

# St. Margaret of Scotland Catholic Primary School & Pre School



Headteacher: Mr S Chiswell, BA Ed (Hons) NPQH  
Rotheram Avenue, Luton LU1 5PP  
Tel: 01582 723430  
E-Mail: [admin@stmargarets.luton.sch.uk](mailto:admin@stmargarets.luton.sch.uk)  
Website: [www.stmargarets.luton.sch.uk](http://www.stmargarets.luton.sch.uk)



## Parent Curriculum Information

### Relationships & Health Education (RHE)



**Ten:Ten**  
Resources

## YEAR 4

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 explores the Gospel story Jairus' daughter in various creative and reflective ways. Through story and discussion, children will learn that they are designed for a purpose and how they should live in light of this. A second session unpacks the Sacraments of Baptism and Reconciliation as a foretaste of heaven and a wonderful part of our relationship with God.

#### **Parent Portal Links:**

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/get-up/>

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

#### **Key Vocabulary:**

God Jesus faith dead alive love eternal new life heaven sin forgive precious conception individual renewed make a difference Jairus synagogue Sacrament Reconciliation Baptism visible/invisible water white clothing candle love sorry oils (Catechumens and Chrism) commandments forgive purpose examination of conscience

#### **Suggested activities for home:**

Spend a little extra time with your child before bedtime, helping them relax and reminding them of God's love for them through your extra attention. You might like to read a book together, encourage them to say thank you for the day and sorry for anything that wasn't very loving and perhaps finish with a decade of the rosary. Allow time for any conversation that arises.

***Pupils will be learning:***

### **Me, My Body, My Health**

In this Unit, pupils will learn to celebrate similarities and differences, and to appreciate and look after their bodies as gifts from God. Teaching also covers specific physical and emotional changes during puberty, and that growing from boys and girls to men and women is part of God's loving plan for creation.

#### **Parent Portal Links:**

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/we-dont-have-to-be-the-same/>

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/respecting-our-bodies/>

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/what-is-puberty/>

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/changing-bodies/>

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/male-female-discussion-groups-optional/>

#### **Key Vocabulary:**

similarities differences unique skills talents confident self-confidence changeable teamwork community beloved Child of God body gift dis/respect special safe healthy in/appropriate balanced diet exercise sensible God Holy Spirit choice responsibility puberty childhood adulthood milestone timeline physical growth development body changes emotions gradual past future Child of God private parts genitalia penis testicles scrotum vulva vagina breasts hips pubic hair muscles spots sweat hormones mood swings periods blood

#### **Suggested activities for home:**

Invite your child to ask any questions they have about puberty, and/or describe some of your own experiences going through puberty. Particularly discuss their feelings about how their bodies will change and if there is anything you can do to help them feel prepared for it. Allow space for any discussions that arise.

This might be a good opportunity to show girls where sanitary items are stored in the house and demonstrate how they are used.

## LENT TERM

**Pupils will be learning:**

### **CREATED AND LOVED BY GOD (CONTINUED)**

#### **Emotional Well-being**

This unit helps pupils to understand the difference between feelings and actions, how to manage them and what they can do to help themselves stay emotionally healthy. In this Unit, media is discussed as a 'fake reality' and God's love for us is presented as a better basis for our self-confidence. Finally, pupils will identify unacceptable behaviours and learn to build resilience against negative feelings by practising thankfulness.

#### **Parent Portal Links:**

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/what-am-i-feeling/>  
<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/what-am-i-looking-at/>  
<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/i-am-thankful/>

#### **Key Vocabulary:**

feelings emotions information experience reaction fear anger joy sadness boredom tiredness contentment uncomfortable masking emotional well-being action hormones chemicals puberty media radio television newspapers magazines video games internet advertising influence social media truth reality stereotypes resilience self-confidence Facebook Snapchat TikTok Twitter Instagram OK un/acceptable un/healthy risky resilience thankfulness feelings actions In/appropriate peer pressure influence information choices wider context

#### **Suggested activities for home:**

Encourage your child to keep a feelings diary for the week. In a notebook, they should use drawings, emojis or words to record how they felt at different times each day. Your child can review this by themselves and think about why they felt those feelings. They might also wish to share it with you.

**Pupils will be learning:**

### **Life Cycles**

This unit explores the miraculous nature of human conception and birth and offers an opportunity for thanksgiving. Sexual intercourse is **not** discussed in this session.

#### **Parent Portal Links:**

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/life-cycles/>  
<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/a-time-for-everything/>  
<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/big-changes-little-changes/>

#### **Key Vocabulary:**

life before birth childhood puberty adulthood womb egg sperm Fallopian tube fertilised conception implantation embryo foetus umbilical cord birth life childhood puberty adulthood death grief dying breathing heart life cycle heaven loss sad grumpy angry confused hard to concentrate lonely shocked puzzled change grow expected unexpected exciting worrying growing up moving on transition manage feelings emotions God's love constant support coping strategies

#### **Suggested activities for home:**

Use a calendar to highlight different times for events in our lives. Discuss birthdays and celebrations marked on the calendar and how you/your child feels when these days happen. Also mark dates like Remembrance Day, or perhaps the anniversary of the passing of a loved one and talk about how we might make time to think about, remember and pray for those who have died.

## PENTECOST TERM

### ***Pupils will be learning:***

#### **CREATED TO LOVE OTHERS**

#### **Religious Understanding**

Pupils will learn about the parable of The Prodigal Son, showing that God loves us, and nothing we can do will stop Him from loving us. Pupils will also learn about different types of sin, and the importance of forgiveness in relationships.

#### **Parent Portal Links:**

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/jesus-my-friend/>

#### **Key Vocabulary:**

forgiveness parable The Prodigal Son inheritance friendships relationships brothers father sons jealous sin action attitude choice celebrate welcome reconciliation

#### **Suggested activities for home:**

Talk to your child about how they sustain the relationships in their life and what else they might do to nurture them, for example: a grandparent might welcome a handwritten letter or drawing?

### ***Pupils will be learning:***

#### ***Keeping Safe***

Pupils will be introduced to the term 'abuse' and discuss different kinds of abuse, including sexual abuse and Female Genital Mutilation (FGM), here referred to as 'abuse of private parts'. Pupils will be asked to think of trusted adults that they can talk to about any issues they may face.

#### **Parent Portal Links:**

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/safe-in-my-body/>

#### **Key Vocabulary:**

safe people places rules boundaries physical abuse deliberate accident on purpose harm injury emotional abuse criticising threatening shaming abuse of private parts vulva breasts penis testicles inappropriate touching viewing trusted adult support FGM Female Genital Mutilation child abuse genitalia illegal Sunna

#### **Suggested activities for home:**

Talk to your child about which people, both inside and outside the family, they feel comfortable having conversations with about anything that is worrying them or if they need help.

Discuss how your child felt after hearing about FGM, and validate any feelings that arise. This [guidance from the NSPCC](#) may help you with any further questions your child has about FGM.

### ***Pupils will be learning:***

#### **CREATED TO LIVE IN COMMUNITY**

#### **Religious Understanding**

This unit explores in greater detail the community aspect of the Trinity and encourages children to think about what the Trinity means to them and how as they were made in God's image, they too are created to live in community.

#### **Parent Portal Links:**

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/lks2/a-community-of-love/>

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/what-is-the-church/>

#### **Key Vocabulary:**

Holy Trinity God Father Son (Jesus) Holy Spirit community of love mystery of faith married family signs symbols kind generous loving wise merciful good listening Church Mass

sacrament Community worship The Common Good The Human Person Social Relationships Stewardship Everyone is included, no-one left behind

**Suggested activities for home:**

Next time you are at your church, stay behind a little afterwards and see if you can find any of these things: The symbol of a fish – This was a secret symbol of Christianity used at times of persecution; The baptismal font; Stations of the cross; Statues or pictures of the saint to whom your Parish Church is dedicated; Tabernacle; Candles: how many, where, why there?

**Pupils will be learning:**

**Living in the Wider World**

Pupils will learn some of the principles of Catholic Social Teaching from Together For The Common Good, which will help them to live in communities in the way God intends. Teaching includes the common good, the human person, social relationships and stewardship.

**Parent Portal Links:**

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/how-do-i-love-others/>  
<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/working-together/>

**Key Vocabulary:**

Church care love noticed respected included recognised appreciated secure not alone charity caritas generous love Emmaus homeless companions injustice prayer job work wages salary payment happiness meaning fulfilment vocation stereotypes opportunities goal setting learning life skills God's plan money cash bank card credit card wants needs value for money spend save give attitudes values expectations priorities faith budget receipts tracking honesty thoughtfulness wisdom God's love

**Suggested activities for home:**

Talk to your child about the advantages and disadvantages of different types of money (e.g. cash, bank cards, cheques, credit cards, gift vouchers etc.), and the importance of keeping all forms of money safe. Highlight that some ways of using money are more secure than others and you might like to draw your child's attention to safeguards such as spending limits, or PIN numbers/passwords/signatures etc.