



St. Lawrence Catholic Primary School

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Dear Parents/Carers,

We are delighted to announce that our school is participating in a new Relationship Education programme for Catholic primary schools, "Life to the Full." This curriculum has been especially designed to follow the new statutory requirements. We want to give you a brief overview and consult on this new and ambitious programme before we introduce and start its use. The consultation period will last from Monday 5th October to Friday 23rd October. If any parent would like to email their thoughts, we would be delighted to receive them. Please email office@st-lawrence.hounslow.sch.uk and title the email "RSE Programme."

Relationship Education became statutory for all primary schools in 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. We began incorporating elements of the scheme in the previous academic year and we are confident that it will support both the growth and development of your child. "Life to the Full" is a very comprehensive and varied scheme of work employing a wide range of teaching tools. Lessons include interactive video content, story-based activities, original worship music and a complementary 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

The programme structure in "Life to the Full," is split into three distinct units which are then repeated across the four different learning stages:

- EYFS section is aimed at Early Years pupils
- 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

There are three modules within each learning stage, all based on the Model Catholic RSE Curriculum:

- Module 1: Created and Loved by God
- Module 2: Created to Love Others
- Module 3: Created to Live in Community

Each Module is then broken down into separate Units of Work.

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

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

This sequence of lessons explores the individual and the idea 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.

EYFS: We are all the same but have unique qualities, basic body parts, introduction to identifying feelings, growing up.

Key Stage One: We are uniquely made by a loving God, we all have differences and similarities, 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.

Lower Key Stage Two: Understanding differences, respecting our bodies, puberty and changing bodies (age- appropriate,) strategies to support emotional wellbeing and the development of pupils' understanding of life before birth.

Upper Key Stage Two: Gaining an appreciation of physical and emotional differences, a more complex understanding of physical changes in girls' and boys' bodies, body image, strong emotional feelings, the impact of the internet and social media on emotional well-being, a more scientific understanding of life in the womb and how babies are made, and menstruation.

Module Two: Created to Love Others

Exploring our 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.

EYFS: Who are our role-models, what makes a good friend, feeling safe and who can help us when we are in need.

Key Stage One: In the Unit 'Personal Relationships', children are taught to identify the Special People in their lives whom 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', children 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 from the NSPCC).

Lower Key Stage Two: These sessions help children to develop a more complex appreciation of different family structures as well as healthy relationships with family and friends. 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 in the 'Personal Relationships' module aim to equip children with strategies for more complex experiences of relationships and conflict. Sessions 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

Here children explore the individual's relationship with the wider world. This includes 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 that work for the Common Good.

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

Following the consultation, Years 4, 5 and 6 will be informed when these years are covering puberty-related topics, as per previous years.

Thank you, as always, for your continued support.

Yours sincerely,

Leo Duggan

