St Boniface RC Primary School

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5th November 2026 **RHE/PSHE Curriculum – Autumn Term 2**

Dear Parents and Carers,

We will be continuing with Life to the Full by Ten Ten Resources, our Catholic Relationships, Health and Education (RHE/PSHE) programme, which is taught weekly throughout the year. The programme supports children in understanding themselves, developing healthy relationships and making positive choices, in keeping with our Catholic faith.

This half term, children will be exploring **Module 1: Created and Loved by God.** This module helps children recognise that they are unique, special and loved by God. It encourages self-respect, confidence, emotional awareness and appreciation of others.

Module 1: Created and Loved by God

Unit 1 – Religious Understanding: Children explore the belief that we are all created and loved by God, and that everyone has dignity and deserves kindness, love and respect.

Unit 2 – Me, My Body, My Health: Children learn about their uniqueness, looking after their bodies, personal hygiene, healthy choices and respect for themselves and others.

Unit 3 – Emotional Well-Being: Children learn to recognise, express and manage feelings, build resilience, and know when to talk to a trusted adult.

Unit 4 – Life Cycles: Children explore, in an age-appropriate way, how living things grow and change through the stages of life, appreciating the wonder of God's creation.

Lessons are adapted to the age and stage of the children and delivered sensitively within our Catholic ethos. Ten Ten Resources recognise the foundational role of parents and carers in educating and nurturing their children. Their Online Parent Portal provides information about lessons, alongside opportunities for discussion, activities and prayer at home. We encourage you to explore these resources throughout the year.

Parent Portal: www.tentenresources.co.uk School username: **parents-st-boniface-catholic-primary-school**

Password: **Bonnie123**

If you have any questions about the programme or would like to discuss the content further, please do not hesitate to contact school. Thank you for your continued support.

Kind regards,

Mrs S Cassidy
Headteacher