

Relationship and Sex Education (RSE)

and Well-being

Teaching and Learning

St John Bosco has adopted the 'Life to the Full' work scheme which is based on A Model Catholic RSE Curriculum. This scheme ensures that 'teaching is underpinned with a religious understanding that our deepest identity is as a child of God - created, chosen and loved by God'.

RSE is intended to be a partnership between home, school and church and we believe that parent and carers, can engage with the teaching and deepen the experience for their child. Therefore, we have a remote learning Blended/Home online parent platform where parents can access the resources for use at home. Every session will include prayer, a presentation, video and an activity. The lesson may include a separate activity set by the class teacher.

Teachers will download the link for each session on the session page they want to share under the Blended/Home learning tab. Parents will login using their parental code in order to access the resources.

The expectation is for two taught lessons per half-term. However, due to COVID-19 school has identified that children need additional well-being support through class and home learning activities. This works in accordance with RSE where the aim is to provide a full-rounded curriculum of support for children, encouraging them to be resilient and be able to function well whilst navigating the challenges they will face in life. We aim to create healthy and confident children.

Units of Work being Studied

Nursery	Personal Relationships - Thank You for my Family
Reception	Personal Relationships - Thank You for my Family
Y1	Personal Relationships - Special People
Y2	Personal Relationships - Special People
Y3	What Am I Feeling?
Y4	What Am I Feeling?
Y5	Gifts and Talents
Y6	Gifts and Talents

Websites for learning

www.tentenresources.co.uk/parent-portal

<https://www.mindful.org/mindfulness-for-kids/>

<https://www.headspace.com/meditation/kids>

<https://www.childnet.com/young-people/primary>

<https://www.internetmatters.org/>

<https://www.purplemash.com>

Resources

Here is an example of a lesson from 'Life to the Full' showing the prayer, PowerPoint and activity resources:



How will I know that my child is doing well?

Work completed needs to be emailed to class teachers. Teachers will then be able to give individual feedback in order to praise children and to explain how they can further progress. Also, by sending work in, this allows teachers to plan effectively for the next lesson ensuring that they tackle any misconceptions and help all children to progress with their learning.

Examples of work produced

Here are some examples of RSE and well-being work produced through remote learning.

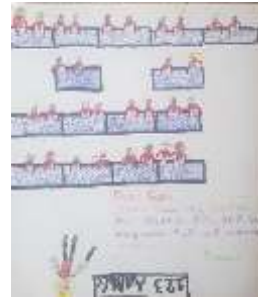
Year 1:
What makes you
happy?



Year 2:



Butterfly to take
away worries



Prayer of
Hope

Year 3:



What makes
you happy?



Year 4:



Taking time to play
a musical instrument

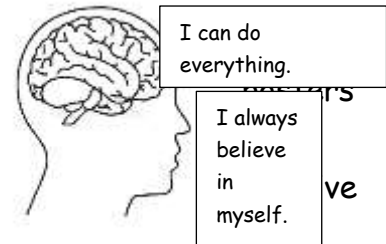


Relaxing with
mindful
colouring

Year 5:



Creating
about the
power of
thoughts



Year 6:



Keeping motivated
lockdown and what
spark might be



during
the

Websites for information

Well-being is our priority at St John Bosco and we do our best to ensure that all families have support from school in all areas of their lives. COVID-19 is affecting families in many different ways. We offer to support all areas of well-being by signposting families to external agencies to support them further.

COVID Winter Grant

<https://www.sandwell.gov.uk/wintergrant>

Financial Advice & Help

If you are worried about debt to Sandwell Council, please call 0121 569 5333

Council Tax Reduction, Discretionary Housing Payment, Welfare Rights, Self-isolation payments, Money Advice amongst others

https://www.sandwell.gov.uk/info/200354/coronavirus_advice/4460/get_financial_help

Resilient Residents

Lots of Advice and contacts for a whole range of needs (Benefits Checker, debt advice, budgeting and money management, employment advice and support, well-being, food, help in an emergency)

https://www.sandwell.gov.uk/info/200347/resilient_residents

Foodbanks

<https://www.blackcountryfoodbank.org.uk/>

Telephone: 01384 671250 Email: admin@blackcountryfoodbank.org.uk

If you don't have access to a voucher please call the above number.

RESTORE, Transformation Church, 1 Station Road, Rowley Regis West Midlands
B65 0LI

Opening Hours: Wednesday 11:30 - 13:00

HOLY TRINITY CHURCH - OLD HILL, Halesowen Road, Cradley Heath B64 6JA

Opening Hours: Monday 10:00 - 12:00

COMMUNITY LINK, 72 High Street, Cradley Heath, B64 5HA

Opening Hours: Thursday 13:00 - 15:00

Other locations <https://www.blackcountryfoodbank.org.uk/locations/>

Emergency Food Parcel

Midland Langar Seva Society 24hr Emergency Parcel Delivery: 07903 400179

Rethink Emotional Support

<https://www.rethink.org/help-in-your-area/services/advice-and-helplines/the-black-country-emotional-support-helpline/>

Rethink Emotional Support Helpline is a freephone service for those who are in need of support, reassurance and understanding.

The service can be contacted on 0808 802 2208 at the following times:

Monday- Friday 6.00pm - 3.00am

Saturday- Sunday 2.00pm - 3.00am

We are now offering Text/webchat support during our opening hours:

Text 07860 065 168

Webchat www.rethink.org/blackcountryhelpline

Kaleidoscope Plus Group

The Kaleidoscope Plus Group works to promote and support positive health and wellbeing

<https://www.kaleidoscopeplus.org.uk/self-help-tool.php>

Chat to us via telephone, online through our website or directly through Facebook and a member of our team will be with you as soon as possible to talk

Call 0800 059 0123 Monday-Sunday between 5pm & 9pm

Messenger: Monday-Friday: 9am-8pm & Saturday-Sunday: 5pm-8pm

Bereavement

Unfortunately, some of us may lose someone through coronavirus. There are many organisations who can help.

Cruse Bereavement Care has online resources to support you and your family during this distressing time. This includes how this pandemic may affect bereavement and grief. They offer a free helpline: 0808 808 1677

Black Country NHS Mental Health Support 24/7

Our new mental health support phone line is operating 24 hours a day, seven days a week and is available to Black Country residents of all ages. Call 0800 008 6516

If you are experiencing increased distress or anxiety during these uncertain times, please don't suffer in silence, pick up the phone and speak to one of our specialist mental health professionals who will be able to support you.

We continue to provide support through our Healthy Minds / Improving Access to Psychological Therapies (IAPT) services which offer psychological therapy services for people experiencing common mental health problems such as low mood, depression, anxiety and stress. You can also access free online CBT via our SilverCloud platform.

<https://www.blackcountryhealthcare.nhs.uk/contact-us/help-crisis>

Black Country Women's Aid

0121 552 6448 (24/7 Helpline)

07384 466181 (Text or WhatsApp 9am - 9pm)