

**New Catholic Relationships and Health Education (RSHE)
Programme *'Life to the Full'*
and
Parent/Carer Consultation**

Dear Parents and Carers,

St Mary's continues to subscribe to a Relationship and Health Education Programme, written for Catholic schools, entitled 'Life to the Full'. It has been written by Ten Ten, an educational organisation, which uses story and drama to speak to hearts and minds, and whose name was born out of the Gospel verse John 10 v10, where Jesus said: *'I have come that they may have life, and have it to the full.'* The Programme runs from age 3-19 years and is also used at St Peter's High School for those moving there at KS3.

A brief overview of 'Life to the Full'

As you may be aware, Relationship Education is statutory for all Primary schools. The 'Life to the Full' programme is **based on 'A Model Catholic RSE Curriculum' by the Catholic Education Service (CES), which was highlighted as a work of good practice by the Department for Education.**

The RSHE Curriculum within 'Life to the Full' Programme is **taught within the context of a Christian understanding of sexuality, with Gospel values at its heart, especially that RSHE is about the whole person: spiritual, moral, social and cultural.**

'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.** 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 is an online parent platform** so that you, as parent and carers, can engage with the teaching and deepen the experience for your child. **Here, you can view some of the materials your child will be studying in class, and there are supplementary home activities and prayers.**

To access the online parent platform please visit:
<https://www.tentenresources.co.uk/parent-portal/>

School Username: st-marys-gl3
School Password: green-grass-3

Programme Structure

In Life to the Full, we will be following a three-stage structure which is repeated across four 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 Relationships 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 their learning will develop and grow, with each stage building on the last.

An outline of the Programme content for each Key Stage is included in the Parent/Carer information leaflet entitled 'Information for Parents: Life to the Full'.

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.

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:

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.

At St Mary's, we strive to make strong links to Catholic Social Teaching i.e. applying 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, such as CAFOD (focusing especially on our 'Live Simply' work) and Mission Together (Missio), as well as our involvement in the Diocesan Emmaus Project.

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 this 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.

Parent/carers consultation

The parent/carers consultation is an e-learning session; it includes written material (accompanied by an audio of the written material) with accompanying video and slides.

A Parent/Carers information leaflet with an overview of the content of the Programme will also be sent home in both electronic and paper form and a parent/carers survey will follow.

To participate in the parent/carers consultation for 'Life to the Full', go to

<https://www.tentenresources.co.uk/parent-consultation-tool-primary/>

and log in using school username and password *at the start of this letter*

The **first part of the parent/carers consultation includes an overview of the Catholic vision for the Programme and a video explaining the principles underpinning 'Life to the Full',** that:

- Our bodies are good;
- Through out loving relationships, we become closer to the image and likeness of God;
- Catholic RSHE is about the *whole* person: spiritual, moral, social and cultural;
- Catholic RSHE should be taught in partnership with parents/carers;
- Our deepest identity is as a child of God (*we all are created and chosen by God and have dignity*);
- Story can change hearts and minds (*key Gospel stories underpin teaching and help children understand that they have a purpose and a journey, as they respond to God's call in their lives*);
- Catholic RSHE is an education in virtue (*based on theological virtues of faith, hope and love and the cardinal virtues of reason, fairness, emotional resilience and self-mastery*);
- Catholic RSHE is an education in conscience;
- Catholic RSHE teaches striving for the common good (including service of others);
- Prayer, Scripture and the sacraments are the foundation for our RSHE Programme, 'Life to the Full'

An **overview section explains the broad structure and content of the Programme modules**

The **next section explains parents/carers as first educators of their children.**

This is followed by a **'key decisions' section**, detailing some of the content coverage in certain year groups (i.e. making babies; online safety; puberty and labelling genitalia). *These topics **will be covered at St Mary's**.*

A helpful **frequently-asked questions section and concluding prayer for your child** completes the parent/carers consultation and there is also a direct link here to the online parent portal.

Topics will be detailed on class Curriculum plans, so you should be able to follow units being studied by your child, using the parent portal.

If you have any concerns or questions, please contact the head teacher, Mr Jordan: head@st-marys-churchdown.gloucs.sch.uk or by telephone: 01452 714053

Yours sincerely,

Miss J M Payne
RE/RSHE subject leader