

St. Margaret of Scotland Catholic Primary School & Pre School



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Parent Curriculum Information

Relationships & Health Education (RHE)



Ten:Ten
Resources

YEAR 1

For more information please access the Parent Portal as follows:
<https://www.tentenresources.co.uk/parent-portal/>

Username: parents@stmargarets.luton.sch.uk
Password: Margaret_1

Diocese of
Northampton
Luton Borough
Council



ADVENT TERM

Pupils will be learning:

CREATED AND LOVED BY GOD

Religious Understanding

This unit introduces pupils to the story from the Gospel of Matthew, when Jesus welcomed all of the little children to come to Him.

Parent Portal Links:

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/let-the-children-come/>

Key Vocabulary:

special important worthy valuable unique individual Kingdom of Heaven welcome faith purpose happy body mind spirit

Suggested activities for home:

Look together at mementos of your child's baptism or babyhood. Perhaps they were given Christening or birth presents, a baptismal candle or a Christening dress that they wouldn't have been aware of at the time. Bring them out and talk about their birth and what they were like as a baby. If you don't have any mementos or photos, tell stories about their baby days.

Pupils will be learning:

CREATED TO LOVE OTHERS

Religious Understanding

This unit begins with an adapted version of the Prodigal Son story to show children that God loves us, and nothing we can do will stop Him from loving us.

Parent Portal Links:

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/god-loves-you/>

Key Vocabulary:

naughty mistakes abandon forgive sorry God's love inheritance sin

Suggested activities for home:

Ask your child to help you do an ordinary task around the house. It might be baking a cake, cleaning shoes or a bike, washing up or unloading the dishwasher. Do whatever task you can do without hurrying or the pressure of needing it to be done perfectly. Chat while you do it together.

Pupils will be learning:

Personal Relationships

Pupils learn about the 'special people' in their lives who they love and can trust. In further sessions, children will learn how to cope with various social situations and dilemmas, and the importance of saying sorry and forgiveness within relationships.

Parent Portal Links:

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/special-people/>
<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/treat-others-well/>
<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/and-say-sorry/>

Key Vocabulary:

family mum dad brother sister grandma grandad friend priest special loving listen safe responsible adult
behaviour appropriate inappropriate OK not OK nasty mean teasing bullying rude lies generous helpful honest unfair jealous welcoming selfish fun good listener fair trust steal hurt

Suggested activities for home:

Help your child to draw their family tree. Take a piece of paper and start with themselves at the bottom in the middle, with the names of any siblings either side. Above, put their mum and dad's name, then their siblings off to the side of them. Show that these are their uncles and aunts. Above mum and dad, place gran and grandad and so on as far as you can go. Talk about all their family connections as you do this. You could make this elaborate, adding drawings, dates, photos etc or just keep it very simple.

LENT TERM

Pupils will be learning:

CREATED TO LOVE OTHERS (CONTINUED)

Life Online

This unit helps pupils to understand that just like we can feel joy and feel upset in the different places we go physically, we can feel joy and feel upset in the different places we go to digitally too. Focus is given to the importance of feeling safe on the inside, especially when using the internet. Pupils will learn to recognise safe and unsafe situations online, and begin to develop an understanding that not everything presented to them online is true.

Parent Portal Links:

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/real-life-online/>
<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/rules-to-help-us/>

Key Vocabulary:

internet network computer laptop tablet phone devices online offline shopping games directions social media photos email video calls instant messaging videos real feelings happy sad annoyed scared bored disgusted calm trust special person rules peace safe unsafe online offline rules help internet screen time moderation pop-ups website games appropriate block report delete warm comforted reassured peaceful happy protected free tablet laptop phone helmet oven gloves seatbelt sunscreen hat map stop look listen stabilisers armbands

Suggested activities for home:

Explore [Jessie and Friends](#) with your child: it is a completely child friendly website all about internet safety. There's lots of information and also videos to watch. The Hector's World videos are particularly good for generating conversations about things that might happen online.

Pupils will be learning:

Keeping Safe

In this unit pupils learn to tell the difference between good and bad secrets. It explores teaching on physical boundaries, incorporating the PANTS resource by the NSPCC. Pupils will also learn about the effects of harmful substances (including alcohol and tobacco), some basic First Aid, what makes a 999 emergency and what they should do in an emergency situation.

Parent Portal Links:

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/good-and-bad-secrets/>
<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/physical-contact/>
<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/harmful-substances/>

Key Vocabulary:

good secret bad secret surprise safe unsafe temporary forever trust threat guilty private matter body God respect gift appropriate inappropriate PANTS rules private physical touch positive negative feelings affection safe unsafe necessary unnecessary permission secret trust comfortable uncomfortable harm private parts same born medicines drugs alcohol cigarettes tobacco un/harmful substance addictive nicotine pills consume smoke bleach needles liquids doctor pharmacy

Suggested activities for home:

Explore the [NSPCC website](#), which has lots of tips about how to talk about sensitive issues such as bodily privacy. It would be beneficial to explore the website content on your own first, and then discuss with your child.

PENTECOST TERM

Pupils will be learning:

Keeping Safe (Continued)

Pupils will learn some basic First Aid as well as what makes a 999 emergency and what they should do in an emergency situation.

Parent Portal Links:

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/can-you-help-me-part-one/>

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/can-you-help-me-part-two/>

Key Vocabulary:

emergency police officer fire brigade firefighter ambulance paramedic vaccine 999 injury sick pain struggling car crash help caution germs emergency police fire brigade ambulance paramedic 999 injury help twists sprains RICE (Rest, Ice, Compression, Elevation) burns cuts

Suggested activities for home:

Have your child practise putting plasters/bandages on a sibling/family member.

Pupils will be learning:

CREATED TO LIVE IN COMMUNITY

Religious Understanding

In this unit pupils will hear the story of The Good Samaritan and will be introduced to the concept of the Trinity – God as a three in one community of love – and think about what the Trinity means for them. This is a simple teaching that we will return to in more complexity in later years. These stories show children that God made us to be in loving relationships with one another.

Parent Portal Links:

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/three-in-one/>

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/who-is-my-neighbour/>

Key Vocabulary:

Holy Trinity God the Father God the son (Jesus) God the Holy Spirit Sign of the Cross persons love designed triangle community neighbour Holy Trinity God the Father God the son (Jesus) God the Holy Spirit love The Good Samaritan

Suggested activities for home:

We've been learning about the Trinity: three persons (Father, Son and Holy Spirit); one God. Perhaps you would like to find other 'three in one' examples with your child. For example, water exists as ice, liquid and steam but it's all water and nothing else. Or, an egg has three parts: yolk, white and shell but the whole is an egg. A rope may be plaited with three strands. What else can you find and relate to the Trinity?

Pupils will be learning:

Living in the Wider World

This unit helps pupils to learn about the different local and global communities that they are part of, and what rights and responsibilities come with belonging to these communities. Pupils will understand more about the purpose of work and the harmful impact of gender stereotypes in the workplace, alongside an introduction to the concept of vocation. Pupils will also consolidate learning about what money is and will explore the choices we have with our money. All of this is underpinned by the religious understanding that our identity, value and worth comes from God.

Parent Portal Links:

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/the-communities-we-live-in/>

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/who-will-i-be/>

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/needs-and-wants/>

Key Vocabulary:

community consequences responsibilities national global school parish home receptionist teacher teaching assistant caretaker cleaner headteacher priest altar server reader choir recycling litter respectful graffiti job work community money boys girls equality created by God unique strengths gifts talents satisfaction fulfilment God's call vocation God's plan needs wants exchange value cost choice spend save give important valuable look after God's love

Suggested activities for home:

At the checkout, allow your child to handle money, e.g. *counting out coins, or letting them see you pay with a card/mobile bank app*. Explain that although we can't see the money in a card/mobile banking app, it is important to be careful and try to keep track of how much we are spending.