



The Federation of St Elphege's Catholic Schools

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Executive Head Teacher: Mr Martin Jones

Head Teacher: Mr Laurence Hawkes

Deputy Head Teachers: Mrs R Duffy & Mrs N Hawkes

Thursday 4th June 2026

YEAR 5 Relationships, Sex & Health Education (RSHE)

Dear Parents and Guardians,

Over the remaining of the Summer term, Year 5 will be working through our RSHE scheme of work: Life to the Full. Some of lessons focus on topics such as girls' bodies, boys' bodies, menstruation and types of abuse. As such, we will be holding a **Year 5 RSHE meeting at 5pm on Wednesday 10th June 2026** to inform you further.

Please note: we ask that children do not attend this meeting.

It is important to remember that all content with the RSHE scheme is age appropriate. In the meantime, if you would like to acquire more information, you can visit a [Frequently Asked Question page](#) which was designed after a parent consultation period in a previous year. Furthermore, you can also log into the Life to the Full parent portal to get an overview of the sessions we will be covering. To do so, please follow the link below using the given log in details.

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

Username: **st-elphege-sm6**

Password: **ocean-blue**

Yours sincerely,

Year 5 Team