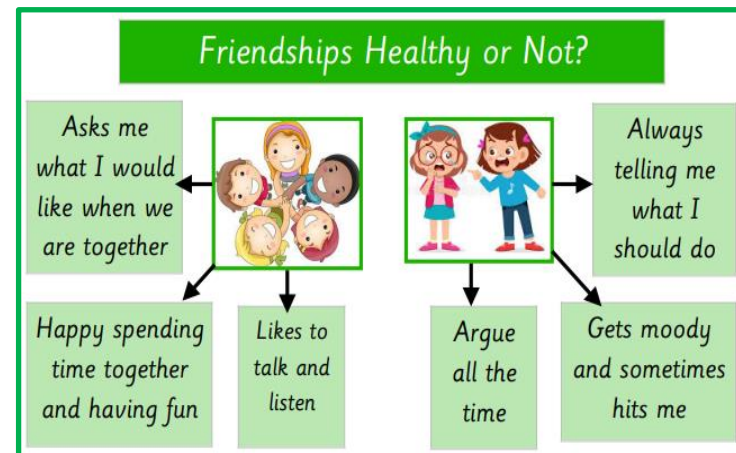


RSE-PSHE – Created & Loved By God

Key Vocabulary

Unique	Being the only one of its type
talents	The ability to do something very well that others find difficult.
Eternal	Having no beginning or end.
Puberty	When your body begins to develop and change as you move from kid to adult.
Baptism	A ceremony that symbolises a commitment to living a life as a Christian.
Similarities	Having characteristics in common.
Differences	The quality that makes one person or thing unlike another.
Skills	The ability to perform a task very well.
Inappropriate	Not right or proper for the time or place.
Disrespect	To act in an insulting way towards someone.
Responsibility	Something you are expected to do.
Conception	The fertilisation of an egg by sperm.
Sacrament	Actions of God through which He shows us his love.
Genitalia	The sexual or reproductive organs located outside the body
hormones	Chemicals that tell cells to do certain things.



The seven sacraments touch all stages and all important moments of Christian life.



5 Tips
To keep your body healthy

- Get up early**
Early to bed and early to rise, makes a man healthy, wealthy and wise.
- Get enough sleep**
Most adults need at least 7 hours of sleep to refresh their body and mind. Kids and teen need even more sleep, ranging up to 10-11 hours.
- Exercise regularly**
Exercise for at least 30 minutes every day.
- Eat healthy**
Eat lots of fruit and vegetables. Add as many varieties of nutrient items as possible in your meals. Avoid junk.
- Drink enough water**
Drink enough water to keep your body hydrated, min 2 liters a day.

What else do you know?
