



St Michael and St Martin Catholic Primary School

Belgrave Road, Hounslow, Middlesex TW4 7AG

Headteacher : Mrs N Duggan

Deputy Headteacher : Mrs S Bell

Joint Chair of Governors : Mr Remie Antao and Mr Tom White



Learning our faith, Living our faith, Loving our faith

16th January 2026

Dear Parents and Carers

This term, our pupils will begin their Relationship and Sex Education (RSE) topics. These sessions are designed to provide age-appropriate information and support your child's understanding of the important role of faith as they develop. We will be using the "Life to the Full" programme, which is based on the 'A Model Catholic RSE Curriculum' from the Catholic Education Service and has been recognised as a model of good practice by the Department of Education.

"Life to the Full" offers more than just lessons; it provides a comprehensive platform filled with creative resources aimed at engaging and inspiring both our pupils and you as parents. This includes interactive videos, story-based activities, diverse teaching tools, original worship music, and a program of classroom prayers.

There is 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:

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

Username - **stMandM**

Password - **RSE2024**

If you have any concerns, please contact the school office so that your child's class teacher can be informed. Our older pupils will learn about the physical and emotional changes that occur during puberty, and the sessions will provide them with opportunities to ask questions and discuss these topics.

We want to ensure you are aware that this programme will begin this term.

The RSE areas that are covered in each year group are shown below:

EYFS

- Staying safe

Year 1

- Appropriate and inappropriate physical contact
- Harmful substances

Year 2

- Biological names for the parts of the body
- Appropriate and inappropriate physical contact
- Hygiene



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Follow us on Instagram : [stmichaelstmartinschool5](https://www.instagram.com/stmichaelstmartinschool5)

The Education
Staff Wellbeing
Charter

Year 3

- Biological names for the parts of the body
- Appropriate and inappropriate physical contact
- Hygiene
- Harmful substances

Year 4 – *separate for boys and girls where appropriate but content shared with both groups*

- Biological names for the parts of the body
- Physical changes that will occur as children enter adulthood
- Appropriate and inappropriate physical contact

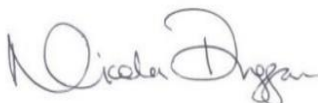
Year 5 – *separate for boys and girls where appropriate but content shared with both groups*

- Understanding your changing body
- Physical changes/Puberty:
 - Boys: Erection/Wet Dream, Voice Breaking and Shaving
 - Girls: Periods and Breast Growth
- Hygiene:
 - Hair, Spots, Deodorant, Body Smells, Looks/Image
- Feelings/Relationships:
 - Mood Swings/Attitude/Respect/Care for others
- Forms of abuse – including explaining that Female Genital Mutilation (FGM) is a form of abuse.

Year 6 – *separate for boys and girls where appropriate but content shared with both groups.*

- Understanding your changing body
- Puberty
- Physical changes:
 - Boys: Erection/Wet Dream, Voice Breaking and Shaving
 - Girls: Periods, Bra and Breast Growth
- Reproduction - Sexual intercourse - How babies are made
- Hygiene:
 - Hair, Spots, Deodorant, Body Smells, Looks/Image
- Feelings/Loving Relationships:
 - Mood Swings/Attitude
- Understanding the importance of family life, stable and loving relationships, respect, love and care.
- Forms of abuse – including explaining that Female Genital Mutilation (FGM) is a form of abuse.

Yours sincerely



Mrs N Duggan
Headteacher