



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

Year 4

In Year 4, 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.

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

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

About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do

Learn what the term puberty means.

Learn when they can expect puberty to take place.

Understand that puberty is part of God's plan for our bodies.

Learn correct naming of genitalia.

Learn what changes will happen to boys during puberty.

Learn what changes will happen to girls during puberty.

That 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.

What emotional well-being means.

Positive actions help emotional well-being (beauty, art, etc. lift the spirit).

Talking to trusted people help emotional well-being (eg parents/carer/teacher/parish priest).

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

Some behaviour is wrong, unacceptable, unhealthy and risky.

Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.

That they were handmade by God with the help of their parents.

How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception.

How conception and life in the womb fits into the cycle of life.

That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual.

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

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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.