



St. Charles Borromeo  
CATHOLIC PRIMARY SCHOOL

# PSHE PARENT INFORMATION UPDATE

## Ten: Ten - Life to the Full

September 2026

# Acronyms



- EYFS – Early Years Foundation Stage (Nursery and Reception)
- PSHE – Personal, Social, Health and economic Education
- RSE – Relationships and Sex Education
- RSHE - Relationships Sex and Health Education
- DfE – Department for Education

# Aims of the Presentation



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This presentation will cover:

1. An update on PSHE and RSE
2. A reminder of what RSE is and why is it needed in a Catholic school?
3. The Diocesan agreed teaching programme for RSE – ‘Life to the Full’ produced by Ten:Ten Resources - and it’s objectives, structure and content.

# Statutory Guidance



Further information about the statutory guidance set out by the DfE can be found by following the link below:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

# RSE at St. Charles



RSE forms a part of the R.E., PSHE Programme, science, P.E. and computing curriculum.

Our key objective is developing the well-being of the child.

We believe parents are the prime educators of their children.

The school, church and family will work together; our role as a school is to support you and not to replace you.

# What is RSE?



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RSE is the life long learning about physical, moral and emotional development.

It is the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care.

It is also about the teaching of sex, sexuality and sexual health.

# Right to Withdraw



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Parents have the right to withdraw their children from elements of sex education **that are not** in line with the National Curriculum for Science, however we strongly recommend inclusion.

Parents **may not** withdraw their children from any aspects of Relationship and Health Education covered within the science curriculum.

Requests to withdraw your child from non-statutory sex education must be directed to Miss. Willcox, in writing.

# Special Educational Needs and Disabilities (SEND)



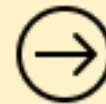
We will ensure that RSE & Health Education is accessible for all pupils including those with Special Education Needs &/or Disabilities (SEND).

We are aware that some pupils are more vulnerable, due to the nature of their SEND, and we will tailor content and teaching to their specific needs.

# Ten:Ten Resources 'Life to the Full' Programme



**Life to the Full Plus**  
Primary Schools



# Ten:Ten Resources 'Life to the Full' Programme



# Who are Ten: Ten?



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**Ten:Ten Resources** is a family-run, award-winning organisation that has been working in Catholic education for over 15 years, using story and drama to speak to hearts and minds.

Originally founded as a theatre-in-education company, **Ten:Ten Resources** has grown into a widely-used and highly-regarded educational and film company specialising in providing resources in Relationship Education from a Catholic faith-based perspective.

Their name '**Ten: Ten**' comes from the Scripture passage John 10:10: "I have come that you may have life, life to the full."

# Ten:Ten Resources



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Approved by the Diocese, the programme sets out ten principles for Catholic Relationships Education:

1. Our bodies are good
2. Through loving relationships we become close to the image and likeness of God
3. Catholic Relationships Sex and Health Education (RSHE) is about the whole person
4. Catholic RSHE should be taught in partnership with parents
5. Our deepest identity is as a child of God
6. Story can change hearts and minds
7. Catholic RSHE is an education in virtue
8. Catholic RSHE is an education in conscience
9. Relationship education is about striving for the common good
10. Prayer, Scripture and the Sacraments underpin the teaching

# What is Life to the Full?



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The Life to the Full programme includes:

- Over 80 lesson plans for EYFS to Year 6
- High-quality videos created by Ten:Ten specifically for UK-based Catholic primary schools
- Parent Online Parent Portal for links to home

# The Structure of 'Life to the Full'



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'Life to the Full' isn't just a series of lesson plans for teachers to follow: they have created an entire platform of creative resources which we hope will engage, inform and inspire you, your child and their peers. This includes:

- Interactive video content
- Story-based activities
- A wide range of teaching tools
- Original worship music
- An accompanying programme of classroom prayers
- A 'Parent Portal' for parents to engage with the teaching and deepen the experience for their children.

This structure is based on '**A Model Catholic RSE Curriculum**' by the Catholic Education Service, which was highlighted as a work of good practice by the Department for Education.

# The Structure of 'Life to the Full'



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Each learning stage covers the same 3 Modules, which take their names from the three themes of the CES Model Curriculum:

## Programme STRUCTURE

- EYFS
- Key Stage One
- Lower Key Stage Two
- Upper Key Stage Two

**Module 1**  
Created and  
Loved by God

**Module 2**  
Created to  
Love Others

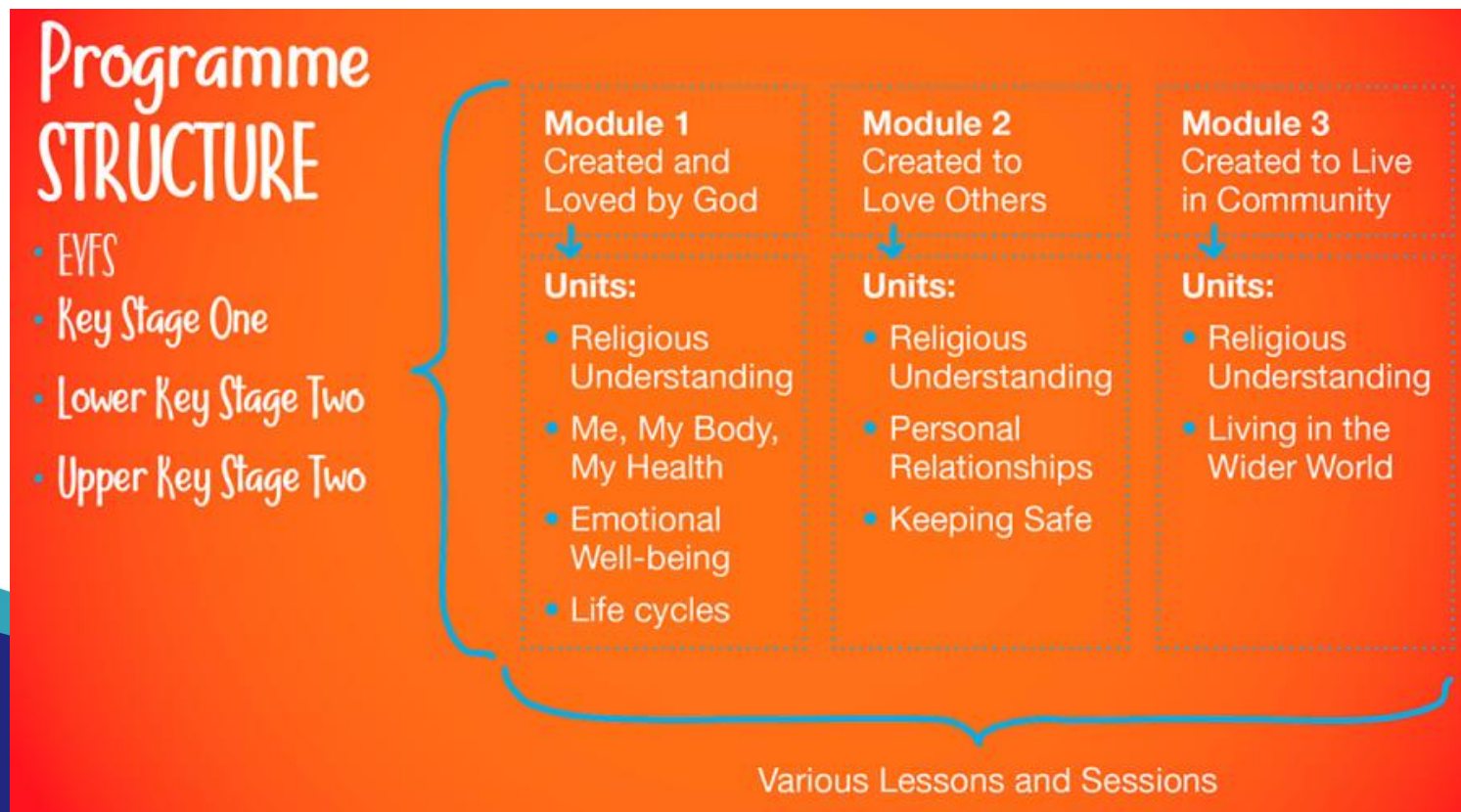
**Module 3**  
Created to Live  
in Community

# The Structure of 'Life to the Full'



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Each Module also covers the same Unit topics across each Learning Stage:



# Online Parent Portal



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As part of **Life to the Full**, Ten:Ten have created an **Online Parent Portal**. This section of the website is available to all parents, so that you can access and see the resources being used in each year group.

The **Online Parent Portal** provides a summary of each lesson, links to specific content and suggestions for further engagement at home.

# Access to the Parent Portal



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You can access the Parent Portal using the following:

[www.tentenresources.co.uk/parent-portal](http://www.tentenresources.co.uk/parent-portal)

- Username - stchb
- Password - tenten

**Online Parent Portal**



# What it Looks Like



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Online Parent Portal - Life to the Full

## Relationship and Health Education for Catholic primary schools

Life to the Full is a programme in Relationship and Health Education for Catholic primary schools throughout the UK.

Our Online Parent Portal contains:

- An **overview** of the programme, “Life to the Full”
- **Guidance** for parents on the content of lessons
- **Activities** that can be undertaken at home to support the delivery of the programme

This is a screen shot, the videos are available on the Parent Portal.



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#### **What is Life to the Full?**

It's a programme in Relationships and Health Education based on the Department of Education guidance which became statutory during the academic year 2020/21. This programme is rooted in a Christian understanding of the human person, based on "[A Model Catholic RSE Curriculum](#)" provided by the Catholic Education Service.

# This is a screen shot, the videos are available on the Parent Portal.



## How to use this online portal?

The Online Parent Portal provides parents of children in schools who subscribe to **Life to the Full** with:

- Information about the programme children will be following;
- Access to resources;
- Suggestions for further activity at home.

To access it, follow the links to the year group your child is in. Your school will provide more details about what lessons your child will be learning and when,

## Got a question?

Please talk to your school if you have a question. As we're a small team, unfortunately, we're not able to engage in direct correspondence with parents but please speak to your school and they will contact us if they require further information about the programme.

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**Pre-school and Reception**



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**Years 1 and 2**



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**Years 3 and 4**



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**Years 5 and 6**

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Within each of the year group areas you will find links to the individual module that will be taught. The PSHE curriculum map for each year group shows which module will be covered in that year.



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This is a screen shot, the videos are available on the Parent Portal.

## Module One: Created and Loved by God

**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.



### Unit 1: Religious Understanding

Unit 1 – Religious Understanding explores the Gospel story of the ‘Calming of the Storm’ (from Matthew, Mark and Luke). Over five story sessions, children will consider experiences of change, growth and development, and the trust that they can have in the person of Jesus through times of trial and tribulation. This is the religious and spiritual foundation for the exploration throughout the rest of the work covered in Module 1: Created and Loved By God.

 [Go to Unit](#)



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Curriculum Maps for each year group are available in the PSHE section of the school website.



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This information leaflet is available to download from the site which provides an overview of what is covered in each year group.

**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.

**Early Years Foundation Stage:**

- Children will learn that God is three in one: Father, Son and Holy Spirit
- Know that they are loved and called to love others
- Learn about the different communities they are part of and the responsibilities they have to them

**Lower Key Stage Two:**

- Children will develop a deeper understanding that God is love as shown by the Trinity
- Understand that the human family reflects the Holy Trinity in mutual charity and generosity
- Know that the Church family comprises of home, school and parish
- Catholic Social Teaching on what it means to work for the Common Good

**Religious Understanding**

In the first Unit, Religious Understanding, the sessions help children to develop a concept of the Trinity at a level appropriate for their learning stage. They learn about the creative order of love between Father, Son and Spirit. Children will learn that just like the Trinity of God, we are made to love God and love others, and we are made to be loved by God and others. This extends not only to us, our families, our friends and our personal relationships, but also to the wider world.

**Community**

**Information for PARENTS**

**Life to the Full**

**Online Parent Portal**  
[www.tenterresources.co.uk/parent-portal/](http://www.tenterresources.co.uk/parent-portal/)

School login

School password

**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.

**My special BOX**

**Early Years Foundation Stage:**

- Our uniqueness in real terms
- Celebrating differences, talents and abilities
- Looking after and using our bodies
- The necessity of when and how to say sorry
- Jesus' forgiveness and growing up as God's plan for us

**Lower Key Stage Two:**

- Understanding differences
- Respecting our bodies
- Publicly and changing bodies
- Strategies to support emotional wellbeing including practicing thankfulness
- The development of pupils' understanding of life in the womb and how babies are made

**Religious Understanding**

**Story Sessions:** Each learning stage focuses on a different Gospel story which is repeated in various ways over a week, giving rise to times of discussion, imaginative reflection and creative response. For example, in Key Stage One children will hear and reflect on the story of Jesus telling the little children to come to Him and through imaginative reflection will put themselves into the story to experience Jesus' love personally.

In Upper Key Stage Two, the story is that of Jesus calming the storm, and is used to reflect on how whatever might come their way through puberty and beyond, Jesus is with them and will help them.

**My special BOX**

**Key Stage One:**

- We are uniquely made by a loving God
- We have differences and similarities
- Key information about staying physically healthy
- Understanding feelings and emotions, including strong feelings such as anger
- The cycle of life from birth to old age

**Upper Key Stage Two:**

- Appreciation of physical and emotional differences
- A more complex understanding of physical changes in girls' 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 how babies are made
- Menstruation

**Religious Understanding**

**Module Two: Created to Love Others** explores the individual's relationships 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.

**Relationship REEDS**

**Early Years Foundation Stage:**

- Unit 1: Personal Relationships
  - Different family/friend relationships
  - Features of positive/negative behaviour in relationships
  - The importance of saying sorry and forgiveness within relationships
- Unit 2: Keeping Safe
  - Practical ways to stay safe inside and out
  - Staying safe around machines
  - People who help us in emergencies

**Lower Key Stage Two:**

- Unit 1: Personal Relationships
  - Strategies for more complex experiences of relationships and conflict
  - How to identify and respond to spoken and unspoken pressure
  - The concept of consent
  - Further teaching on how our thoughts and feelings impact on how we act
- Unit 2: Keeping Safe
  - Risks of sharing and chatting online
  - How drugs, alcohol and tobacco can negatively affect people's lifestyles
  - Essential First Aid such as CPR ABC and the recovery position

**Religious Understanding**

At the start of each learning stage, we begin with a series of story sessions based on a key Gospel story which provides the religious foundation for the teaching that will follow. For example, through an imaginative retelling of the Prodigal Son, children deepen their understanding of the concept of sin and the importance of forgiveness in relationships.

**Key Stage One:**

- Unit 1: Personal Relationships
  - 'Special people' in their lives who they love and can trust
  - Coping with various social situations and dilemmas
  - The importance of saying sorry and forgiveness within relationships
- Unit 2: Keeping Safe
  - The risks of being online
  - The difference between good and bad secrets
  - Teaching on physical boundaries
  - The effects of harmful substances
  - Some basic First Aid

**Upper Key Stage Two:**

- Unit 1: Personal Relationships
  - Strategies for more complex experiences of relationships and conflict
  - How to identify and respond to spoken and unspoken pressure
  - The concept of consent
  - Further teaching on how our thoughts and feelings impact on how we act
- Unit 2: Keeping Safe
  - Risks of sharing and chatting online
  - How drugs, alcohol and tobacco can negatively affect people's lifestyles
  - Essential First Aid such as CPR ABC and the recovery position

# Thank you for reading this presentation.



- If you have any queries about the content of the curriculum that your child will be taught, please discuss this with their class teacher.
- In addition to this, if you have any other feedback then please contact Mrs. Brown (RE/RSE Lead) through the school office.