



ST. MARY'S PRIMARY SCHOOL



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Dear Parents,

The teaching of Relationships and Sexuality Education (RSE) is **mandatory** for all pupils of school age.

As a Catholic school, we at St Mary's Primary School, will continue to adopt a child-centered approach to the delivery of RSE. Many aspects of it are already delivered in all year groups through our religious programme, 'Grow in Love' and CCEA's Personal Development and Mutual Understanding (PDMU) programme, 'Living, Learning Together'.

This academic year, we will be introducing elements of the '**Flourish**' RSE programme from Primary 1 to Primary 7. 'Flourish' is a resource that has been developed for use in Catholic Primary Schools across Ireland. It aims to view the subject through a Catholic lens, fostering respect for self and others and helping the child, with the support of their family to develop a moral compass.

A series of 4 lessons from this programme will be taught in each year group from Primary 1 to Primary 6 and a series of 8 lessons in Primary 7. These have been reviewed by each year group and it has been agreed which elements will be covered and in the most age appropriate and sensitive manner. Some lessons will be covered as whole class groups. Some lessons will NOT be covered until a later year group or until post primary where it is already being taught in a timely and more meaningful manner.

The series of Flourish lessons are set out below. Lessons in green will be covered in school with the class teacher. **Lessons in red will not be covered in school.**

Primary 1	Lesson 1: 'I am Me' PDMU strands: Personal Understanding and Health	Lesson 2: 'My Body' PDMU strands: Personal Understanding and Health	Lesson 3: 'I Have a Family' PDMU strands: Mutual Understanding in the Local and Wider Community	Lesson 4: 'I have Friends' PDMU strands: Mutual Understanding in the Local and Wider Community
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Primary 2	<p>Lesson 1: 'Growing & Changing'</p> <p>PDMU strands: Personal Understanding of Health</p>	<p>Lesson 2: 'Keeping Safe'</p> <p>PDMU strands: Personal Understanding and Health- Our Body Development</p>	<p>Lesson 3: 'My Family'</p> <p>PDMU strands: Mutual Understanding in the Local and Wider Community</p>	<p>Lesson 4: 'I Can Make Choices'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community</p>
Primary 3	<p>Lesson 1: 'I am Unique'</p> <p>PDMU strands: Mutual Understanding in the Local and Wider Community</p>	<p>Lesson 2: 'My Body'</p> <p>PDMU strands: Personal Understanding and Health</p>	<p>Lesson 3: 'My Family Loves Me'</p> <p>PDMU strands: Mutual Understanding in the Local and Wider Community</p>	<p>Lesson 4: 'My Neighbourhood'</p> <p>PDMU strands: Mutual Understanding in the Local and Wider Community</p>

Primary 4	<p>Lesson 1: 'The Wonder of New Life'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community</p>	<p>Lesson 2: 'We Have Feelings'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community</p>	<p>Lesson 3: 'Friendship & Fairness'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community</p>	<p>Lesson 4: 'Decisions & Consequences'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community</p>
Primary 5	<p>Lesson 1: 'Growing & Changing'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>	<p>Lesson 2: 'Making the Right Choices'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>	<p>Lesson 3: 'Positive Role Models'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>	<p>Lesson 4: 'Why Have Ruse?'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>
Primary 6	<p>Lesson 1: 'Feelings'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>	<p>Lesson 2: 'Bullying'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>	<p>Lesson 3: 'Puberty'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>	<p>Lesson 4: 'Environmental Care'</p> <p>PDMU strands: Personal Understanding in the Local and Wider Community & Understanding in the Local and Wider Community</p>
Primary 7	<p>Lesson 1: 'Puberty'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>	<p>Lesson 2: 'Emotions and Relationships'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>	<p>Lesson 3: 'Love'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>	<p>Lesson 4: 'Safe Internet'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>
	<p>Lesson 5: 'Body Changes'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>	<p>Lesson 6: 'Caring For New Life'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>	<p>Lesson 7: 'Where Babies Come From'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>	<p>Lesson 8: 'It's Ok to Say NO'</p> <p>PDMU strands: Personal Understanding and Health & Mutual Understanding in the Local and Wider Community.</p>

If you would like to have a look at the content of these lessons, a full outline can be viewed following the link: <https://catholiceducation-ni.org/about-us-2/rse-resources/>

Please note that we may have to adapt some of the lessons to suit the learning needs and age of the pupils in each year group in our school.

The theme of Puberty will be covered in Primary 7 through 'Love for Life' workshop in the last term of primary school. This is a very successful programme that supports the holistic education of our pupils in preparation for their body changes and transitions. Parents and guardians will be notified of this workshop and parental consent will be requested closer to the time.

Thanks for your continued support,

Kind regards,

Eileen Ward
Principal