

Date: 6th July 2026

Upcoming Consultation on our Relationships, Sex and Health Education (RSE) Curriculum

Dear Parents and Carers,

In 2020, Relationships Education and Health Education became statutory for all schools in England. The Government updated statutory RSE guidance in 2025, with revised expectations for schools from September 2026. These updates are designed to better equip young people to navigate the challenges, risks, and opportunities of growing up in today's world.

As a Catholic school within the Diocese of Shrewsbury, we are deeply committed to providing an RSE curriculum that not only meets these government requirements but does so in a way that is authentically rooted in the teachings of the Church. The education of children in human sexuality is an important, precious and privileged responsibility. We firmly believe that parents are the first and primary educators of their children, and we view our RSE provision as a vital partnership with you.

To deliver this curriculum, we will continue to use the 'Life to the Full' programme created by Ten:Ten Resources. Ten:Ten has systematically updated their materials to ensure full compliance with the new statutory expectations while maintaining the strong theological and pedagogical foundations of the programme.

What is Changing?

The core structure and vision of the curriculum remain the same. The DfE updates focus on adapting to contemporary issues, meaning your children will receive expanded, age-appropriate teaching on:

- Online Safety and Awareness: Understanding digital privacy, managing personal data, and recognising harmful online influences.
- Respectful Relationships: Practical skills for being kind, understanding boundaries, managing conflict, and treating others with dignity.

- Health and Wellbeing: A strengthened focus on positive physical health routines, asking for help, and managing mental wellbeing.
- Personal Safety: Recognising risks in the wider world and knowing exactly who to turn to when feeling unsafe or unsure.

The Consultation Process

Because transparency and parental engagement are at the absolute core of the new statutory guidelines, we are launching a formal consultation period. This process will give you the opportunity to review our updated RSE policy and see exactly how the new curriculum maps out across your child's time with us.

Ten:Ten Resources have provided an online Parent Consultation Course which outlines the statutory changes, articulates a vision for Catholic Relationships, Sex and Health Education, and explains how 'Life to the Full' helps us fulfil the statutory curriculum. They have also provided an Online Parent Portal which will be a tool we can use throughout the year to keep you informed and updated about the work we are doing in school.

To take part in the consultation, please do the following:

Access the Parent Portal here:

<https://www.tentenresources.co.uk/parent-portal/>

You will need the following login credentials for our school:

Username: saint-mary-cw12

Password: weaver-895

- Undertake the Parent Consultation course provided:
<https://www.tentenresources.co.uk/parent-consultation-tool-primary/>
- Complete the following questionnaire: [Saint Mary's Consultation Form](#)
- Please send us your feedback by Monday 17th August 2026

If you would like to access the Department of Education "Relationship Education, Relationships and Sex Education (RSE) and Health Education" document, please click on the following link: [DFE RSE & Health Education](#)



"My soul glorifies the Lord" Luke 1:46

Saint Mary's Catholic Primary School, A Voluntary Academy
Belgrave Avenue, Congleton, Cheshire, CW12 1HT Tel: 01260 274690
E-mail: admin@saintmaryscongleton.co.uk

Lastly, in the appendix, you will find included the Ten:Ten Resources framework, detailing the themes covered from Early Years up to Year 6.

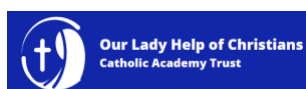
We hope that our approach not only assures you about the new programme of resources we are going to use but will be an important and exciting opportunity for our entire school community.

Please do not hesitate to contact me in school should you have any further queries.

Yours sincerely,

Mr G Merrick

Deputy Headteacher
RSE/PSHE Lead
Saint Mary's Catholic Primary School





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Life to the Full Plus - Overview

Ten:Ten
Resources

EYFS

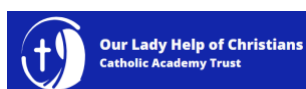
Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
EYFS	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Handmade With Love	Session 1 I Am Me	Session 1 I Like, You Like, We All Like!	Session 1 Growing Up	Session 1 Role Model	Session 1 Who's Who?	Session 1 What is the Internet?	Session 1 Safe Inside and Out	Session 1 God is Love	Session 1 Me, You, Us
		Session 2 Heads, Shoulders, Knees and Toes	Session 2 All the Feelings!	Session 2 New People, New Places Classroom Shorts		Session 2 You've Got A Friend In Me	Session 2 Playing Online	Session 2 My Body, My Rules	Session 2 Loving God, Loving Others	Session 2 When I Grow Up... Classroom Shorts
		Session 3 Ready Teddy?	Session 3 Let's Get Real		Session 3 Forever Friends			Session 3 Feeling Poorly		Session 3 'Money Doesn't Grow On Trees' Classroom Shorts
								Session 4 People Who Help Us		

Life to the Full Plus - Overview

Ten:Ten
Resources

KS1

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
KS1	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Let the Children Come	Session 1 I am Unique	Session 1 Feelings, Likes and Dislikes	Session 1 The Cycle of Life	Session 1 God Loves You	Session 1 Special People	Session 1 Real Life Online	Session 1 Good and Bad Secrets	Session 1 Three In One	Session 1 The Communities We Live In
		Session 2 Girls and Boys	Session 2 Feeling Inside Out	Session 2: Beginnings and Endings		Session 2 Treat Others Well...	Session 2 Rules To Help Us	Session 2 Physical Contact	Session 2 Who is My Neighbour?	Session 2 Who Will I Be? Classroom Shorts
		Session 3 Clean and Healthy (My Body)	Session 3 Super Susie Gets Angry	Session 3: Change Is All Around Classroom Shorts		Session 3 ...and Say Sorry		Session 3 Harmful Substances		Session 3 Needs and Wants Classroom Shorts
								Session 4 Can You Help Me? (Part 1)		
								Session 5 Can You Help Me? (Part 2)		





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Life to the Full Plus - Overview

Ten:Ten
Resources

LKS2

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
LKS2	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Get Up!	Session 1 We Don't Have to Be the Same	Session 1 What Am I Feeling?	Session 1 Life Cycles	Story Sessions Jesus, My Friend	Session 1 Family, Friends and Others...	Session 1 Sharing Online	Session 1 Safe in My Body Classroom Shorts	Session 1 A Community of Love	Session 1 How Do I Love Others?
	Session 2 The Sacraments	Session 2 Respecting Our Bodies	Session 2 What Am I Looking at?	Session 2 A Time for Everything		Session 2 When Things Feel Bad	Session 2 Chatting Online Classroom Shorts	Session 2 Drugs, Alcohol and Tobacco	Session 2 What is the Church?	Session 2 Working Together Classroom Shorts
		Session 3 What is Puberty?	Session 3 I am Thankful	Session 3 Big Changes, Little Changes Classroom Shorts				Session 3 First Aid Heroes		Session 3 Money Matters Classroom Shorts
		Session 4 Changing Bodies						Session 4 Rights and Responsibilities Classroom Shorts		
		Session 5 Male/ Female Discussion Groups (optional)								

Life to the Full Plus - Overview

Ten:Ten
Resources

UKS2

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
UKS2	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Calming the Storm	Session 1 Gifts and Talents	Session 1 Body Image	Session 1 Making Babies (Part 1)	Session 1 God Is Calling You	Session 1 Under Pressure	Session 1 Sharing Isn't Always Caring	Session 1 Types of Abuse Classroom Shorts	Session 1 The Holy Trinity	Session 1 Reaching Out
		Session 2 Girls' Bodies	Session 2 Peculiar Feelings	Session 2 Making Babies (Part 2)		Session 2 Do You Want A Piece of Cake?	Session 2 Cyberbullying Classroom Shorts	Session 2 Impacted Lifestyles Classroom Shorts	Session 2 Catholic Social Teaching	Session 2 The World of Work Classroom Shorts
		Session 3 Boys' Bodies	Session 3 Emotional Changes	Session 3 Menstruation		Session 3 Self-Talk		Session 3 Making Good Choices		Session 3 Money and Me Classroom Shorts
		Session 4 Spots and Sleep	Session 4 Seeing Stuff Online	Session 4 Hope Beyond Death		Session 4 Build Others Up Classroom Shorts		Session 4 Giving Assistance		
				Session 5 Coping with Change Classroom Shorts						

