



St Columba's Catholic Primary School

Hillside Road, Huyton, Knowsley, L36 8BL

Headteacher: Miss Edwards

Deputy Headteacher: Miss Williams

Tel: 0151 477 8360

LA/DfES Number: 340/3357

email: stcolumbas@knowsley.gov.uk

www.stcolumbasknowsley.co.uk

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Relationships and Health Education – PSHE

Dear Parents/Guardians,

As a Catholic School within the Archdiocese of Liverpool, the Governors of St Columba adopted 'A Journey in Love', scheme to support the non-statutory teaching of Relationships, Sex and Health Education [RSHE]. The programme is authentic to the teaching of the Catholic Church and is intended to support teachers and parents in Catholic schools to enable holistic growth of children. As the first educators, parents/ carers are the key people who will teach children about relationships. 'A Journey in Love' complements this teaching in an age-appropriate way.

At St. Columba's, we teach Relationships, Sex and Health Education as part of the PSHE curriculum. We do this using the **JIGSAW** scheme of work, alongside the Archdiocese's **Journey in Love** scheme to teach all aspects of personal, social and health education, including all statutory requirements for relationships, health and sex education.

Links are also made with other curriculum areas, particularly the National Curriculum for Science, which includes key knowledge about the human body and how the body changes and develops through the stages of life. As the Science curriculum is statutory, by law, parents are not permitted to withdraw their children from lessons included in the Science curriculum. However, you are allowed to withdraw your child from relationship content lessons if you so wish.

Attached to this letter is the content of these RSHE lessons and what your child will be learning during these sessions. Please read these carefully so that you are aware of what your child will be covering so that you will can further discuss these lessons with your child at home if needed.

At St. Columba's we think school is a safe and positive environment for your child to be able to learn these vital life skills and knowledge in a sensitive and age appropriate manner. If you have any concerns or questions, please contact school to speak to Mrs Potter.

Thank you for your continued support as always.

Yours Sincerely,

Mrs Potter

PSHE/RSHE Co-ordinator



Holding Hands with Jesus as we love, learn and grow together