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'Christ at the Centre'



Head Teacher: Miss Louise Buxton

Dear Parents and Carers, Year 5

As part of our statutory 'Relationships and Health Education' curriculum, the children will be learning about some of the changes that occur during puberty in their RSHE lesson next week. The first session is scheduled for fortnight beginning 9th June 2025. You do not need to do anything, but I wanted you to be aware that the lesson is taking place in case any follow-up questions arise.

The lesson content, for the next three weeks, is outlined in more detail below.

| Session | Lesson Content: | Learning Intention: |
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| 1 | In the first episode of the series "Paradise Street", we are introduced to the four main characters and see their similarities and differences. There is friction over competition and rivalry, with the characters learning that difference – whether physical or skills-based – should be celebrated as enriching to a community. One of the characters, Finn, discusses his feelings of insecurity with his Mum and she teaches him that his self-confidence should come from being loved by God. | Children will learn that: <ul style="list-style-type: none"> • Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community; • Self-confidence arises from being loved by God (not status, etc). |
| 2 | This episode of 'Paradise Street' starts with a lesson in class talking about the physical changes that boys and girls experience in puberty; the children respond with degrees of embarrassment and confusion. The film then focuses on the girls' perspective with the character of Leyla. Through the film, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for girls through puberty. The film then focuses on the boys' perspective through the characters of Finn and Marcus. Through the drama, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for boys during puberty. | Children will learn: <ul style="list-style-type: none"> • That human beings are different to other animals; • About the unique growth and development of humans, and the changes that girls will experience during puberty; • About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; • The need for modesty and appropriate boundaries. |

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| 3 | This session discusses how children can respect their bodies as gifts from God by looking after them appropriately. They will learn that good choices regarding rest, sleep, exercise, personal hygiene and diet will have a positive impact on their health. | Children will learn: <ul style="list-style-type: none"> • How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc. |
| 4 | In this session, we see that Siobhan gets her first period and doesn't know quite what to do. She is sad that her Mum, who died a number of years ago, isn't there to show her the ropes, but she is helped by her teacher and her Dad to become confident going forwards. Through this session, pupils will learn about how girls manage their periods, and understand some of their possible side effects. They will learn why periods happen; that fertility is necessary to bring a child into the world; and how periods are part of God's plan for creation. | Children will learn: <ul style="list-style-type: none"> • About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life; • Some practical help on how to manage the onset of menstruation. |

There are also some great online resources created by the NSPCC that further support the message that our private parts are private. The NSPCC have created an online resource for parents along with a downloadable guide should you wish to discuss and reinforce this message with your child before or after their lesson in school:

- <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>
- <https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf>
- <https://www.youtube.com/watch?v=-IL07JOGU5o&app=desktop>

Please do not hesitate to contact me if you have any questions.

Best wishes

Louise Buxton

