



St Augustine's Catholic Primary School

Head Teacher: Mrs J Foley



**We love and learn together by growing
in friendship with Jesus**

Monday 20th April 2026

Dear Parents/Guardians

This term, we will start our Life to the Full RSE (Relationships and Sex Education) curriculum during our PSHE lessons. In the first part of learning, children thought about being created and loved by God and what this means to them.

The Learning Objectives for the sessions are as follows:

- Get Up
- We Don't Have To Be The Same
- Respecting Our Bodies
- What Am I Feeling?
- What Am I Looking At?
- I Am Thankful
- A Community of Love
- What is the Church?
- How Do I Love Others?
- What is Puberty?
- Changing Bodies

As part of the lessons, the Life to the Full curriculum suggests the following home activity.

Suggested Home Activity

It would be good to talk to your child about which people, both inside and outside the family, they feel comfortable having conversations with about anything that is worrying them or if they need help.

If they generally find it hard to raise issues, perhaps you could agree a way of making this easier. For example, signalling that they'd like to talk by drawing an emoji on a pad left in the kitchen for that purpose or having a check in time at the end of the day when both of you say how the day has been.

If you have any questions, please do not hesitate to contact us. Thank you for your continued support.

Kind Regards

Mr Cunningham



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