



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 'Mrs Doyle'.

Mrs Doyle

Year 3

In Year 3, the learning objectives of the scheme are as follows:

We are created individually by God who is Love, designed in His own image and likeness.

God made us with the desire to be loved and to love and 'to make a difference': each of us has a specific purpose (vocation).

Every human life is precious from the beginning of life (conception) to natural death.

Personal and communal prayer and worship are necessary ways of growing in our relationship with God.

In Baptism God makes us His adopted children and 'receivers' of His love. by receiving the Sacrament of Reconciliation, we develop good habits (grow in human virtue).

It is important to make a nightly examination of conscience.

That in Baptism God makes us His adopted children and 'receivers' of His love.

That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue).

That Jesus loves, embraces, guides, forgives and reconciles us with him and one another.

The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness.

That relationships take time and effort to sustain.

We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness.

Ways to maintain and develop good, positive, trusting relationships. strategies to use when relationships go wrong.

That there are different types of relationships including those between acquaintances, friends, relatives and family.

That good friendship is when both persons enjoy each other's company and also want what is truly best for the other.

The difference between a group of friends and a 'clique'.

Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying.

Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.

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.

That bad language and bad behaviour are inappropriate.

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.

Understand that everyone's needs matter in a healthy relationship.

Know how to set and respect boundaries with friends, family, peers, and adults.

Practise sharing feelings and needs in a calm, kind, and confident way.

Recognise when a relationship feels uncomfortable or unhappy, and know how to ask for help.

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 our teachers and parish priest.

Medicines are drugs, but not all drugs are good for us.

Alcohol and tobacco are harmful substances.

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

In an emergency, it is important to remain calm. Quick reactions in an emergency can save a life.

Children can help in an emergency using their First Aid knowledge.

God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'.

The human family is to reflect the Holy Trinity in mutual charity and generosity.

That the human family is to reflect the Holy Trinity in mutual charity and generosity.

The Church family comprises of home, school and parish (which is part of the diocese).

To know that God wants His Church to love and care for others.

To devise practical ways of loving and caring for others.