



2nd October 2025

Dear Parent/Carer,

Relationship, Sex and Health Education (RSHE) at Saint Mary's

At Saint Mary's RC Primary Academy Boston, we have reviewed our programme and policy for RSE (Relationship and Sex Education). We are writing to all our parents to share our new policy and programme of study. As you may be aware, Relationship Education became statutory for all primary schools from September 2020.

All schools have a responsibility to promote pupil wellbeing and prepare children and young people for the challenges, opportunities and responsibilities of adult life. "This is my commandment: love one another, as I have loved you" John 15:12.

We have tried to ensure that the RSHE curriculum is sensitive to the range of different family circumstances, values and beliefs which are found within our school. Through extensive discussion and training we have tried to provide an RSHE programme which is relevant and accessible to all of our children. We hope the programme supports pupils in learning about different backgrounds, faiths, cultures and about the opposite sex; one that is underpinned by the promotion of respect for all members of our diverse society.

The RSHE programme of study will be delivered in a series of sessions across the whole of our school beginning in the Advent 2 term, after the half term break for Reception to Year 6.

We are delighted to announce that our school is continuing to use the Relationship Education programme for Catholic primary schools, titled Life to the Full. You may hear your child coming home talking about this and we want to give you a brief overview of this ambitious programme. A Journey in Love resource as the recommended programme of study by the diocese of Nottingham for Catholic Primary schools for Relationship and Sex Education is still available for class teachers to use should they choose to.

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. Therefore, we have confidence that the programme will be 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 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.

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

School Username: st-marys-pe21

School Password: ocean-22-pe21

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

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.

In these sessions, we explore:

Key Stage One – 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 – understanding differences, respecting our bodies, puberty and changing bodies (recommended for Year 4+), strategies to support emotional wellbeing including practicing thankfulness, and 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, and menstruation.

Module Two: Created to Love Others

Module Two: 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 in the 'Personal Relationships' module 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

Finally, Module Three: 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.

To conclude:

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.

A Journey in Love

'A Journey in Love' is a resource that is the recommended programme of study by the diocese of Nottingham for Catholic Primary schools for Relationship and Sex Education. It has been written as a progressive scheme of work for all individual year groups that supports Religious Education, PSHE and the Science curriculum already taught within a primary school. The programme has, as its foundation, the belief that we are made in the image and likeness of God and as a consequence, gender and sexuality are God's gift and reflect God's beauty. Each stage of growth is delivered through a series of suggested, progressive and developmental tasks and activities. Reflections will focus on physical, social, emotional, intellectual and spiritual development. As children progress through school, they will discover more and more about themselves and the wider world.

Central to our work in school is learning about our faith, including understanding ourselves, our position in our community and how we develop as human beings. This is how 'A Journey in Love' fits in to our school curriculum. The scheme permeates through all levels of learning here. It focuses on friendship, family, community, relationships and spirituality; a guide to the children's development as young Catholics.

As you would expect, not all issues related to personal development are covered by the end of Year 6. The content is age and stage appropriate and is taught with sensitivity, taking into account the children's level of maturity in regards to the delivery of the sessions.

As with all aspects of learning, children are naturally curious, and many will have specific questions related to their sessions. Opportunities to discuss questions form part of the sessions and, again, these are treated with care and understanding. The RSHE programme will be delivered by your child's class teacher.

We do hope that all children will participate in the RSHE programme, however, parents do have the right to withdraw their child from all or part of the RSHE sessions that do not form part of the statutory National Curriculum. **If you do wish to withdraw your child from lessons, please indicate this on the questionnaire.**

Once you have accessed and viewed the 'Live Life to the Full' resources and 'A Journey in Love' resources from our school website, this can be found under the Catholic Life tab, called RSHE, please complete a questionnaire to give your views by clicking the link below:

This can also be accessed via our website or via the following link: <https://forms.office.com/e/C7Qs2ixb9n>

Please complete the questionnaire by Wednesday 15th October 2025.

[RSHE - Saint Mary's RC Primary Academy - Boston \(bostonstmarys.co.uk\)](https://forms.office.com/e/C7Qs2ixb9n)

Yours sincerely,
Mrs Williams
RSHE Lead