*The glory of God is man and woman fully alive, but life for them consists in seeing God revealed in God’s Word.* ***St. Irenaeus***

Dear Families:

I would like to introduce our Family Life Education program, called *Fully Alive*. This program, which is for Grades 1–8, is the result of many years of discussion, consultation, and work by bishops, Catholic educators, Catholic school trustees, and parents. It has been approved by the Assembly of Catholic Bishops of Ontario as consistent with Catholic teachings and appropriate for use in Catholic classrooms. It is intended to complement the efforts of parents and guardians to teach their children at home.

In Catholic schools, Family Life Education has been an integral part of the Religious Education program for many years. Family Life Education also incorporates content about human development and sexual health along with healthy living, mental health literacy, and many of the social emotional learning skills from the Ontario Health and Physical Education (HPE) Curriculum. *Fully Alive*’s approach to human life, relationships, and sexuality is guided by our Catholic faith and by the wisdom accumulated through many years of Christian human experience.

*Fully Alive* is organized into five themes:

* **Theme One — Created and Loved by God:** The first theme provides the foundation of the program. We are created in the image of God, and God loves and sustains each one of us. This theme explores some of the ways in which each person is unique and irreplaceable, yet shares a common human nature with all others.
* **Theme Two — Living in Relationship:** Human beings are created to live in relationships with others. The bonds of family and friendship, which are explored in this theme, are central in our lives, and shape our identity and our development. Students will be introduced to the concept of family as a ‘domestic church’ and will develop an understanding and appreciation of the Holy Family as an example of family life.
* **Theme Three — Created Sexual: Male and Female:** Sexuality is a fundamental dimension of our identity as children of God. In this theme, sexuality is presented as a gift from God that is intended for life and love. There is a discussion of how we engage in online activities in safe and respectful ways.

Note: More detailed information on the specific HPE expectations addressed in this theme of *Fully Alive* can be found onthe website of the Institute for Catholic Education [(www.iceont.ca)](http://www.iceont.ca/).

* **Theme Four — Growing in Commitment:** God’s call to faithfulness is explored in this theme. Learning to be committed and trustworthy is a lifelong challenge that begins in childhood.
* **Theme Five — Living in the World:** Our relationships with others go beyond the circle of family and friends. In Theme Five, we examine what it means to participate in society, and to fulfill our responsibilities to care for and build God’s world.

Since parents and guardians are the primary teachers of their children, before we begin each theme you will receive information providing details about the content of the program and the topics we will be discussing.

For more information related to the *Fully Alive* program, please visit the Elementary Resources section of the Institute for Catholic Education (ICE) website: <https://iceont.ca/elementary-resources/>.

I look forward to working with you and your child during this school year.

*Teacher \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*