

# St Mary's Catholic Primary School

Educate Protect Love Serve



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Dear Parents and Carers

At St Mary's we are continuing to use the programme, Life to the Full, produced by the Catholic educational organisation, Ten Ten Resources to deliver the statutory curriculum subject, Relationship and Health Education.

The **Life to the Full** programme is based on the structure of 'A Model Catholic RSE Curriculum' by the Catholic Education Service. This model curriculum was highlighted as a work of good practice by the Department of Education so we therefore have confidence that the programme is 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 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 is 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](http://www.tentenresources.co.uk/parent-portal)

School Username: **st-marys-pl31**

School Password: **corn-bread**

Please find enclosed a short document that will help to give you an overview of the structure and content of the programme.

**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.

Yours sincerely,

Mrs C Breslin  
R.E Lead





**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.



**Early Years Foundation Stage:**

- Our uniqueness in real terms
- Celebrating differences, talents and abilities
- Looking after and using our bodies
- The necessity of when and how to say sorry
- Jesus' forgiveness and growing up as God's plan for us



**Key Stage One:**

- We are uniquely made by a loving God
- We have differences and similarities
- Key information about staying physically healthy
- Understanding feelings and emotions, including strong feelings such as anger
- The cycle of life from birth to old age



**Lower Key Stage Two:**

- Understanding differences
- Respecting our bodies
- Puberty and changing bodies
- Strategies to support emotional wellbeing including practicing thankfulness
- The development of pupils' understanding of life before birth



**Upper Key Stage Two:**

- 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 nuanced and scientific understanding of life in the womb and how babies are made
- Menstruation



**Religious UNDERSTANDING**

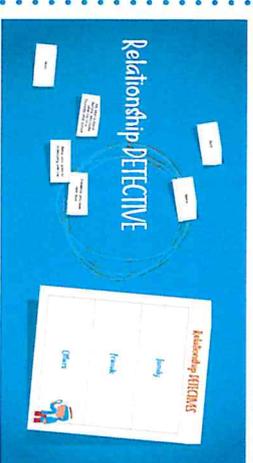


**Story Sessions:**

Each learning stage focuses on a different Gospel story, which is repeated in various ways over a week, giving rise to times of discussion, imaginative reflection and creative response, for example, in Key Stage One children will hear and reflect on the story of Jesus telling the little children to come to Him and through imaginative reflection will put themselves into the story to experience Jesus' call personally.

In Upper Key Stage Two, the story is that of Jesus calming the storm, and is used to reflect on how whatever might come their way through puberty and beyond, Jesus is with them and will help them.

**Module Two: Created to Love Others**  
 explores the individual's relationships 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.



**Early Years Foundation Stage:**

- Different family/friend relationships
- Features of positive/negative behaviour in relationships
- The importance of saying sorry and forgiveness within relationships



**Key Stage One:**

- 'Special people' in their lives who they love and can trust
- Coping with various social situations and dilemmas
- The importance of saying sorry and forgiveness within relationship



**Unit 3: Keeping Safe**

- Practical ways to stay safe inside and out
- Staying safe around medicines
- People who help us in emergencies

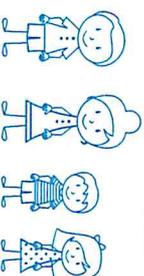
**Lower Key Stage Two:**

**Unit 2: Personal Relationships**

- Different family structures
- Activities and strategies for developing healthy relationships with family and friends
- Techniques for managing thoughts, feelings and actions

**Unit 3: Keeping Safe**

- Online safety
- Teaching on bullying and abuse
- The effects of drugs, alcohol and tobacco
- The crucial role of First Aid in emergency situations



**Religious UNDERSTANDING**



At the start of each learning stage, we begin with a series of story sessions based on a key Gospel story which provides the religious foundation for the teaching that will follow. For example, through an imaginative retelling of the Prodigal Son, children deepen their understanding of the concept of sin and the importance of forgiveness in relationships.

**Upper Key Stage Two:**

**Unit 2: Personal Relationships**

- Strategies for more complex experiences of relationships and conflict
- How to identify and respond to spoken and unspoken pressure
- The concept of consent
- Further teaching on how our thoughts and feelings impact on how we act



**Unit 3: Keeping Safe**

- Risks of sharing and chatting online
- A more complex understanding of different forms of abuse
- How drugs, alcohol and tobacco can negatively affect people's lifestyles
- Essential First Aid such as DR ABC and the recovery position