

All That I Am – Family Life

As part of their PSHCE lessons, years 5 and 6 have their Family Life sessions in Term 4. At St. Joseph's we deliver this in line with the Diocesan directive and through the Diocesan Family Life programme, 'All That I Am'. This Scheme has been carefully devised by the Archdiocese in conjunction with schools, and is firmly rooted within our faith and our understanding and celebration of the wonder of the Human Being.

This particular Scheme begins in year 5 and develops over the subsequent years of your child's education. Its main aim is to equip our children with the knowledge and skills they will need to make positive choices in relationships as they grow older.

The series of lessons taught at St. Josephs are the initial stepping stones towards this and deal with how the children are changing and developing mentally and physically as they approach Puberty. They also deal with how their relationships with others are changing and we talk about how they can deal with both the emotional and physical aspects of their teenage years. You can find a brief outline of the yr 5 and 6 programmes below.

The children are mainly taught in their own year groups, as the programme for year five and six differs, and ground rules on questioning, respect and confidentiality are set, so children feel secure enough to listen and question. Year 5 children will be in single sex groups for their session on girls' physical development and year 6s will be in single sex groups for their session on boys' physical development, in order to allow our children to feel more confident about raising issues. The year 6 programme will finish with a visit from a representative from the LIFE charity in term 5 or 6.

Yr 5	Children will learn
Session 1	That physical and emotional growth is common to all of us and normal. To accept and respect themselves. The basics of authentic friendship with others.
Session 2 Single sex groups	The difference between boys and girls is part of God's creative and loving work. Vocabulary to describe menstruation. To celebrate the differences between boys and girls.
Session 3	About personal responsibility and the dignity of a person. To take responsibility for their personal hygiene. How to manage awkward situations.
Session 4	The importance of emotions. How to identify a wide range of feelings in themselves and others. To manage feelings appropriately. About the responsibility we have towards each another. When they do and don't feel comfortable with themselves. When confidentiality is and is not appropriate.

Yr 6	Children will
Session 1 Single sex groups	Recap on the physical and emotional development of girls. Gain knowledge and understanding of male physical development.
Session 2	Learn how to deal with a range of situations such as making new friends. Recognise the responsibility we have towards each other.
Session 3	Understand the importance of emotions and how to identify a wide range of feelings in themselves and others. Consider strategies for moving on to secondary school successfully.
Session 4	Understand the importance of human life. Visit from LIFE charity to give a presentation, <u>LIFE Before Birth</u> . This looks at the science of human development inside the womb as the embryo is transformed from two cells into a baby in a matter of months.