and dilemmas;
- The importance and saying sorry and forgiveness within relationships.

### Unit 'Keeping Safe':

- The risks of being online (incorporating 'Smartie the Penguin' from Childnet);
- The difference between good and bad secrets;
- Teaching on physical boundaries (incorporating the PANTS resource the NSPCC).



# Module 3: Created to Live in COMMUNITY

**Module Three: Created to Live in Community** explores the individual's relationship with the wider world. Here we explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good.



# Module 3: Created to Live in COMMUNITY

**Trinity House** is a story told throughout the programme from Years 1 to 6 at a growing level of complexity through each learning stage. It tells the story of the Trinity family who live in Trinity House – Abba, Adam and Amara – symbols of the creative circle of love between Father, Son and Spirit. Children will learn that just like the Trinity of God, we are made to love God and love others, and we are made to be loved by God and others. This extends not only to us, our families, our friends and our personal relationships, but also to the wider world.



# Module 3: Created to Live in COMMUNITY



WHO is my Neighbour?



## Subsequent sessions:

In subsequent sessions, this religious understanding is applied real-world situations, such as the community we live in, and through exploring the work of charities which work for the Common Good.

**Note:** some sessions in Module 3 are not available for the trial. Please see the Programme Overview for updated information on this.



Life to  
the Full



# Online PARENT Portal

- Further information
- Activities for home learning
- Links to family prayers

[www.tentenresources.co.uk/parent-portal](http://www.tentenresources.co.uk/parent-portal)