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'Christ at the
Centre'



Head Teacher: Miss Louise Buxton

Dear Parents and Carers, Year 6

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 the 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:
1	This film investigates some of the pressures pubescent young people can face from others, their own expectations and the media. Leyla feels pressure to look grown up after her Mum shares a photo of her on social media with a caption 'My Baby', and Finn feels weak and inadequate and so tries to build muscle too quickly. Through exploring these and other pressures that they may experience, children will develop ideas on how to build resilience through thankfulness.	Children will learn: <ul style="list-style-type: none">To recognise that images in the media do not always reflect reality and can affect how people feel about themselvesThat thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media
2	In this session, pupils will observe and discuss how people behave and react to their feelings and emotions, and how these feelings can change quickly. Marcus imitates inappropriate behaviours that he sees at home from his Mum's boyfriend. He learns that some behaviours are always wrong, no matter what feelings accompany them, and learns that he has to take responsibility for his actions. Siobhan and Leyla fall victim to miscommunication which ruptures their friendship.	Children will learn: <ul style="list-style-type: none">To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action.That some behaviour is wrong, unacceptable, unhealthy or risky.
3	In this episode of Paradise Street, Leyla has a crush on an older boy and gets a bit carried away. Meanwhile, following recent events in Marcus' personal life, Miss Nichols gives him a creative outlet	Children will learn: <ul style="list-style-type: none">Emotions change as they grow up (including hormonal effects);

	<p>to soothe the powerful emotions he has been experiencing. This session provides plenty of opportunity for discussion and reflection, including how to deal with feelings that can feel uncontrollable. Pupils will develop a greater understanding of things that help their emotional well-being. At the end of this session, pupils should be given information about pastoral facilities within the school that they can use if they are not feeling emotionally well.</p>	<ul style="list-style-type: none"> • To deepen their understanding of the range and intensity of their feelings; that ‘feelings’ are not good guides for action; • About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.
4	<p>In this session, pupils will explore the miraculous nature of human conception and birth. With the underpinning knowledge that we were handmade by God with our parents’ help, children will go on a journey to discover how life is created in the womb. It is worth noting that sexual intercourse is not discussed in this session. The session will end with a thanksgiving meditation.</p>	<p>Children will learn:</p> <ul style="list-style-type: none"> • That they were handmade by God with the help of their parents; • How a baby grows and develops in its mother’s womb including, scientifically, the uniqueness of the moment of conception; • How conception and life in the womb fits into the cycle of life.
5	<p>This session explores how a baby grows in the womb, building and developing the teaching at Lower Key Stage Two. In the episode of “Paradise Street”, Finn learns that his Mum is going to have a baby. He discusses it with his friends, who don’t know much about where babies come from. Finn learns from his Mum how about the miraculous process of human life is conceived and developed in the womb. Finn also has his worries alleviated about being ‘replaced’ or not loved so much when the new baby comes along.</p>	<p>Children will learn:</p> <ul style="list-style-type: none"> • How a baby grows and develops in its mother’s womb
6	<p>Previously in “Paradise Street”, Finn and Leyla asked questions about how babies are made and they learned about the different stages of life in the womb. At the end of the episode, Finn disarms his Dad with the question, “How did your sperm actually get inside Mum’s body?” In this session, pupils will learn some key information and facts about sexual intercourse; the teaching is underpinned with the religious understanding that</p>	<p>Children will learn:</p> <ul style="list-style-type: none"> • Basic scientific facts about sexual intercourse between a man and woman; • The physical, emotional, moral and spiritual implications of sexual intercourse; • The Christian viewpoint that sexual intercourse should be saved for marriage.

sexual intercourse is intended for married couples and has been designed by God.
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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=-lL07JOGU5o&app=desktop>

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

Best wishes

Louise Buxton