Dear Parent(s) and Carer(s),

We are delighted to announce that our school is participating in a brand-new Relationship Health Education programme for Catholic primary schools, titled **Life to the Full**. You may hear your child coming home talking about this and we want to give you a brief overview of this new and ambitious programme before we start teaching it. In this first summer term we will be focusing on the previous year's objectives to bridge any gaps in learning due to Covid and loss of time at school. Then in the final summer term the children will focus on the objectives relevant to their current year group.

As you may be aware, Relationships and Health Education became statutory for all primary schools in September. The **Life to the Full** programme is based on 'A Model Catholic RHE Curriculum' by the Catholic Education Service which was highlighted as a work of good practice by the Department of Education. Therefore, we 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 tools, original worship music and an accompanying programme of classroom prayers.

In addition, there will be 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** School Username: **st-stephen-da16** and School Password: **saint-16**

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

Thank you in advance for your cooperation. Please take a look at the programme using the log in details stated above. We have also attached documents explaining the programme further. If you have any questions after reading these documents, please contact your child's class teacher through the school email (admin@st-stephens.bexley.sch.uk), and we will try our best to answer these questions or pass them on to someone who can.

Yours faithfully,
Mrs Mullins & Mrs Owen-Taylor (PSHE Coordinators) Miss Lobo (RE Coordinator)

St Stephens Relationships & Health Education (RHE) Programme Objectives by Year Group

Early Years Foundation Stage (Reception)

Reception – Objectives are taken from EYFS Development Matters Early Learning Goal Targets
Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;
Explain the reasons for rules, know right from wrong and try to behave accordingly;
Show sensitivity to their own and to others' needs. Work and play cooperatively and take turns with others; Form positive attachments to adults and friendships with peers;
Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Know and talk about the different factors that support their overall health and wellbeing: regular physical exercise; healthy eating; tooth brushing; sensible amounts of screen time; having a good sleep routine and being a safe pedestrian.

Key Stage 1 (Year 1 & 2)

Year 1– Life to the Full Objectives
Module 1 Unit 1 Let The Children Come 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.
Module 2 Unit 1.1 God loves you Saying sorry is important and can mend friendships

We are part of God's family;; Jesus cared for others and has expectations of them and how they should act; We should love other people in the same way God loves us.
Module 2 Unit 2.1 - Special People To identify '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.
Module 2 Unit 2.2 - Treat Others Well How their behaviour affects other people, and that there is appropriate and inappropriate behaviour; The characteristics of positive and negative relationships; Different types of teasing and that all bullying is wrong and unacceptable.
Module 2 Unit 2.3 - ...And Say Sorry To recognise when they have been unkind and say sorry; To recognise when people are being unkind to them and others and how to respond; To know that when we are unkind to others, we hurt God also and should say sorry to him as well; To know that we should forgive like Jesus forgives.
Module 2 Unit 3.1 - Being Safe To understand safe and unsafe situations, including online.
Module 2 Unit 3.2- Good Secrets and Bad Secrets 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.
Module 2 Unit 3.3 - Physical Contact To know 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.
Unit 3.4 - Harmful Substances Medicines are drugs, but not all drugs are good for us. Alcohol and tobacco are harmful substances. Our bodies are created by God, so we should take care of them and be careful about what we consume.
Module 2 Unit 3.5 - Can You Help Me?

They should call 999 in an emergency and ask for ambulance, police and/or fire brigade 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.
Module 3 Unit 1.1 - Three In One 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.
Module 3 Unit 1.2 - Who Is My Neighbour? To know 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 neighbour.
Module 3 Unit 2.1 - The Communities We Live In 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.); About what harms and what improves the world in which we live.

Year 2 – Life to the Full Objectives
Module 1 Unit 1 - Let The Children Come 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.
Module 1 Unit 2.1 - I Am Unique To learn that we are unique, with individual gifts, talents and skills.
Module 1 Unit 2.2 - Girls And Boys Our bodies are good; Girls and boys have been created by God to be both similar and different - these differences are physical, emotional and spiritual and together make up the richness of the human family.

Module 1 Unit 2.3 - Clean And Healthy Our bodies are good and we need to look after them; What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating; The importance of sleep, rest and recreation for our health; How to maintain personal hygiene.
Module 1 Unit 3.1 - Feelings, Likes And Dislikes That it is natural for us to relate to and trust one another; That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc); That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc);
Module 1 Unit 3.2 - Feeling Inside Out Children will have a basic understanding that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character.
Module 1 Unit 3.3 - Super Susie Gets Angry Simple strategies for managing feelings and for good behaviour; That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do; That Jesus died on the cross so that we would be forgiven.
Module 1 Unit 4.1 - The Cycle Of Life Children will know and appreciate that there are natural life stages from birth to death, and what these are.
Module 3 Unit 1.1 - Three In One 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
Module 3 Unit 1.2 - Who Is My Neighbour? To know 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 neighbour.
Module 3 Unit 2.1 - The Communities We Live In 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.); About what harms and what improves the world in which we live.

Lower Key Stage 2 (Year 3 & 4)

Year 3 – Life to the Full Objectives
Module 1 Unit 1.1 - Get Up We are created individually by God who is Love, designed in His own image and likeness; God made us with the desire to be loved and to love and 'to make a difference': each of us has a specific purpose (vocation); Every human life is precious from the beginning of life (conception) to natural death; Personal and communal prayer and worship are necessary ways of growing in our relationship with God; In Baptism God makes us His adopted children and 'receivers' of His love; by receiving the Sacrament of Reconciliation, we develop good habits (grow in human virtue); It is important to make a nightly examination of conscience.
Module 1 Unit 1.2 - The Sacraments That in Baptism God makes us His adopted children and 'receivers' of His love. That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue).
Module 2 Unit 1.1 - Jesus, My Friend That Jesus loves, embraces, guides, forgives and reconciles us with him and one another; The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness; That relationships take time and effort to sustain; We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness.
Module 2 Unit 2.1- Friends, Family And Others Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; That there are different types of relationships including those between acquaintances, friends, relatives and family; That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; The difference between a group of friends and a 'clique'.
Module 2 Unit 2.2- When Things Feel Bad Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying; Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.
Module 2 Unit 3.1 - Sharing Online To recognise that their increasing independence brings increased responsibility to keep themselves and others safe; How to use technology safely;

That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; How to report and get help if they encounter inappropriate materials or messages.
Module 2 Unit 3.2- Chatting Online How to use technology safely; That bad language and bad behaviour are inappropriate; That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; How to report and get help if they encounter inappropriate materials or messages.
Module 2 Unit 3.4 Drugs, Alcohol And Tobacco Medicines are drugs, but not all drugs are good for us. Alcohol and tobacco are harmful substances. Our bodies are created by God, so we should take care of them and be careful about what we consume.
Module 2 Unit 3.5 - First Aid Heroes In an emergency, it is important to remain calm. Quick reactions in an emergency can save a life. Children can help in an emergency using their First Aid knowledge.
Module 3 Unit 1.1 - A Community Of Love God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'; The human family is to reflect the Holy Trinity in mutual charity and generosity.
Module 3 Unit 1.2 - What Is The Church? That the human family is to reflect the Holy Trinity in mutual charity and generosity; The Church family comprises home, school and parish (which is part of the diocese).
Module 3 Unit 1.3 - How Do I Love Others To know that God wants His Church to love and care for others. To devise practical ways of loving and caring for others.

Year 4 – Life to the Full Objectives
Module 1 Unit 1.1 - Get Up We are created individually by God who is Love, designed in His own image and likeness; God made us with the desire to be loved and to love and 'to make a difference': each of us has a specific purpose (vocation);

Every human life is precious from the beginning of life (conception) to natural death; Personal and communal prayer and worship are necessary ways of growing in our relationship with God; In Baptism God makes us His adopted children and 'receivers' of His love; by receiving the Sacrament of Reconciliation, we develop good habits (grow in human virtue); It is important to make a nightly examination of conscience.
Module 1 Unit 2.1 We Don't Have To Be The Same Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community; Self-confidence arises from being loved by God (not status, etc).
Module 1 Unit 2.2 - Respecting Our Bodies About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.
Module 1 Unit 2.3 - What Is Puberty? Learn what the term puberty means; Learn when they can expect puberty to take place; Understand that puberty is part of God's plan for our bodies.
Module 1 Unit 2.4 - Changing Bodies *To be taught in the final term of Year 4* Learn correct naming of genitalia; Learn what (basic) changes will happen to boys during puberty; Learn what (basic) changes will happen to girls during puberty.
Module 1 Unit 3.1 - What Am I Feeling That emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; What emotional well-being means; Positive actions help emotional well-being (beauty, art, etc. lift the spirit); Talking to trusted people helps emotional well-being (e.g. parents/carer/teacher/parish priest).
Module 1 Unit 3.1 - What Am I Looking At? To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.
Module 1 Unit 3.3 - I Am Thankful Some behaviour is wrong, unacceptable, unhealthy and risky; Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.

Module 1 Unit 4.1 - Life Cycles That they were handmade by God with the help of their parents; How a baby grows and develops in its mother's womb; How conception and life in the womb fits into the cycle of life; That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual.
Module 3 Unit 1.1 - A Community Of Love God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'; The human family is to reflect the Holy Trinity in mutual charity and generosity.
Module 3 Unit 1.2 - What Is The Church? That the human family is to reflect the Holy Trinity in mutual charity and generosity; The Church family comprises home, school and parish (which is part of the diocese).
Module 3 Unit 1.3 - How Do I Love Others To know that God wants His Church to love and care for others. To devise practical ways of loving and caring for others.

Upper Key Stage 2 (Year 5 & 6)

Year 5 – Life to the Full Objectives
Module 1 Unit 1.1 - Calming The Storm We were created individually by God who cares for us and wants us to put our faith in Him. Physically becoming an adult is a natural phase of life. Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!
Module 2 Unit 1.1 - Is God Calling You To know that God calls us to love others. To know ways in which we can participate in God's call to us.
Module 2 Unit 2.1 - Under Pressure Pressure comes in different forms, and what those different forms are; There are strategies that they can adopt to resist pressure.
Module 2 Unit 2.2 - Do You Want A Piece Of Cake? Understand what consent and bodily autonomy means;

Discuss and reflect on different scenarios in which it is right to say 'no'.
Module 2 Unit 2.3 - Self-Talk Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions; Apply this approach to personal friendships and relationships
Module 2 Unit 3.1 - Sharing Isn't Always Caring To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. How to use technology safely. That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others. How to report and get help if they encounter inappropriate materials or messages.
Module 2 Unit 3.2 - Cyberbullying What the term cyberbullying means and examples of it; What cyberbullying feels like for the victim; How to get help if they experience cyberbullying.
Module 2 Unit 3.3 - Types of Abuse 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 parents, teachers and priests.
Module 2 Unit 3.4 - Impacted Lifestyles Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body. Learn how to make good choices about substances that will have a positive impact on their health. Know that our bodies are created by God, so we should take care of them and be careful about what we consume.
Module 2 Unit 3.5 - Making Good Choices Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies
Module 2 Unit 3.6 - Giving Assistance The recovery position can be used when a person is unconscious but breathing. DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.
Module 3 Unit 1.1 - The Trinity Children will know that God is Trinity - a community of persons; Children will know that the Church is the Body of Christ.

Module 3 Unit 1.2 - Catholic Social Teaching Children will develop a deeper understanding of Catholic Social Teaching, so that pupils are growing to be: Just, understanding that the way we live has an impact on others locally, nationally and globally Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation Equipped to calmly stand up for their faith, for friends and their community and for victims of injustice.
Module 3 Unit 2.1 - Reaching Out Pupils will learn to apply the principles of Catholic Social Teaching to current issues; Pupils will find ways in which they can spread God's love in their community.

Year 6 – Life to the Full Objectives
Module 1 Unit 1.1 - Calming The Storm We were created individually by God who cares for us and wants us to put our faith in Him. Physically becoming an adult is a natural phase of life. Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan.
Module 1 Unit 2.1 - Gifts And Talents Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community; Self-confidence arises from being loved by God (not status, etc
Module 1 Unit 2.2 - Girls' Bodies That human beings are different to other animals; About the unique growth and development of humans, and the changes that girls will experience during puberty; About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; The need for modesty and appropriate boundaries.
Module 1 Unit 2.3 - Boy's Bodies That human beings are different in kind to other animals; About the unique growth and development of humans, and the changes that boys will experience during puberty; About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; The need for modesty and appropriate boundaries.
Module 1 Unit 2.4 - Spots And Sleep How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.

Module 1 Unit 3.1 - Body Image To recognise that images in the media do not always reflect reality and can affect how people feel about themselves That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media.
Module 1 Unit 3.2 - Funny Feelings To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. That some behaviour is wrong, unacceptable, unhealthy or risky.
Module 1 Unit 3.3 - Emotional Changes Emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.
Module 1 Unit 3.4 - Seeing Stuff Online The difference between harmful and harmless videos and images; The impact that harmful videos and images can have on young minds; Ways to combat and deal with viewing harmful videos and images
Module 1 Unit 4.1 - Making Babies Part 1 How a baby grows and develops in its mother's womb.
Module 1 Unit 4.3 - Menstruation About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life; Some practical help on how to manage the onset of menstruation.
Module 3 Unit 1.1 - The Trinity Children will know that God is Trinity - a community of persons; Children will know that the Church is the Body of Christ.
Module 3 Unit 1.2 - Catholic Social Teaching Children will develop a deeper understanding of Catholic Social Teaching, so that pupils are growing to be: Just, understanding that the way we live has an impact on others locally, nationally and globally Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation Equipped to calmly stand up for their faith, for friends and their community and for victims of injustice
Module 3 Unit 2.1 - Reaching Out Pupils will learn to apply the principles of Catholic Social Teaching to current issues; Pupils will find ways in which they can spread God's love in their community.

Relationships & Health Education - Life to the Full (In more detail)

Programme Structure

In Life to the Full, we will be following a three-stage structure which is repeated across four different learning stages. The learning stages are defined as:

- EYFS which is aimed at Reception
- Key Stage One which is aimed at Years 1 and 2
- Lower Key Stage Two which is aimed at Years 3 and 4
- Upper Key Stage Two which is aimed at Years 5 and 6

Within each learning stage, there are three modules which are based on the Model Catholic RSE (or RHE for primary schools) Curriculum:

- Created and Loved by God
- Created to Love Others
- Created to Live in Community

Each Module is then broken down into Units of Work.

Module 1	Created and Loved by God
Units	Religious Understanding Me, My Body, My Health Emotional Well-Being Life Cycles
Module 2	Created to Love Others
Units	Religious Understanding Personal Relationship

	Keeping Safe
Module 3	Created to Live in Community
Units	Religious Understanding Living in the Wider World

Programme Content

The teaching of Life to the Full begins in Reception and works alongside the Early Years Foundation Stage Framework, with particular focus on the prime areas of Personal, Social and Emotional Development (PSED), Physical Development (PD) and Communication and Language (CL). From Year 1 the teaching of Life to the Full works alongside other National Curriculum subjects including RE, Science, ICT and PE.

The programme adopts a spiral curriculum approach so that as your child goes through the programme year-after-year, the learning will develop and grow, with each stage building on the last.

Module One: Created and Loved by God

Module One: Created and Loved by God explores the individual. Rooted in the teaching that we are made in the image and likeness of God, it helps children to develop an understanding of the importance of valuing themselves as the basis for personal relationships.

In these sessions, we explore:

Early Years Foundation Stage – our uniqueness in real terms, including celebrating difference and individual gifts, talents and abilities, looking after and using our bodies (including vocabulary around this topic), the necessity of when and how to say sorry in relationships, a basic exploration of Jesus's forgiveness and growing up as God's plan for us.

Key Stage One – that we are uniquely made by a loving God, that we have differences and similarities (including physical differences between boys and girls), key information about staying physically healthy, understanding feelings and emotions, including strong feelings such as anger, and the cycle of life from birth to old age.

Lower Key Stage Two – understanding differences, respecting our bodies (a basic introduction to puberty in the final term of year 4), strategies to support emotional wellbeing including practicing thankfulness, and the development of pupils understanding of life before birth.

Upper Key Stage Two – appreciation of physical and emotional differences, a more complex understanding of physical changes in girl 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 menstruation.

Module Two: Created to Love Others

Module Two: Created to Love Others explores the individual's relationship with others. Building on the understanding that we have been created out of love and for love, this unit explores how we take this calling into our family, friendships and relationships, and teaches strategies for developing healthy relationships and keeping safe.

This religious understanding is then applied to real-world situations relevant to the age and stage of the children:

Early Years Foundation Stage – In the Unit 'Personal Relationships', children will expand their vocabulary by applying names to different family/friend relationships, consider positive/negative behaviour in relationships and learn to look to Jesus as their role model for a good friend. They will learn to resolve conflict and the importance of asking for forgiveness when necessary. In the Unit 'Keeping Safe', children learn about practical ways to stay safe inside and out, including medicine safety and people who help us in emergencies.

Key Stage One – In the Unit 'Personal Relationships', children are taught to identify the Special People in their lives who they love and can trust, how to cope with various social situations and dilemmas, and the importance of saying sorry and forgiveness within relationships. In the Unit 'Keeping Safe', we explore the risks of being online by incorporating the 'Smartie the Penguin' resources from Childnet, the difference between good and bad secrets, and teaching on physical boundaries (incorporating the PANTS resource the NSPCC). Children also learn about the effects of harmful substances (including alcohol and tobacco), some basic First Aid and what makes a 999 emergency and what they should do if in an emergency situation.

Lower Key Stage Two – The sessions here help children to develop a more complex appreciation of different family structures and there are activities and strategies to help them develop healthy relationships with family and friends; here, they are also taught

simplified Cognitive Behavioural Therapy (CBT) techniques for managing thoughts, feelings and actions. Once again, for the 'Keeping Safe' unit, there are some excellent NSPCC resources, as well as teaching on bullying and abuse through a series of animated stories. Children will also learn in greater depth about the effects of drugs, alcohol and tobacco and how to make good choices concerning these as they get older. The final session of the module explores in more detail what to do in emergency situations.

Upper Key Stage Two – The sessions for UKS2 in the 'Personal Relationships' module aim to equip children with strategies for more complex experiences of relationships and conflict; this includes sessions that help children to identify and understand how to respond to spoken and unspoken pressure, the concept of consent and some practical demonstrations of this, and further teaching on how our thoughts and feelings have an impact on how we act. Over the first three sessions in the Unit 'Keeping Safe', the programme explores the risks of sharing and chatting online at a level more appropriate to Years 5 and 6, and a more complex understanding of different forms of abuse. The final three sessions in this Module explore how drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning, discuss how to make good choices even in pressured situations, and teach essential First Aid such as DR ABC and the recovery position.

Module Three: Created to Live in Community

Finally, Module Three: Created to Live in Community explores the individual's relationship with the wider world. Here we explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good.

In the first Unit, Religious Understanding, the story sessions help children to develop a concept of the Trinity.

In subsequent sessions, we apply this religious understanding to real-world situations, such as the community we live in, and through exploring the work of charities which work for the Common Good.

Life to the Full is intended to be a partnership between home, school and church.
To access the online parent platform visit: **www.tentenresources.co.uk/parent-portal**

School Username: **st-stephen-da16**
School Password: **saint-16**