

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



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## Parent Curriculum Information

### Relationships & Health Education (RHE)



**Ten:Ten**  
Resources

## YEAR 5

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**

Pupils explore the Gospel story of the 'Calming of the Storm'. They will consider experiences of change, growth and development, and the trust that they can have in the person of Jesus through times of trial and tribulation.

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

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

#### **Key Vocabulary:**

care love faith trust confidence power calm individual doubts troubles fear listen possible change puberty adult

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

Find time this week to reflect with your child about various key events in their childhood.

Can you recall when they started to walk, talk, eat with a spoon, swim, ride a bike? Which milestones do you think they are on their way to now?

**Pupils will be learning:**

### **Emotional Well-being**

This unit helps pupils learn about pressures that they may experience from themselves, others and the media. Pupils will develop ideas on how to build resilience through thankfulness, use simplified CBT techniques to manage their thoughts, feelings and actions and cope with new or difficult feelings such as romance and rage.

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

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

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

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

#### **Key Vocabulary:**

pressure peer pressure body image media social media expectations teasing banter bullying thankfulness gratitude resist pressure build resilience appropriate inappropriate behaviour actions feelings emotions thoughts manage reframe appropriate inappropriate behaviour actions feelings emotions thoughts manage reframe scared excited happy intense crush infatuation puberty hormones mood swings HALT (Am I Hungry, Angry, Lonely or Tired?) isolation loneliness mental-ill health Childline

**Pupils will be learning:**

### **Life Cycles**

pupils will learn about how girls manage their periods (menstruation), and understand some of their possible side effects (including PMS). They will learn why periods happen, that fertility is necessary to bring a child into the world, and how the menstrual cycle is part of God's plan for creation. Pupils learn how to consider and communicate about death in a direct yet gentle way, and consider ways to support themselves and others. Pupils will reflect on God's presence with us throughout our lives, and how this helps us to cope with change of all kinds.

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

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

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

#### **Key Vocabulary:**

period menstruation sanitary towel sanitary products period hygiene blood cramps premenstrual syndrome (PMS) moodiness bloating spots the menstrual cycle ovaries egg womb lining tissue implantation sperm vagina fertilisation marriage calling death cemetery illness accident old age heaven eternal mystery afraid wake coffin funeral inquest obituary burial cremation gravestone epitaph hearse mourning interment urn grave deceased crematorium life everlasting Reception of the Body Requiem Mass memorial organ donation flowers hope grief pride absence natural process sad grumpy angry confused hard to concentrate lonely shocked puzzled messy

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

Talk to your child about how they like to relax and what makes them feel better. Is it lying on the sofa, reading a book, having some time to themselves, exercise, playing outside, having a bubble bath?

## LENT TERM

**Pupils will be learning:**  
**CREATED TO LOVE OTHERS**

### Religious Understanding

This unit explores the nature of God's call to love others. Pupils will study and reflect imaginatively on the story of Zacchaeus' conversion and explore ways in which they can hear God's call in their lives.

### Parent Portal Links:

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

### Key Vocabulary:

Zacchaeus tax rich unpopular dis/honest un/satisfied material needs outlook perspective called created love others prayer conversation 'thank you' 'help' 'sorry' 'I'm feeling...'

### Suggested activities for home:

Make a special effort this week to do some form of bedtime prayer. It might be as simple as singing a hymn together, sharing what you're each thankful for that day, naming people whose prayer needs we want to bring before God or saying sorry.

**Pupils will be learning:**

### Life Online

This unit helps pupils to make safe and sensible decisions about what online content they should/shouldn't share, cyberbullying and how to report and get help if they encounter inappropriate messages or material. A deeper dive into why and how we should think critically about the content we consume is also covered.

### Parent Portal Links:

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/sharing-isnt-always-caring/>  
<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/cyberbullying/>

### Key Vocabulary:

personal safety digital world websites social media online TV online safety rules communication information entertainment email search engines restrictions sharing online username online messages chatting online accuracy distorted misinterpreted context cyberbullying bullying banter block delete save evidence report good online behaviour responsibility

### Suggested activities for home:

Ask your child if they have any worries or questions about this fact and, if appropriate, if they have ever felt unsafe on or offline. Assure your child that they can always talk to you. You might like to remind them of the safety phrase 'Take care when you share. If in doubt, speak out.'

**Pupils will be learning:**

### Keeping Safe

This unit explores how drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning, discuss how to make good choices even in pressured situations, and teach essential First Aid such as DR ABC and the recovery position.

### Parent Portal Links:

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/impacted-lifestyles/>  
<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/making-good-choices/>  
<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/giving-assistance/>

### Key Vocabulary:

drugs alcohol tobacco legal illegal recreational impact lifestyle lungs Oxygen heart blood smoke cigarettes chemicals Nicotine Carbon Monoxide tar organ damage pulse physical financial social impaired moderation responsibility independence honour respect pressure choice decision good bad conscience uncomfortable worried anxious upset distressed moderation self-confidence resilience well-being respect First Aid casualty injury safe emergency services recovery position un/conscious DR ABC Danger Response Airway Breathing Circulation Defibrillator life-threatening environment hazards risk innate desire

### Suggested activities for home:

Discuss with your child their lifestyle (including exercise, diet, sleep etc) and if there are any changes they would like to make.

## PENTECOST TERM

***Pupils will be learning:***

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

#### **Religious Understanding**

This unit deepens pupils understanding and appreciation of the three-part community of love, the Trinity, with the endpoint of discussing the Trinity as it might be communicated in a church setting. Pupils will learn that the Trinity demonstrates the perfect loving community, and we are called to emulate this self-giving and self-sacrificing love in our communities.

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

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

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

#### **Key Vocabulary:**

Holy Trinity God the Father God the Son (Jesus) God the Holy Spirit love mystery of faith helper Good News the Creed the Church God's family home school parish diocese Catholic Social Teaching love relationships created equality justice dignity family community participation rights responsibilities poor vulnerable workers solidarity care

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

Encourage your child to commit to some activity such as taking out the recycling, donating some toys to charity, giving some of their pocket money to a good cause, writing a letter to grandparents, informing themselves about some world issues or making cakes for neighbours. As a family there might be things you could do together such as giving up puddings one day a week and sending the saved money to CAFOD.

***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 fulfil their purpose of making a difference in the world around them. 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/reaching-out/>

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

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

#### **Key Vocabulary:**

Catholic Social Teaching in/justice dignity family community participation rights responsibilities poor vulnerable workers solidarity care protect donate compassion Job work employer salary employee happiness fulfilment vocation stereotypes opportunities aspirations barriers life skills learning pathways self-esteem self-belief unique vocation God's plan money payment cash cheque credit card debit card bank transfer online payment gift card loan tracking budget receipts saving goals hierarchy of needs attitudes feelings poverty wealth generosity stewardship tithing charitable giving talents ambitions

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

Give your child choices about how to spend their own money or ask them to help with decisions about the purchase of different branded items when shopping to help to reinforce the idea of value for money. Remind your child of the different priorities when making choices between brands, e.g. *quality, quantity, want/need etc.*