



St Sebastian's R.C. Primary School
Douglas Green
Salford M6 6ET

Headteacher Mrs C.Doyle
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Wednesday 9th September 2026

Dear parents and guardians,

As part of our R.H. E. (relationships and health education) curriculum, we will be delivering lessons during the autumn term regarding health and relationships. The lessons will consist of discussions around physical and emotional changes as children develop and will focus on supporting children through these changes. All the lessons will be age appropriate and the resources used have been approved by the Diocese and the Governors. The scheme we use is called 'Life to the Full'.

Below is a list of the objectives covered that will be explored in your child's year group.

Parents continue to have the right to withdraw their children from Sex Education except in those elements which are required by the National Curriculum science orders. Should parents wish to withdraw their children they are asked to notify the school by contacting the headteacher.

If you have any questions, please do not hesitate to contact your child's teacher.

A copy of our policy can be found on the school website [St Sebastian's RC Primary School: RSHE](#)

You can also access the parent portal to find out more information
<https://www.tentenresources.co.uk/programmes/life-to-the-full-primary/page/online-parent-portal-guide/>

Yours faithfully,

A handwritten signature in blue ink that reads 'CS Doyle'.

Mrs Doyle

Reception

In Reception, the learning objectives of the scheme are as follows:

We are created individually by God as part of His creation plan.

We are all God's children and are special.

Our bodies were created by God and are good.

We can give thanks to God!

We are each unique, with individual gifts, talents and skills.

Whilst we all have similarities because we are made in God's image, difference is part of God's plan!

That our bodies are good and made by God.

The names of the parts of the body (not genitalia).

That our bodies are good and we need to look after them.

What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene.

We all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe)

Understand that it is natural for us to relate to and trust one another

Develop a language to describe their feelings

Develop an understanding that everyone experiences feelings

Develop an understanding that feelings are neither good nor bad; they give us information about what we are experiencing

Learn simple strategies for managing feelings

Understand how feelings can affect actions, and that actions have consequences

Develop simple strategies for managing emotions and behaviour

Understand that we have choices and these choices can impact how we feel and respond.

Know that we can say sorry and forgive like Jesus

That there are natural life stages from birth to death, and what these are

We are part of God's family

Jesus cared for others and wanted them to live good lives like Him

We should love other people in the same way God loves us

To identify special people (e.g. parents, carers, friends) and what makes them special

The importance of the nuclear family and of the wider family

The importance of being close to and trusting 'special people', and telling them when something is troubling them

How their behaviour affects other people and that there is appropriate and inappropriate behaviour

The characteristics of positive and negative relationships

About different types of teasing and that all bullying is wrong and unacceptable

To recognise when they have been unkind to others and say sorry

That when we are unkind, we hurt God and should say sorry

To recognise when people are being unkind to them and others and how to respond

That we should forgive, like Jesus forgives

That God is love: Father, Son and Holy Spirit

That being made in His image means being called to be loved and to love others

What a community is, and that God calls us to live in community with one another

A Scripture illustrating the importance of living in a community

That no matter how small our offerings, they are valuable to God and He can use them for His glory.

That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community

That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc.

That we have a duty of care for others and for the world we live in (charity work, recycling, etc.)

About what harms and what improves the world in which they Live