



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 'Mrs Doyle'.

Mrs Doyle

Year 1

In Year 1, the learning objectives of the scheme are as follows:

We are created individually by God.

God wants us to talk to Him often through the day and treat Him as our best friend.

God has created us, his children, to know, love and serve Him in this life and forever - this is our purpose and goal and will bring us true happiness.

We are created as a unity of body, mind and spirit: who we are matters and what we do matters.

We can give thanks to God in different ways.

We are part of God's family

Saying sorry is important and can mend friendships

Jesus cared for others and had expectations of them and how they should act

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

About 'special people' (their parents, carers, friends, parish priest) and what makes them special

The importance of nuclear and wider family

The importance of being close to and trusting special people and telling them if something is troubling them

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

About 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 and say sorry

That when people are being unkind to them and others and how to respond

That when we are unkind to others, we hurt God also and should say sorry to Him as well

That we should forgive like Jesus forgives

The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them

How to resist pressure when feeling unsafe

That they are entitled to bodily privacy

That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest

That medicines are drugs, but not all drugs are good for us

That alcohol and tobacco are harmful substances

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

About what is and isn't an emergency

That in an emergency, they (or an adult) should call 999 and ask for ambulance, police and/or fire brigade

That if they require medical help but it is not an emergency, basic first aid should be used instead of calling 999

Some basic principles of First Aid

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 community as a consequence of this

Jesus' teaching on who is my neighbor

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

What harms and what improves the world in which we live in simple terms