ST THOMAS MORE CATHOLIC PRIMARY SCHOOL

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Christ is the centre of our school community where we live, love and learn together.

Monday 8th December 2025

Dear family,

Relationship and Sex Education

From this Wednesday, children in Year 6 will be beginning the next stages of their Relationship and Sex Education as part of our Personal and Relationships Education from the Personal, Social and Health Education (RHE) Framework. Below is some key information, taken directly from the policy:

Statutory Curriculum Requirements:
We are legally required to teach those aspects of RHE which are statutory parts of National Curriculum Science.

Rationale:
'I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL' (Jn.10.10)

We are involved in relationships and sex education precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RHE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

At the heart of the Christian life is the Trinity; Father, Son and Spirit in communion, united in loving relationship and embracing all people and all creation. Because of the Christian belief that we are made in the image and likeness of God, gender and sexuality are seen as God's gift. We reflect God's beauty and share in divine creativity. RHE, therefore, will be placed firmly within the context of relationships as it is there that sexuality grows and develops.

Following the guidance of the Bishops of England and Wales and as advocated by the DFE, our RHE will be firmly embedded in the PSHE framework as it is concerned with nurturing human wholeness and integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on Christ's vision of being human as good news and will be positive and prudent, showing the potential for development, while enabling the dangers and risks involved to be understood and appreciated. All RHE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

Values and Virtues:
The chosen Gospel values of Lumen Christi are integrity, compassion and service to others. Our RHE programme enshrines Catholic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential in responding to God's call to love others with a proper respect for their dignity and the dignity of the human body. Other virtues will be explicitly explored and promoted: faithfulness, fruitfulness, chastity, integrity, prudence, mercy and compassion.
Objectives:

- Foster an understanding of the teachings of the Catholic Church about how to live a full life, a life of virtue, and the place of human sexuality in living a full life, marriage and parenthood.
- Foster an atmosphere in our school which celebrates the work of the Trinity through the life of the school and its relationship with the Church.

We will develop the following attitudes and virtues:

- Appreciation that their life has a purpose.
- An attitude of awe and wonder for the gift and beauty of self, respect for each other as children of God and rejoicing in the goodness of God's creation.
- Respect for the dignity of every human being – their own person and in the person of others.
- Joy in the goodness of the created world.
- Responsibility for their own actions and a recognition of the impact of these on others.
- Recognising and valuing their own sexual identity and that of others.
- Celebrating the gift of life-long, self-giving love.
- Recognising the importance of marriage and family life.
- Fidelity in relationships.

To develop the following personal and social skills:

- Making sound judgements and good choices which have integrity, and which are respectful of the individual's commitments.
- Developing relationships with each other based on mutual respect and care and to understand this can be an expression of God's love.
- Loving and being loved, forming friendships and loving, stable relationships free from exploitation, abuse and bullying.
- Managing emotions within relationships, with confidence, sensitivity and dignity, even when they break down.
- Managing conflict positively, recognising the value of difference.
- Cultivating humility, mercy and compassion, learning to forgive and be forgiven.
- Developing self-esteem and confidence, demonstrating self-respect and empathy for others.
- Assessing risks and managing behaviours to minimise the risk to health and personal integrity.

To know and understand:

- The teachings of the Catholic Church about how to live a full life and a life of virtue.
- The teaching of the Catholic church on marriage and the importance of marriage and family life.
- The centrality and importance of virtue in guiding human living and loving.
- The facts about human reproduction.
- The physical and psychological changes that accompany puberty.

Inclusion and differentiated Learning
Our school practice provides opportunities which reflect the cultural diversity of our school community and locality.

We ensure RHE is sensitive to the different needs of individual pupils in respect to pupils' different abilities, levels of maturity and personal circumstances; for example, their own sexual orientation, faith or culture and is taught in a way that does not subject pupils to discrimination. Lessons will also help children to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber-bullying), use of prejudice-based language and how to respond and ask for help.

We create safe spaces for our children to confidentially discuss all RHE themes and to ensure they feel supported and valued in lessons.

Mrs. Cook will supervise sessions for the girls separately to the boys, but all the children will cover the same content. Ground rules will be established in each session, and the children will have a worry box/question box so that they can ask questions without putting their hands up.

Timetable of Sessions
Autumn 2 – Girls and Boys Bodies
Spring 1 – Body Image, Emotional Changes and Spots and Sleep
Spring 2 – Seeing Stuff Online and Peculiar Feelings
Summer 1 – Making Babies and Menstruation

If you have any concerns about this forthcoming education, or wish to know more, please do email Mr Poole or Mr Jordan at j.poole@stm-lumenchristi.org.uk or m.jordan@stm-lumenchristi.org.uk

Kind regards,

J Poole

Mr J Poole
Assistant Principal
Year 6 Teacher

M Jordan

Mr M Jordan
Year 6 Teacher