



St Augustine's Catholic Primary School

Head Teacher: Mrs J Foley



We love and learn together by growing
in friendship with Jesus

7th November 2025

Dear Parents/Guardians

Year 6 – Life to the Full

Ten Ten Life to the Full – Me, My Body, My Health

In the coming weeks, children will be taking part in the Ten Ten Life to the Full sessions focused on Me, My Body, My Health. Through these lessons, pupils will learn that celebrating differences between people enriches our community and that their self-confidence comes from knowing they are loved by God. They will also learn about the physical changes that boys and girls experience during puberty and how to respect and care for their bodies as gifts from God. Genitals are mentioned in these sessions, but not named or identified.

Parents can find more information and resources to support these discussions at:

<https://www.tentenresources.co.uk/parent-portal/life-to-the-full-plus/girls-bodies/>

Link to full parent portal: [Your account – Ten Ten Resources](#)

Yours sincerely

Miss A Brennan
Year 6 Class Teacher



Our Lady and All Saints
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Strong in Faith

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