

St. Margaret of Scotland Catholic Primary School & Pre School



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Parent Curriculum Information

Relationships & Health Education (RHE)



Ten:Ten
Resources

YEAR 6

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:

Me, My Body, My Health

Pupils will learn that celebrating differences between people is enriching to a community and know that their self-confidence should arise from being loved by God. They will learn about the physical changes that boys and girls go through during puberty and how they should respect and take care of their bodies as gifts from God.

Parent Portal Links:

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

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

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

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

Key Vocabulary:

similarities differences gifts talents unique loved child of God accept self-confidence value show off compare community faults weaknesses body hair growth spurt puberty breasts buds nipples hips widen waist narrows perspiration oily skin genitals vagina uterus menstruation development self-conscious embarrassed changing natural respect boundaries private shoulders widen voice breaking penis erections ejaculation semen urethra nocturnal emissions wet dreams hormones development self-conscious spots sleep exercise personal hygiene screen time gaming addictive protein shake balanced diet choice impact health sun exposure dental hygiene

Suggested activities for home:

Help your child to design a weekly menu. Can they come up with a balanced week's worth of meals for your family, within a budget?

Pupils will be learning:

Emotional Well-being

The Year 6 session in this Unit covers how children may be affected by what they see online, including pornography

As this lesson is part of the Sex Education curriculum you have the right to ask for your child to be withdrawn. We encourage you to view the content and materials before making a decision.

Parent Portal Links:

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

Key Vocabulary:

online good bad pornography appropriate inappropriate addictive emotional brain thinking brain harmless harmful truth love respect online safety

Suggested activities for home:

Talk to your child about the sorts of things they see online and discuss strategies to help them if they see something they are uncomfortable with.

LENT TERM

Pupils will be learning:

CREATED AND LOVED BY GOD (CONTINUED)

Life Cycles - Pupils will learn about God's design for creating new life through a more nuanced understanding of menstruation, fertility, conception, fetal development in the womb and childbirth. Another session talks about sexual intercourse within the context of marriage being God's plan for the place of sex within a relationship.

As this lesson (Making Babies part 2) is part of the Sex Education curriculum you have the right to ask for your child to be withdrawn. We encourage you to view the content and materials before making a decision.

Parent Portal Links:

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/making-babies-part-1/>

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/making-babies-part-2/>

https://www.tentenresources.co.uk/programmes/life-to-the-full-plus/uks2/m-1/uks2_1_created-and-loved-by-god/u-4/uks2_1-4_life-cycles/s-5/coping-with-change/

Key Vocabulary: pregnant parents baby conception sperm egg Fallopian Tube womb uterus implantation placenta umbilical cord embryo foetus vagina birth organ development belly button marriage husband wife God commitment love sex sexual intercourse parents vagina penis sperm erection ejaculation celebrate gratitude memories thankfulness change transition secondary school responsibility opportunity support grief feelings challenges coping strategies communicate resilience God is with us God's love

Suggested activities for home: Talk to your child about what their birth was like. Do you have baby photos or mementos, any measurements of their weight or length at birth? How much hair did they have? Could you tell them the story of their birth and the time around it?

Whether or not your child has taken part in this session at school, why not take a look at the 'Recipe for Love' worksheet from the website and complete it with your child.

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:

Personal Relationships

This unit equips pupils with strategies for more complex experiences of relationships and conflict. This includes sessions that help children to identify and understand how to respond to spoken and unspoken pressure, the concept of consent and some practical demonstrations of this and further teaching on how our thoughts and feelings have an impact on how we act.

Parent Portal Links:

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

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

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/do-you-want-a-piece-of-cake/>

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

Key Vocabulary:

pressure un/spoken in/direct un/helpful choice good bad emotional well-being best interests time out critical perspective journal sense of humour consent permission yes no powerful powerless bodily autonomy respect control freedom confidence decisions choice children of God gift precious dignity positive negative self-talk thoughts feelings actions behaviour healthy relationships beneficial risks safe balance expectations realistic fairness harassment protected characteristics age disability race marriage civil partnership pregnancy maternity religion belief kindness dignity worthy honour respect welcome build others up **ATTRACTION:** attraction kiss magnetism desire emotional romantic sexual opposite sex same sex feelings reaction **DIFFERENCES:** differences gender expression gender identity biological sex male female gender dysphoria uneasy distressed anxious confused created and loved by God **RECOGNISE:** recognise prejudice discrimination assumptions beliefs judgements stereotypes feelings negative attitude racism sexism homophobia exclusion bullying abuse same-sex relationship **STEREOTYPES:** stereotypes gender stereotypes impact behaviours limiting expectation uniqueness express sexual orientation bullying physical attraction same sex opposite sex attraction puberty feelings of attraction

Suggested activities for home:

Have a conversation with your child about situations where it's OK to say no and why that is.

PENTECOST TERM

Pupils will be learning:

CREATED TO LOVE OTHERS (CONTINUED)

Keeping Safe

This Unit considers safety in the real world beginning with the four types of abuse: sexual, physical, emotional and neglect. Pupils will learn how to spot each type of abuse and who they can go to for help. Pupils will also learn more about practices against British law and how forced marriage is not compatible with God's plan for marriage.

Parent Portal Links:

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

Key Vocabulary:

people places rules un/safe respect bodily privacy bodily autonomy physical touch in/appropriate abuse neglect physical abuse emotional abuse sexual abuse secrets rights freedom protection law intervene discrimination violence health violation FGM Female Genital Mutilation vulva genitalia cutting circumcision Sunna Gudniin Halalays Bondo Tahoor illegal risk misinformation campaign

Suggested activities for home:

Pupils have been learning about keeping safe and this has involved looking at dangers and the fact that some children may be harmed. To provide a counterbalance to this necessary knowledge, it would be good to remind your child of how special they are; that they have dignity and are worthy of respect as a beloved child of God. The next time you do exercise together, even just a walk to the shops, you might like to remark on the wonderful way your bodies can move. Similarly, point out the great use you can put your bodies to when you go on a bike ride, have races, piggy backs, rough and tumble, nerf wars or go swimming! Or more relaxingly perhaps, have a nail painting session with your child!

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.*