



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,

Mrs Doyle

Year 6

In Year 6, 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!

Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community.

Self-confidence arises from being loved by God (not status, etc).

That human beings are different to other animals. About the unique growth and development of humans, and the changes that girls and boys will experience during puberty.

About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately. The need for modesty and appropriate boundaries.

How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.

To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.

That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media.

To deepen their understanding of the range and intensity of their feelings. that 'feelings' are not good guides for action.

That some behaviour is wrong, unacceptable, unhealthy or risky.

Emotions change as they grow up (including hormonal effects).

To deepen their understanding of the range and intensity of their feelings. that 'feelings' are not good guides for action.

About emotional well-being: that beauty, art, etc. can lift the spirit. and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.

The difference between harmful and harmless videos and images. The impact that harmful videos and images can have on young minds. Ways to combat and deal with viewing harmful videos and images.

How a baby grows and develops in its mother's womb.

Basic scientific facts about sexual intercourse between a man and woman.

The physical, emotional, moral and spiritual implications of sexual intercourse.

The Christian viewpoint that sexual intercourse should be saved for marriage.

About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life. Some practical help on how to manage the onset of menstruation.

Recognise the difference between being assertive and being controlling in relationships, and between being kind and ignoring your own needs.

Communicate needs and feelings clearly and respectfully, including saying "no" or disagreeing when needed.

Understand what healthy boundaries are and why it is important to respect your own boundaries and other people's.

Notice when a friendship feels unhappy, uncomfortable or unfair, including online, and know when to ask for help.

Manage difficult feelings, such as frustration or disappointment, and consider the scale of their reaction.

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.