



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

Acting Headteacher: Mr Paul Higgins

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28 September 2026

Dear Parents and Carers,

Relationships, Health and Sex Education (RHSE)

At Shrewsbury Cathedral Catholic Primary School and Nursery, we teach Relationships, Health and Sex Education (RHSE) through the Catholic programme **Life to the Full**, developed by Ten:Ten Resources.

As you may be aware, Relationships Education is a statutory part of the primary curriculum. The **Life to the Full** programme is based on the Catholic Education Service's *Model Catholic RHSE Curriculum*, which has been recognised as good practice and endorsed by the Catholic Church. The programme supports children in understanding relationships, personal wellbeing and their place within God's world, whilst remaining faithful to Catholic teaching.

We will begin teaching the updated RHSE programme **after the October half-term break**.

Ten:Ten has recently revised the programme in line with updated statutory guidance, and as a result there are several changes to the content that children will experience.

Consultation Period

As part of our commitment to working in partnership with parents and carers, we are inviting comments, questions and feedback during a consultation period running from: **Monday 28th September to Monday 12th October**

During this period, parents and carers are encouraged to review the materials available through the parent portal and contact the school with any questions or observations regarding the programme and the proposed updates.

What's Changing?

The updated programme includes enhanced content in the following areas:

- **Families and People Who Care for Me**
Emphasising that families should be places of safety, love and security for children as they grow and develop.
- **Caring Friendships**
Developing practical skills for kindness, trust, generosity and healthy friendships.
- **Respectful, Kind Relationships and Being Safe**
Helping children understand who they can turn to for help and support and encouraging them to persist in seeking help if they feel they are not being heard.
- **General Wellbeing**
Supporting children to understand that feelings of worry or sadness are normal and highlighting the importance of asking for help and helping others.
- **Physical Health and Fitness**
Reinforcing healthy lifestyles and ensuring children know who they can talk to if they have concerns about their health.
- **Drugs, Alcohol, Smoking and Vaping**
Updated information relating to vaping and nicotine pouches.

- **Basic First Aid**

Including guidance around responding appropriately to incidents, not filming accidents and an age-appropriate understanding of head injuries.

- **Developing Bodies**

Updated vocabulary, including the term *nipples*, linked to body privacy, personal boundaries and respect for self and others.

In addition to these updates, Ten:Ten has introduced:

- Three new lesson sessions
- Sixteen new classroom shorts
- Updates to existing content, language and examples
- Further development of online and supplementary learning materials

Parent Portal

The Parent Portal allows families to view the programme and understand what is being taught in school.

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

Programme Structure

The programme continues to be organised into three modules:

Module 1: Created and Loved by God

- Religious Understanding
- Me, My Body, My Health
- Emotional Wellbeing
- Life Cycles

Module 2: Created to Love Others

- Religious Understanding
- Personal Relationships
- Keeping Safe

Module 3: Created to Live in Community

- Religious Understanding
- Living in the Wider World

Life to the Full is intended to support the partnership between **home, school and parish**. We recognise that parents are the first educators of their children, and we hope this programme will help us work together to support each child's personal, social, emotional and spiritual development.

If you have any questions or would like to discuss any aspect of the programme during the consultation period, please do not hesitate to contact the school.

Yours sincerely,

Paul Higgins
Head of School



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