

Primary Five

Lesson 1: Growing and Changing. We all grow and change as we get older. We all grow at our own pace. Our bodies are precious gifts from God, so we need to keep them healthy.

Lesson 2: Making the Right Choices. We need to make the right choices for our personal safety. As Christians we're called to do the right thing even when no one is looking.

Lesson 3: Role-models. Some people are to be admired and imitated. We can all be role-models.

Lesson 4: Why have rules? Rules are important for our safety and well-being. If we make bad decisions, we can seek forgiveness, learn from our mistakes and try again.

Primary Six

Lesson 1: Feelings. Different scenarios may cause us to feel different emotions. We can talk to trusted adults and friends about our emotions. God is always there to listen to us.

Lesson 2: Bullying. What constitutes bullying. How to handle bullying. Who to talk to. We're called to be kind to each other and to respect each other.

Lesson 3: Environmental care. Creation is a wonderful gift from God. We all have a responsibility to care for the world around us.

Primary Seven

Lesson 1: Emotions and relationships.

How to handle strong emotions. How to handle peer pressure. Having the courage to say 'no'.

Lesson 2: Internet Safety. Avoiding online harms. It's important to be kind in online communications and to tell a trusted adult if any difficulties or worries arise.

Lesson 3: It's Ok to say no! How to respond to peer pressure. It's important to do what is right, and to respect the decisions of others.

Lesson 4: Puberty: As we grow older, our bodies change. This is all part of God's plan for us. These changes are natural and nothing to be embarrassed about. This element is covered in Term 3, in an age-appropriate way by the Love for Life, 'What's Inside?' workshop. A consent form will be sent to P7 parents in advance of the workshop.

THE SPERRIN SCHOOLS FLOURISH RSE PROGRAMME

Our Lady of Lourdes Primary School

279 Crockanboy Road,
Greencastle,
BT79 7QP
Tel: 028 8164 8732

St. Brigid's Primary School

223 Glenelly Road,
Cranagh,
BT79 8LR
Tel: 028 8164 8418

St. Peter's Primary School

415 Lisnaragh Road,
Plumbridge,
BT79 8AF
Tel: 028 8164 8412

St. Patrick's Primary School

90 Main Street,
Gortin,
BT79 8PU
Tel: 028 8164 8420

St. Patrick's Primary School

Dublin Street,
Newtownstewart,
BT78 4AQ
Tel: 028 8166 1611

For more information:

<https://www.catholiceducation-ni.org/page/Primary-RSE-Resources/126504/Index.html>



A PARENT'S GUIDE TO

FLOURISH

RSE resource for

Catholic Primary Schools



THE FLOURISH VISION

What is Flourish?

"The Flourish programme is an RSE resource for use in Catholic Primary Schools on the island of Ireland. It aims to view the subject through a Catholic lens, fostering respect for self and others, helping the child, with the support of their family, to develop a moral compass. It is designed to be used in conjunction with the Department of Education RSE programme." (Catholic Schools' Partnership)

A holistic approach

"The Catholic school dedicates itself to the education of the whole human person, leading to a mature integration of the moral, physical, spiritual, religious and emotional dimensions of the individual." (Pope Saint John Paul II) Through RSE, the Catholic school "educates and forms pupils for relationships with self, with others, with our created world, and with God." (Catholic Schools' Trustee Service)

Respecting human dignity

"We need to remind young people that they are children of God...The relationships and sexuality education programme helps young people to grow in holiness by acting responsibly and generously towards others" (Pope Francis)

RSE and the Central Role of Parents

Church teaching constantly affirms that the family is the primary place for relationships and sexuality education to take place. Parents/ carers are the first, and most important educators of their children. The role of the Catholic school is to support and complement this role through partnership with those with parental responsibility. (Catholic Schools' Trustee Service)

'Flourish' in our schools

Flourish is not a one-size-fits-all programme, it's designed to be adapted to suit individual needs and local circumstances. Following a lengthy period of consultation with the Parish Priest, school chaplains, governors, principals, teachers and parents, it was agreed that a common RSE programme would be adopted in schools across the schools of the Sperrins. This programme has been scrutinised and adapted by all of the stakeholders listed above and we are happy that it is child-centred, age-appropriate and carefully tailored to the maturity and understanding of our pupils.

What will my child learn?

Primary One

Lesson 1: I am me. Life is a gift from God. Our bodies are gifts from God. I must look after and care for my body.

Lesson 2: My body. We were all babies. Babies grow in their mother's tummy. Jesus was once a baby.

Lesson 3: I have a family. We all live in families. God wants us to love and respect our families. Jesus had a family.

Lesson 4: I have friends. Jesus asked us to love one another. We have fun with our friends. When we are kind to our friends, we are doing what Jesus asked us to do.



Primary Two

Lesson 1: Growing and changing. I am getting bigger and stronger. I can do things now that I couldn't do before. God wants us to look after ourselves.

Lesson 2: Keeping safe. I must be careful near roads. God takes care of us. We must take care of each other.

Lesson 3: My family. My family is a great gift. I love my family. Thank God for my family. I can help at home.

Lesson 4: I can make choices. I make choices all the time. Choices can be hard/easy, good/bad. All choices have consequences. God wants me to make good choices - to look after myself and to be kind.

Primary Three

Lesson 1: I am unique. We're all different. We thank God for making us special. We must respect the uniqueness of others.

Lesson 2: My body. God made us exactly how we are and He loves us. Our body has many different parts and every part has a specific role - the five senses.

Lesson 3: My family loves me. There are many different relationships in our families. Families can have good days and bad days, but we're all called to love and support each other.

Lesson 4: My neighbourhood. There are many different people in our neighbourhood, some we know, others we don't. We are called to be good neighbours. God wants us to be kind to each other.

Primary Four

Lesson 1: The wonder of new life. Life is a gift from God. We were all babies once. Babies need special care and love for them to thrive.

Lesson 2: We have feelings. Everyone has feelings. It is important to understand and talk about how we feel. We need to respect others and their personal space.

Lesson 3: Friendship and fairness. Jesus calls us to be kind and friendly. We can learn to be better friends to each other.

Lesson 4: Decisions. We make lots of decisions every day. Decisions have consequences. We can learn to make better choices. God helps us to do this.