

St Hugh's Catholic Primary School

A Journey in Love



Year 5: God loves me in my changing and development.

Parent Information

Foreword: Pope Francis in his Apostolic Exhortation, *Amoris Laetitia*, ("The Joy of Love"), reminds us that the family is where we first learn to relate to others, to listen and share, to be patient, to help one another, learn closeness, care and respect for others, (n.276). He underlines the importance and vital role Catholic Schools play in assisting and helping pupils grow into mature adults, (n.279). He accentuates that sex education should provide information while keeping in mind that children have not yet attained maturity. This information has to come at a proper time and in a way suited to their age (n.281). It is hoped that love starts to enter our life from the moment of birth when we are held tenderly in the arms of our mother and developed throughout our first intimate relationship of childhood with our parents, family members, friends and teachers. At puberty the secondary sexual characteristics arise. Now we begin to seek someone from outside our family and, armed with our first relationship, we explore our second intimate relationship of love, usually ending in marriage.

The whole purpose of Catholic education at home and in the primary school is to connect every aspect of growth: physical, social, emotional, intellectual and spiritual, with love. The ultimate goal is to enable children to grow into adults who fully understand their own self-worth and love themselves (i.e. accept themselves positively) and, in turn, be able to love their neighbour (i.e. make themselves fully available to others). Parents and teachers are privileged to assist children every moment of their lives to further this link of love with their humanity and thus with God. This revised edition of *Journey in Love* is a brilliant reconciliation between the human and divine aspects of love. It offers a vision that is none other than the Kingdom of God, summed up by Jesus in the double commandments of loving God and our neighbour as ourselves.
Baroness Sheila Hollins

Year 5

Children will show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty-sensitivity, mood swings, anger, boredom etc. and grow further in recognising God's presence in our daily lives.

Skills: Respecting, adapting, relating, developing, considering, supporting, deciding, accepting, helping.

Social & Emotional: To show knowledge and understanding of emotional relationship changes as we grow and develop.

Physical: Children will show knowledge and understanding of the physical changes in puberty.

Spiritual: To celebrate the joy of growing physically and spiritually.

Parents

Things you could do at home:

- Talk to your child about how they have grown and changed since their birth.
- Look at photographs of your child taken over the years and note the changes in growth and development. Discuss that physical development is a natural part of human growth and that physical changes from child to adult means the ability and potential
- to become a mother or father.

Loving Father and Creator of all,
We thank you for the beauty, dignity and gift of human life.
Help us to respect and treasure its sacredness from the moment
of conception until its natural end.
Amen