



# St Catherine's Catholic Primary School

Highdown Drive, Littlehampton, West Sussex BN17 6HL

Tel: 01903 716039 Fax: 01903 722521

Website: [www.st-catherines.w-sussex.sch.uk](http://www.st-catherines.w-sussex.sch.uk)

Email: [office@st-catherines.w-sussex.sch.uk](mailto:office@st-catherines.w-sussex.sch.uk)

6 January 2023



Dear Parents / Carers,

To support our RHSE curriculum (Relationship, Health and Sex Education) we have selected to adopt the programme, **Life to the Full**, produced by the Catholic educational organisation, Ten Ten Resources.

The **Life to the Full** programme is based on the structure of 'A Model Catholic RSE Curriculum' by the Catholic Education Service. This model curriculum was highlighted as a work of good practice by the Department of Education so we therefore have confidence that the programme will be fit for purpose in supporting the growth and development of your child.

**Life to the Full** is much more than a series of lessons. It is an entire platform of creative resources that will engage, inform and inspire our children and, indeed, you as parents. This includes interactive video content, story-based activities, employing a wide range of teaching tool.

This Term Year 6 will be focusing on the following objectives -

- Appreciation of physical and emotional differences
- A more complex understanding of physical changes in girls' and boys' bodies
- Body image
- Strong emotional feelings
- The impact of the internet and social media on emotional well-being
- A more nuanced and scientific understanding of life in the womb and how babies are made
- Menstruation

There is an online parent platform so that you, as parent and carers, can engage with the teaching and deepen the experience for your child. To access the online parent platform please visit: [www.tentenresources.co.uk/parent-portal](http://www.tentenresources.co.uk/parent-portal)

School Username: **st-catherine-bn17**

School Password: **firework-night**

Worthing Deanery Schools



Journeying Together in Christ





# St Catherine's Catholic Primary School

Highdown Drive, Littlehampton, West Sussex BN17 6HL

Tel: 01903 716039 Fax: 01903 722521

Website: [www.st-catherines.w-sussex.sch.uk](http://www.st-catherines.w-sussex.sch.uk)

Email: [office@st-catherines.w-sussex.sch.uk](mailto:office@st-catherines.w-sussex.sch.uk)

---

The specific units of focus this term are -

- ❖ Girls Bodies
- ❖ Boys Bodies
- ❖ Spots and Sleep
- ❖ Making Babies (Part 1)
- ❖ Making Babies (Part 2)
- ❖ Menstruation

**Life to the Full** is intended to be partnership between home, school and church. We know that you already do a fantastic job and we see this programme as a means to further develop, support and enrich the partnership between home and school so that your child is fully supported.

If you have any questions, please do not hesitate to contact me.

Yours sincerely

F McGonigle  
Deputy Headteacher

Worthing Deanery Schools



Journeying Together in Christ

