



ST ANNE'S CATHOLIC PRIMARY SCHOOL

Acting Headteacher
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Dear Parents and Carers,

After open consultation with Parents, and conference with the Governing Body, we are delighted to announce that our school is participating in a brand new Relationship Education programme for Catholic primary schools, titled **Life to the Full**. You may hear your child coming home talking about this and we want to give you a brief overview of this new and ambitious programme.

As you may be aware, Relationship Education becomes statutory for all primary schools from September 2020. The **Life to the Full** programme is based on 'A Model Catholic RSE Curriculum' by the Catholic Education Service which was highlighted as a work of good practice by the Department of Education. Therefore, we have confidence that the programme will be fit for purpose in supporting the growth and development of your child.

Life to the Full is much more than a series of lessons. It is an entire platform of creative resources that will engage, inform and inspire our children and, indeed, you as parents. This includes interactive video content, story-based activities, employing a wide range of teaching tools, original worship music and an accompanying programme of classroom prayers.

In addition there will be an online parent platform so that you, as parent and carers, can engage with the teaching and deepen the experience for your child. To access the online parent platform please visit: www.tentenresources.co.uk/parent-portal

School Username: st-anne-cw5

School Password: gabriel-57

Programme Structure

Given the content of the resources, which you will see explained in more detail below, we highly recommend that you take time to use the parent platform to explore the resources and to ensure you are fully aware of their content. As you will see below, there are some areas of learning that you may feel you would like further information on.

In Life to the Full, we will be following a three-stage structure which is repeated across three different learning stages:

- EYFS
- Key Stage One is aimed at Years 1 and 2
- Lower Key Stage Two is aimed at Years 3 and 4
- Upper Key Stage Two is aimed at Years 5 and 6

Within each learning stage, there are three modules which are based on the Model Catholic RSE Curriculum:

- Created and Loved by God
- Created to Love Others
- Created to Live in Community

Each Module is then broken down into Units of Work.

Module 1	Created and Loved by God
Units	Religious Understanding Me, My Body, My Health Emotional Well-Being Life Cycles
Module 2	Created to Love Others
Units	Religious Understanding Personal Relationship Keeping Safe
Module 3	Created to Live in Community
Units	Religious Understanding Living in the Wider World

Programme Content

The programme adopts a spiral curriculum approach so that as your child goes through the programme year-after-year, the learning will develop and grow, with each stage building on the last.

Module One: Created and Loved by God

Module One: Created and Loved by God explores the individual. Rooted in the teaching that we are made in the image and likeness of God, it helps children to develop an understanding of the importance of valuing themselves as the basis for personal relationships.

In these sessions, we explore:

EYFS- the story of creation, looking after and using their bodies, likes, dislikes and self-acceptance, the consequences of actions, mistakes, saying sorry and forgiveness. Children will also explore the natural human cycle of life, focusing on their development so far and what they know will happen as they get older.

Key Stage One – that we are uniquely made by a loving God, that we have differences and similarities (including physical differences between boys and girls. This also includes explanation of the scientific names of genitalia), key information about staying physically healthy, understanding feelings and emotions, including strong feelings such as anger, and the cycle of life from birth to old age.

***Please note** that if you wish for your child to be excluded from the session that includes discussion of genitalia, you will have the option of specifically requesting that your child is not included. A notification will be sent in advance of the lesson, and you will have the opportunity to request your child's exclusion.*

Lower Key Stage Two – understanding differences, respecting our bodies, strategies to support emotional wellbeing including practicing thankfulness, and the development of pupils understanding of life before birth.

Puberty, changing bodies and discussions around this topic (This does NOT include menstruation) will be discussed in autumn term of Year 5 only.

***Again,** if you wish for your child to be excluded from the session that includes discussion of puberty and changing bodies, you will have the option of specifically requesting that your child is not included. A notification will be sent in advance of the lesson, and you will have the opportunity to request your child's exclusion.*

Upper Key Stage Two – appreciation of physical and emotional differences, a more complex understanding of physical changes in girl and boys bodies, technical language surrounding genitalia, body image, strong emotional

feelings, and the impact of the internet and social media on emotional well-being.

A more nuanced and scientific understanding of life in the womb and how babies are made is discussed for Year 6 only. Menstruation is discussed in Year 5 for specifically the girls only- this follows a historical pattern for St Anne's. Menstruation is discussed again in Year 6, this time with the inclusion of boys and girls.

Also within this section, the resources offer a brief discussion and explanation of access to online pornography. After consultation with Parents and Governors, it has been agreed that this will **NOT** be included in the St Anne's curriculum for RSE.

Module Two: Created to Love Others

Module Two: Created to Love Others explores the individual's relationship with others. Building on the understanding that we have been created out of love and for love, this unit explores how we take this calling into our family, friendships and relationships, and teaches strategies for developing healthy relationships and keeping safe.

This religious understanding is then applied to real-world situations relevant to the age and stage of the children:

EYFS- here the children learn why the Bible is so special to Christians, showing that Jesus loves us and how He is a role model for us to copy in loving one another. children will expand their understanding of different family/friend relationships, consider positive/negative behaviour in relationships and learn to look to Jesus as their role model for a good friend. Children will learn to resolve conflict and the importance of asking for forgiveness, how to forgive ourselves and others. 'Keeping Safe', includes ways to stay safe inside and out, bodily privacy (NSPCC PANTS), the importance of talking to their 'special people' if anything troubles them, and discussions on medicine safety and people who help us.

Key Stage One – In the Unit 'Personal Relationships', children are taught to identify the Special People in their lives who they love and can trust, how to cope with various social situations and dilemmas, and the importance of saying sorry and forgiveness within relationships. In the Unit 'Keeping Safe', we explore the risks of being online by incorporating the 'Smartie the Penguin' resources from Childnet, the difference between good and bad secrets, and teaching on physical boundaries (incorporating the PANTS resource the NSPCC).

Lower Key Stage Two – The sessions here, help children to develop a more complex appreciation of different family structures and there are activities and strategies to help them develop healthy relationships with family and friends; here, they are also taught simplified Cognitive Behavioral Therapy (CBT) techniques for managing thoughts, feelings and actions.

Once again, for the 'Keeping Safe' unit, there are some excellent NSPCC resources, as well as teaching on bullying and abuse through a series of animated stories.

Upper Key Stage Two – The sessions for UKS2 in the 'Personal Relationships' module aim to equip children with strategies for more complex experiences of relationships and conflict; this includes sessions that help children to identify and understand how to respond to spoken and unspoken pressure, the concept of consent and some practical demonstrations of this, and further teaching on how our thoughts and feelings have an impact on how we act.

Module Three: Created to Live in Community

Finally, Module Three: Created to Live in Community explores the individual's relationship with the wider world. Here we explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good.

In the first Unit, Religious Understanding, the story sessions help children to develop a concept of the Trinity.

In subsequent sessions, we apply this religious understanding to real-world situations, such as the community we live in, and through exploring the work of charities which work for the Common Good.

Life to the Full is intended to be partnership between home, school and church. We know that you already do a fantastic job and we see our new programme, Life to the Full, as a means to further develop, support and enrich the partnership between home, school and church so that your child is fully supported.