



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

Headteacher Mrs C.Doyle
Phone 0161 518 7078

Email info@stsebastiansprimary.co.uk

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

Year 5

In Year 5, the learning objectives of the scheme are as follows:

We were created individually by God who cares for us and wants us to put our faith in Him.

Physically becoming an adult is a natural phase of life.

Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!

To know that God calls us to love others.

To know ways in which we can participate in God's call to us.

Pressure comes in different forms, and what those different forms are.

There are strategies that they can adopt to resist pressure.

Understand what consent and bodily autonomy means.

Discuss and reflect on different scenarios in which it is right to say 'no'.

Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions. Apply this approach to personal friendships and relationships.

To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. How to use technology safely.

That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others.

How to report and get help if they encounter inappropriate materials or messages.

What the term cyberbullying means and examples of it.

What cyberbullying feels like for the victim. How to get help if they experience cyberbullying.

To judge well what kind of physical contact is acceptable or unacceptable and how to respond.

That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests.

Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body.

Learn how to make good choices about substances that will have a positive impact on their health.

Know that our bodies are created by God, so we should take care of them and be careful about what we consume.

Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco

Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies.

The recovery position can be used when a person is unconscious but breathing. DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.

Children will know that God is Trinity - a community of persons.

Children will know that the Church is the Body of Christ.

Children will develop a deeper understanding of Catholic Social Teaching, so that pupils are growing to be: Just, understanding that the way we live has an impact on others locally, nationally and globally; Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation; Equipped to calmly stand up for their faith, for friends and their community and for victims of injustice.

Pupils will learn to apply the principles of Catholic Social Teaching to current issues.

Pupils will find ways in which they can spread God's love in their community.