



St Augustine's Catholic Primary School

Head Teacher: Mrs J Foley



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

11th June 2026

Dear Parents/Guardians

This term, we have started 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.

Next week, we will complete the lesson entitled 'Physical Contact'. This session follows on from previous sessions by moving into the real world and considering what physical contact is appropriate and inappropriate. Children will be introduced to the term 'abuse' and discuss different kinds of abuse, including 'abuse of private parts'. Children will be asked to think of trusted adults that they can talk to about any issues they may face.

The Learning Objectives for the session are as follows:

- To judge well what kind of physical contact is acceptable or unacceptable and how to respond;
- That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest.

As part of the lesson, 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

Mrs Spillane



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