



Pope Paul Catholic Primary School

Baker Street
Potters Bar
Hertfordshire
EN6 2ES

Tel: 01707 659755

Email: admin@popepaul.herts.sch.uk

Website: www.popepaul.herts.sch.uk

Headteacher:
Mrs Liz Heymoz

2023 – 2024 Academic Year Spring Term 2024

Dear Parents,

Spring Term 2024 Relationship and Health Education (RHE)/PSHE and Wellbeing

In school we use the Relationship Education programme provided by TenTen, known as 'Life to the Full Plus' to teach Relationship and Health Education/PSHE and Wellbeing. This programme is designed specifically for Catholic schools. It aims to teach this curriculum within the context of a Christian understanding rooted in the wisdom and teaching of the Catholic Church.

As parents, you are the first educators of your child and we want you to be aware of the teaching programme schedule, so you can anticipate and answer your children's queries and questions in their supportive home environment.

On the other side of this letter, you will see what modules of learning your child(ren) will be covering in his/her respective year group for this Spring Term (2024).

If you wish to explore the lesson resources more fully, please see below the link to Ten Ten's Parent Portal, including suggested home activities to support learning:

Username	pope-paul-en6
Password	lambs-wool
Parent Portal	https://www.tentenresources.co.uk/parent-portal/

When you login, please click on **Years 5 and 6** where you will get guidance on the content of the lessons in the programme.

If you have any questions regarding the content, please do not hesitate to contact your child's class teacher or myself.

Many thanks for your continued support in your child's education.

Mrs McNamara (RHE/PHSE subject lead)

Spring Term 2024

Module 1: Created and Loved by God

Unit 3 Emotional Wellbeing

Session 1: Body Image.

Session 2: Peculiar Feelings.

Session 3: Emotional Changes.

Session 4: Seeing Stuff Online.

Unit 4 Life Cycles

Session 1: Making Babies

Session 2: Menstruation

Session 3: Hope Beyond Death.

Module 2: Created to Love Others

Unit 1 Story Sessions

God is Calling You.

Unit 2 Personal Relationships

Session 1: Under Pressure

Session 2: Do You Want a Piece of Cake?

Session 3: Self Talk

Session 4: (Year 6 only) Build Others Up.