

RSHE at The Marist

After some recent coverage about the teaching of RSHE in schools we would like to offer a reminder about how we at The Marist teach PSHE and RSHE.

RSHE/ PSHE are the same subject. This subject became statutory with guidance from the DFE in 2020. The subject covers a wide range of topics around mental, physical and emotional health. Our program of study is called Jigsaw. The children cover 6 jigsaw puzzle pieces, one each half term. These are:

Being Me	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
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Within these lessons themes such as bullying, e-safety, self-esteem, anxiety and relationships or friendships are covered. The lessons are discussion based and allow the children the opportunity to share their experiences and learn from other's experiences including some scenarios from their teacher. The aim of these lessons is to ensure that our children are successful individuals who are responsible members of our inclusive community.

In the summer term we use the Diocesan RSE scheme 'Journey in Love'. We use these lessons instead of the Jigsaw scheme. This includes lessons about body image, accepting change and lessons about moving onto the next year group. Journey in Love is a Catholic scheme of work which covers the reproductive growth and development of children at an age-appropriate stage. These lessons are in line with the statutory guidance from the DFE which sets the expectations for what children should have learnt about by the end of primary schooling. The children cover:

EYFS	The wonder of being special and unique- To explore the wonder of being special and unique
Year 1	We meet God's love in our family- To focus on families and specially growing up in a loving, secure and stable home
Year 2	We meet God's love in the community- To describe how we are growing and developing in diverse communities that are God- given
Year 3	How we live in love- To describe and give reasons for how we row in love in caring and happy friendships where we are secure and safe.
Year 4	God loves us in our differences- To make links and connections to show that we are all different. To celebrate these differences as we appreciate that God's love accepts us as we are now and as we change.
Year 5	God loves us in our changing and developing- Show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom etc. and grow further in recognising God's presence in our daily lives.
Year 6	The wonder of God's live in creating new life- To develop a secure understanding of what stable, caring relationships are and the different kinds there may be. Focusing on Catholic teaching, children will also know and understand about the conception of a child within marriage.