

Dear parents and carers,

In the academic year 2022/2023, Relationships (and Sex) Education and Health Education became statutory in all schools in England. Following on from the parent consultation in 2019/20, we have been teaching RSE (Relationships and Sexual Education) and PSHE (Personal, Social and Health Education) as part of our curriculum from Early Years – Year 6.

As parents, you are pivotal in teaching your children about relationships and we continue to support you with this. As we have informed you previously, we are using the Relationship Education programme for Catholic schools: **'Life to the Full'**. As a Catholic school, our mission is to support the spiritual, moral, social and cultural development of all our pupils, rooted in the wisdom and teaching of the Church. 'Life to the Full' has been approved and advised by our diocese as it is based on 'A Model Catholic Relationships and Sex (RSE) Curriculum' by the Catholic Education Service - which was highlighted as a work of good practice by the Department for Education. The programme has been especially designed to follow the DfE's statutory requirements.

As your child will be participating in the lessons with their class and their teacher, we would like to give you the opportunity to look at the resources that will be used. Through the film, follow-up discussion, teaching and personal activity, the pupils will learn about key themes within personal, emotional and social aspects of learning, such as staying safe, body image, hygiene, changes, puberty and emotional responses.

By using the information below, you can access 'Life to the Full' parent portal:

[Online Parent Portal – Enter \(tentenresources.co.uk\)](https://tentenresources.co.uk)

Username: [st-josephs-ch43](#)

Password: [live-music](#)

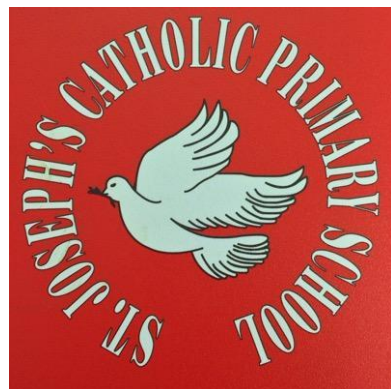
Please find accompanied with this letter, the schedule of topics to be covered across the school.

Please do not hesitate to contact us if you have any questions.

Thank you for your support,

Mrs Corr and Mrs Lester


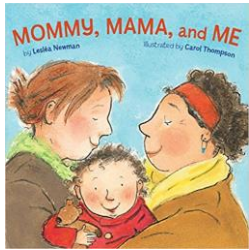
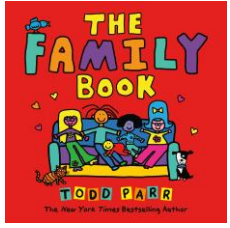
(Assistant Head, PSHE lead) (EY/KS1 Lead, PSHE lead)

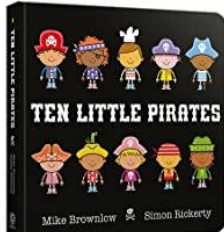




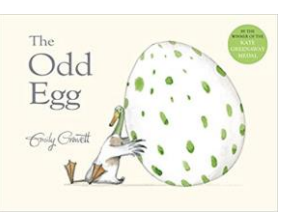


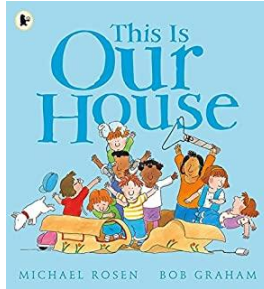
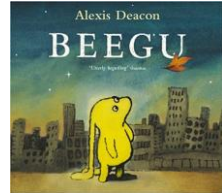
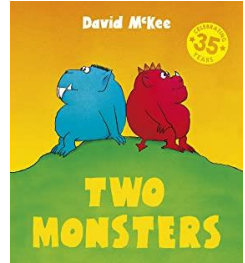
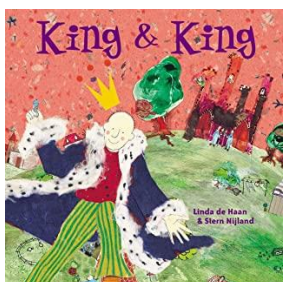
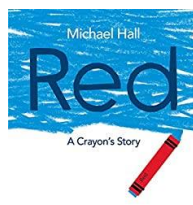
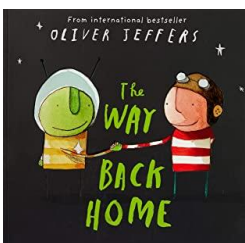
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Resources


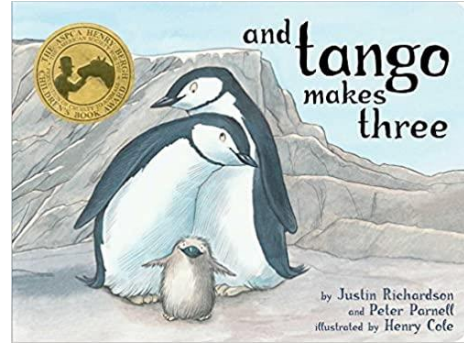
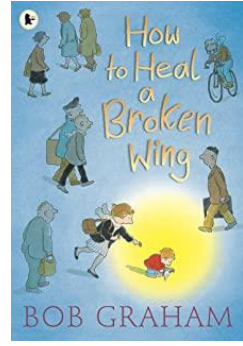
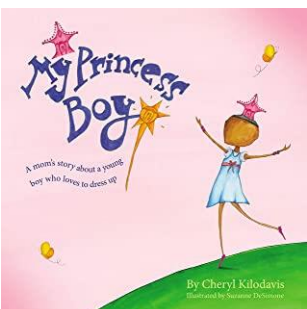
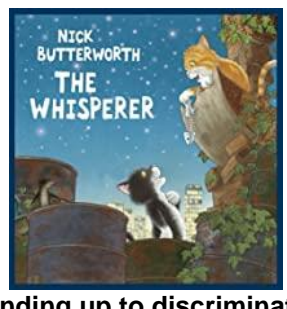
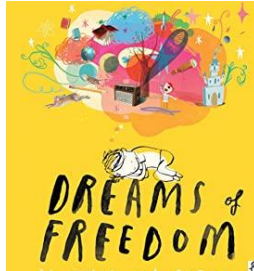
Key themes highlighted:

Private body parts, Physical safety, E-safety, Bullying (physical and emotional), Sensitive issues, Drugs and alcohol, Road Safety (pw: Wirral MBC), First Aid

CORE THEME	MODULE 1 CREATED & LOVED BY GOD Login				MODULE 2 CREATED TO LOVE OTHERS Login			MODULE 3 CREATED TO LIVE IN COMMUNITY Login	
TERM	Autumn				Spring			Summer	
TOPIC	Unit 1 Religious Understanding Login	Unit 2 Me, my body, my health Login	Unit 3 Emotional well-being Login	Unit 4 Life-cycles Login	Unit 1 Religious Understanding Login	Unit 2 Personal Relationships Login	Unit 3 Keeping Safe Login	Unit 1 Religious Understanding Login	Unit 2 Living in the Wider World Login
EYFS	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login
	Session 1: Handmade with Love Login	Session 1 I Am Me Login Session 2 Heads, Shoulders, Knees and Toes Login Session 3 Ready Teddy? Login	Session 1 I Like, You Like, We All Like! Login Session 2 All the Feelings! Login Session 3 Let's Get Real Login	Session 1 Growing Up Login	Session 1 Role Model Login	Session 1 Who's Who? Login Session 2 You've Got a Friend in Me Login Session 3 Forever Friends Login	Session 1 Safe Inside and Out Login Session 2 My Body, My Rules Login Session 3 Feeling Poorly Login Session 4: Who Help People Us Login	Session 1 God is Love Login Session 2 Loving God, Loving Others Login	Session 1 Me, You, Us Login
	 Accepting differences EYFS - PSHE Text Planning				 Celebrating family EYFS - PSHE Text Planning			 All families are different EYFS - PSHE Text Planning	

CORE THEME	Year 1	MODULE 1 CREATED & LOVED BY GOD Login				MODULE 2 CREATED TO LOVE OTHERS Login			MODULE 3 CREATED TO LIVE IN COMMUNITY Login	
		Autumn				Spring			Summer	
KEY STAGE ONE		Unit 1 Religious Understanding Login	Unit 2 Me, my body, my health Login	Unit 3 Emotional well-being Login	Unit 4 Life-cycles Login	Unit 1 Religious Understanding Login	Unit 2 Personal Relationships Login	Unit 3 Keeping Safe Login	Unit 1 Religious Understanding Login	Unit 2 Living in the Wider World Login
		Unit Prayers Login				Unit Prayer Login	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login
		Session 1: Let the Children Come Login (5 weeks) Day 1-5				Session 1: God Loves You Login	Session 1: Special People Login Session 2: Treat Others Well... Login Session 3: ...and Say Sorry Login	Session 1: Being Safe Login Session 2: Good Secrets & Bad Secrets Login Session 3: Physical Contact Login Session 4: Harmful Substances Login Session 5: Can You Help Me? (Part 1) Login Session 6: Can You Help Me? (Part 2) Login	Session 1: Three in One Login Session 2: Who Is My Neighbour? Login	Session 1: The Communities We Live In Login
		 Playing with boys and girls YEAR 1- PSHE Text Planning				 Our bodies work in different ways YEAR 1- PSHE Text Planning			 We share our world with others YEAR 1- PSHE Text Planning	
	Year 2	MODULE 1 CREATED & LOVED BY GOD Login				MODULE 2 CREATED TO LOVE OTHERS Login			MODULE 3 CREATED TO LIVE IN COMMUNITY Login	
		Autumn		Spring		Summer				
		Unit 1 Religious Understanding Login	Unit 2 Me, my body, my health Login	Unit 3 Emotional well-being Login	Unit 4 Life-cycles Login	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Keeping Safe	Unit 1 Religious Understanding Login	Unit 2 Living in the Wider World Login
		Unit Prayers Login	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login				Unit Prayer Login	Unit Prayer Login
		Session 1: Let the Children Come Login	Session 1: I am Unique Login Session 2: Girls and Boys Just teach the vocab 'PENIS & VAGINA' not the other genitalia Login Session 3 (two sessions): Clean & Healthy Login First Aid- H9	Session 1: Feelings, Likes and Dislikes Login Session 2: Feelings Inside Out Login Session 3: Super Susie Gets Angry Login	Session 1: The Cycle of Life Login Session 2: A Time for Everything Login Road Safety EBook: Why Animals Can't Ride Scooters & You Can https://www.youtube.com/watch?v=JIYQPLHfmL8 https://www.youtube.com/watch?v=BNyBWxQBW8	Money: Key Stage 1 (Y2) Lesson 1			Session 1: Three in One Login Session 2: Who Is My Neighbour? Login	Session 1: The Communities We Live In Login Road Safety EBook: Why Animals Can't Ride Bikes & You Can
		 Working with others in class YEAR 2- PSHE Text Planning		 Understanding diversity YEAR 2- PSHE Text Planning		 Understanding what makes us proud YEAR 2- PSHE Text Planning				

CORE THEME	Year 3	MODULE 1 CREATED & LOVED BY GOD Login				MODULE 2 CREATED TO LOVE OTHERS Login			MODULE 3 CREATED TO LIVE IN COMMUNITY Login	
		Autumn				Spring			Summer	
LOWER KEY STAGE TWO		Unit 1 Religious Understanding Login	Unit 2 Me, my body, my health	Unit 3 Emotional well-being	Unit 4 Life-cycles	Unit 1 Religious Understanding Login	Unit 2 Personal Relationships Login	Unit 3 Keeping Safe Login	Unit 1 Religious Understanding Login	Unit 2 Living in the Wider World Login
		Unit Prayer Login				Unit Prayer Login	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login
		Session 1: Get Up! Login Session 2: The Sacraments Login First Aid- H43 First Aid- H44	Money: Lower Key Stage 2 (Year 3) Lesson 2 Lesson 3 Lesson 4			Session 1: Jesus, My Friend Login Road Safety EBook: Two Bikes in a Shed First Aid- H41	Session 1: Friends, Family and Others Login Session 2: When Things Feel Bad Login First Aid- H21, H22, H36	Session 1: Sharing Online Login Session 2: Chatting Online Login Session 5: First Aid Heroes Login First Aid- H12, H38, H39, H40	Session 1: A Community of Love Login Session 2: What is the Church? Login First Aid- R26, R27	Session 1: How Do I Love Others? Login Road Safety EBook: Another Way to School
		 <p>Understanding discrimination YEAR 3- PSHE Text Planning</p>						 <p>How we welcome others YEAR 3- PSHE Text Planning</p>	 <p>Solving problems YEAR 3- PSHE Text Planning</p>	
	Year 4	MODULE 1 CREATED & LOVED BY GOD Login				MODULE 2 CREATED TO LOVE OTHERS Login			MODULE 3 CREATED TO LIVE IN COMMUNITY Login	
		Autumn		Spring			Summer			
		Unit 1 Religious Understanding Login	Unit 2 Me, my body, my health Login	Unit 3 Emotional well-being Login	Unit 4 Life-cycles Login	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Keeping Safe Login	Unit 1 Religious Understanding Login	Unit 2 Living in the Wider World Login
			Unit Prayer Login	Unit Prayer Login	Unit Prayer Login					
		Session 2: The Sacraments Login Road Safety EBook: Look Up, Look Out First Aid- H41, H43, H44	Session 1: We Don't Have To Be The Same Login Session 2: Respecting Our Bodies Login First Aid- H1, H2, H3, H4, H5, H6, H7, H8, H11	Session 1: What Am I Feeling? Login Session 2: What Am I Looking At? Login Session 3: I Am Thankful! Login	Session 1 (Yr4+): Life Cycles Login			Session 3: Safe in My Body Login Session 4: Drugs, Alcohol and Tobacco Login First Aid- H46, H47, H48, H49, H50	Session 1: A Community of Love Login Session 2: What is the Church? Login	Session 1: How Do I Love Others? Login Road Safety EBook: Beneath the Screen First Aid- H10, H40
		 <p>Understanding marriage YEAR 4- PSHE Text Planning</p>	 <p>Being yourself YEAR 4- PSHE Text Planning</p>						 <p>Overcoming barriers (language) YEAR 4- PSHE Text Planning</p>	

CORE THEME	Year 5	MODULE 1 CREATED & LOVED BY GOD Login				MODULE 2 CREATED TO LOVE OTHERS Login			MODULE 3 CREATED TO LIVE IN COMMUNITY Login	
		Autumn				Spring			Summer	
UPPER KEY STAGE TWO		Unit 1 Religious Understanding Login	Unit 2 Me, my body, my health Login	Unit 3 Emotional well-being	Unit 4 Life-cycles	Unit 1 Religious Understanding Login	Unit 2 Personal Relationships Login	Unit 3 Keeping Safe Login	Unit 1 Religious Understanding Login	Unit 2 Living in the Wider World Login
		Unit Prayer Login		Money: Upper Key Stage 2 (Year 5/6)		Unit Prayer Login	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login	Unit Prayer Login
		Session 1: Calming the Storm Login First Aid- L1, L2, L3, L4, L5	From LKS2 Planning: Session 3: (Yr4+) What is Puberty? Login Session 4 (Yr4+) Changing Bodies Login Discussion Groups- optional Login	Lesson 5 Lesson 6 Lesson 7 Lesson 8		Session 1: God is Calling You Login Road Safety EBook: The Handy Hand Washing Handbook First Aid- H41	Session 1: Under Pressure Login Session 2: Do You Want a Piece of Cake? Login Session 3: Self-Talk Login	Session 1: Sharing Isn't Always Caring Login Session 2: Cyberbullying Login Session 3: Types of Abuse Login Session 4: Impacted Lifestyles Login Session 5: Making Good Choices Login Session 6: Giving Assistance Login	Session 1: The Holy Trinity Login Session 2: Catholic Social Teaching Login	Session 1: Reaching Out Login Road Safety EBook: Why Animals Can't Save the Planet & You Can First Aid- H41
		 Appreciating artistic freedom YEAR 5- PSHE Text Planning				 Accepting differences YEAR 5- PSHE Text Planning			 Recognising when someone needs help YEAR 5- PSHE Text Planning	
	Year 6	MODULE 1 CREATED & LOVED BY GOD Login				MODULE 2 CREATED TO LOVE OTHERS Login			MODULE 3 CREATED TO LIVE IN COMMUNITY Login	
		Autumn		Spring		Summer				
		Unit 1 Religious Understanding Login	Unit 2 Me, my body, my health Login	Unit 3 Emotional well-being Login	Unit 4 Life-cycles Login	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Keeping Safe	Unit 1 Religious Understanding Login	Unit 2 Living in the Wider World Login
			Unit Prayer Login	Unit Prayer Login	Unit Prayer Login	Money: Upper Key Stage 2 (Year 5/6)				
		Session 1: Calming the Storm Login First Aid- H43, H44 H21, H22	Session 1: Gifts and Talents Login Session 2: Girls' Bodies Login Session 3: Boys' Bodies Login Session 4: Spots and Sleep Login	Session 1: Body Image Login Session 2: Peculiar Feelings Login Session 3: Emotional Changes Login Session 4: Seeing Stuff Online Login	Session 1: Making Babies (P1) Login NOT Session 2 Session 3: Menstruation Login	Lesson 9 Lesson 10 Lesson 11 Lesson 12			Session 1: The Holy Trinity Login Session 2: Catholic Social Teaching Login First Aid- H40	Session 1: Reaching Out Login First Aid- H23, H24, H36 R16, R17, R18
		 Promoting diversity YEAR 6- PSHE Text Planning		 Standing up to discrimination YEAR 6- PSHE Text Planning		 Recognising our freedom YEAR 6- PSHE Text Planning				