



## Saint Augustine's Catholic Primary School

Headteacher: Mrs J Walsh

*"We come to school to live and learn happily together by loving ourselves and each other as Jesus teaches us"*

Friday 20<sup>th</sup> September 2024

### RSE at St. Augustine's Catholic Primary School

Dear Parents and Carers,

We are writing as we would like to share and remind you of the excellent teaching and learning practice that is going on in our school in Relationships Education, following on from last year's parental RSE workshop informing you of how Relationships Education is taught at St. Augustine's. If you have any questions or any positive feedback and that you would like us to know, please send a message to our admin email address or speak directly with the Relationships Education subject leader, Mrs Faulkner.

#### **What Relationships Education teaching and learning looks like at St. Augustine's Catholic Primary School:**

Our school adopts the programme, **Life to the Full**, produced by the Catholic educational organisation, Ten Ten Resources. 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 more than a series of lessons. It is an entire platform of creative resources that 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.

There is an online parent platform that you have previously been given the details of, 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-augustines-en11**

School Password: **spring-forward**

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

#### **Learning Stages**

- The programme adopts a spiral curriculum approach so that as a child goes through the programme year-after-year, the learning will develop and grow, with each stage building on the last taught across 4 Learning Stages: EYFS, KS1, Lower KS2 and Upper KS2.
- Each learning stage covers the same 3 Modules, which take their names from the three themes of the Catholic Education Service (CES) Model Curriculum: Module 1 - Created and Loved by God; Module 2 - Created to Love Others and Module 3 – Created to Live in Community.

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- Each Module also covers the same Unit topics across each Learning Stage. Within each Unit there are a number of planned sessions which are to be led in the classroom:
- Module 1 - Created and Loved by God (Religious Understanding / Me, My Body, My Health / Emotional Well-being / Life Cycles. Module 2 - Created to Love Others and Module: Religious Understanding / Personal Relationships / Life Online / Keeping Safe. 3 - Created to Live in Community: Religious Understanding / Living in the Wider World.

### Programme Content

Prayer, Scripture and the Sacraments fuel the teaching: **a Catholic RSHE programme has to have prayer, Scripture and the Sacraments at its foundation** – creating opportunities for pupils, teachers and parents to develop their prayer life and grow in a deeper relationship with the person of Jesus. This is why prayer is integral to 'Life To The Full' and has been included in every Module for every year group. There is a wide variety of prayer styles – traditional set prayers such as the Glory Be, prayers by Saints, opportunities for silence, body scan meditations, daily examinations of conscience, listening to scripture and simplified versions of Lectio Divina. In this way, we hope that children's hearts and minds will be aligned with the faithful vision of the programme throughout the period of time they are working on it.

### Assessment

Children complete 'Assessment Activities' before and after each Unit to assess the success of teaching through the progress of their learning.

### National RSE Day

Each year in the month of June, there is a national RSE day. The next RSE day is due on Thursday 26<sup>th</sup> June 2025. The children participate with a range of activities planned for them to complete throughout the day in which they can enhance their RSE understanding as organised by the subject leader, in conjunction with each class teacher.

We would actively encourage you to discuss your children's Relationships Education learning at home. Please find attached an overview of RSE learning across the school. We hope this information gives you a well-rounded picture of Relationships Education at St. Augustine's.

Yours sincerely

Mrs J Walsh  
Executive Headteacher

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**Life to the Full - Overview**



**EYFS**

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
EYFS	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	<b>Story Sessions</b> Handmade With Love	<b>Session 1</b> I Am Me	<b>Session 1</b> I Like, You Like, We All Like!	<b>Session 1</b> Growing Up	<b>Session 1</b> Role Model	<b>Session 1</b> Who's Who?	<b>Session 1</b> What is the Internet?	<b>Session 1</b> Safe Inside and Out	<b>Session 1</b> God is Love	<b>Session 1</b> Me, You, Us
		<b>Session 2</b> Heads, Shoulders, Knees and Toes	<b>Session 2</b> All the Feelings!			<b>Session 2</b> You've Got A Friend In Me	<b>Session 2</b> Playing Online	<b>Session 2</b> My Body, My Rules	<b>Session 2</b> Loving God, Loving Others	
		<b>Session 3</b> Ready Teddy?	<b>Session 3</b> Let's Get Real			<b>Session 3</b> Forever Friends		<b>Session 3</b> Feeling Poorly		
								<b>Session 4</b> People Who Help Us		

**Life to the Full - Overview**



**KS1**

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
KS1	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	<b>Story Sessions</b> Let the Children Come	<b>Session 1</b> I am Unique	<b>Session 1</b> Feelings, Likes and Dislikes	<b>Session 1</b> The Cycle of Life	<b>Session 1</b> God Loves You	<b>Session 1</b> Special People	<b>Session 1</b> Real Life Online	<b>Session 1</b> Good and Bad Secrets	<b>Session 1</b> Three In One	<b>Session 1</b> The Communities We Live In
		<b>Session 2</b> Girls and Boys	<b>Session 2</b> Feeling Inside Out	<b>Session 2</b> Beginnings and Endings		<b>Session 2</b> Treat Others Well...	<b>Session 2</b> Rules To Help Us	<b>Session 2</b> Physical Contact	<b>Session 2</b> Who is My Neighbour?	
		<b>Session 3</b> Clean and Healthy (My Body)	<b>Session 3</b> Super Susie Gets Angry			<b>Session 3</b> ...and Say Sorry		<b>Session 3</b> Harmful Substances		
								<b>Session 4</b> Can You Help Me? (Part 1)		
								<b>Session 5</b> Can You Help Me? (Part 2)		

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### Life to the Full - Overview

**Ten:Ten**  
Resources

#### LKS2

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
LKS2	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	<b>Story Sessions</b> Get Up!	<b>Session 1</b> We Don't Have to Be the Same	<b>Session 1</b> What Am I Feeling?	<b>Session 1</b> Life Cycles	<b>Story Sessions</b> Jesus, My Friend	<b>Session 1</b> Family, Friends and Others...	<b>Session 1</b> Sharing Online	<b>Session 1</b> Safe in My Body	<b>Session 1</b> A Community of Love	<b>Session 1</b> How Do I Love Others?
	<b>Session 2</b> The Sacraments	<b>Session 2</b> Respecting Our Bodies	<b>Session 2</b> What Am I Looking at?	<b>Session 2</b> A Time for Everything		<b>Session 2</b> When Things Feel Bad	<b>Session 2</b> Chatting Online	<b>Session 2</b> Drugs, Alcohol and Tobacco	<b>Session 2</b> What is the Church?	
		<b>Session 3</b> What is Puberty?	<b>Session 3</b> I am Thankful					<b>Session 3</b> First Aid Heroes		
		<b>Session 4</b> Changing Bodies								
		<b>Session 5</b> Male/ Female Discussion Groups (optional)								

### Life to the Full - Overview

**Ten:Ten**  
Resources

#### UKS2

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
UKS2	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	<b>Story Sessions</b> Calming the Storm	<b>Session 1</b> Gifts and Talents	<b>Session 1</b> Body Image	<b>Session 1</b> Making Babies (Part 1)	<b>Session 1</b> God Is Calling You	<b>Session 1</b> Under Pressure	<b>Session 1</b> Sharing Isn't Always Caring	<b>Session 1</b> Types of Abuse	<b>Session 1</b> The Holy Trinity	<b>Session 1</b> Reaching Out
		<b>Session 2</b> Girls' Bodies	<b>Session 2</b> Peculiar Feelings	<b>Session 2</b> Making Babies (Part 2)		<b>Session 2</b> Do You Want A Piece of Cake?	<b>Session 2</b> Cyberbullying	<b>Session 2</b> Impacted Lifestyles	<b>Session 2</b> Catholic Social Teaching	
		<b>Session 3</b> Boys' Bodies	<b>Session 3</b> Emotional Changes	<b>Session 3</b> Menstruation		<b>Session 3</b> Self-Talk		<b>Session 3</b> Making Good Choices		
		<b>Session 4</b> Spots and Sleep	<b>Session 4</b> Seeing Stuff Online	<b>Session 4</b> Hope Beyond Death		<b>Session 4</b> Build Others Up		<b>Session 4</b> Giving Assistance		

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