



**SHREWSBURY CATHEDRAL
CATHOLIC PRIMARY SCHOOL and
NURSERY
Diocese of Shrewsbury**

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Jesus said, "Love one another as I have loved you." (John 13:34)

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Dear Parent/Carer,

Shrewsbury Cathedral Catholic Primary School is teaching RHSE – Relationships, Health and Sex Education through a Catholic Scheme called Ten:Ten (Life to the Full). In the following letter I want to give you a brief overview of this programme.

As you may be aware, Relationship Education became **statutory** for all primary schools from the Summer term of 2021. The **Life to the Full** programme is based on 'A Model Catholic RHSE Curriculum' by the Catholic Education Service which was highlighted as a work of good practice by the Department of Education and endorsed by Bishop Mark, the Bishop of Shrewsbury. Therefore, we know that the programme will be fit for purpose in supporting the growth and development of your child.

We will be delivering the scheme to all year groups from November 2024 and the scheme will be delivered throughout the rest of the academic year. **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. At the end of the Summer Term the children will be able to take their RHSE work home and discuss their learning with you.

In addition, there will be an online parent platform so that you, as parents and carers, can engage with the teaching and deepen the experience for your child. Please see the information below.

Online Parent Portal

As part of the subscription all parents/carers will be able to access the Online Parent Portal link and using the login details provided below:

www.tentenresources.co.uk/parent-portal:

Username for Shrewsbury Cathedral Parents: **shrewsbury-cathedral-sy1**

Password for Shrewsbury Cathedral Parents: **iron-steel**

Programme Structure

In **Life to the Full**, we will be following a three-stage structure which is repeated across all year groups. Within each year group, there are three modules which are based on the Model Catholic RHSE Curriculum. Each Module is then broken down into 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 Relationship Keeping Safe	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

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.

Key Stage One – In this unit, children are taught that we are uniquely made by a loving God, that we have differences and similarities (including physical differences between boys and girls), 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 – In this unit, children are taught about understanding differences, respecting our bodies, puberty and changing bodies (Year 4), strategies to support emotional wellbeing including practicing thankfulness, and the development of pupils understanding of life before birth.

Upper Key Stage Two – In this unit, children are taught the appreciation of physical and emotional differences, a more complex understanding of physical changes in girl 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, and menstruation.

Module Two: Created to Love Others

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.

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 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

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 a 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.

If you would like any more information or to discuss **Life to the Full** further, please do not hesitate to contact the school.

Yours sincerely

Graeme Hawes

Paul Higgins

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Executive Headteacher

Mr Higgins
Head of School

