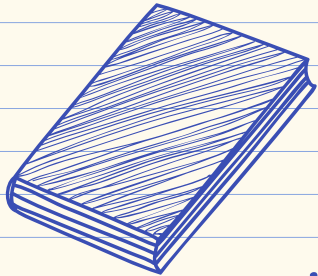
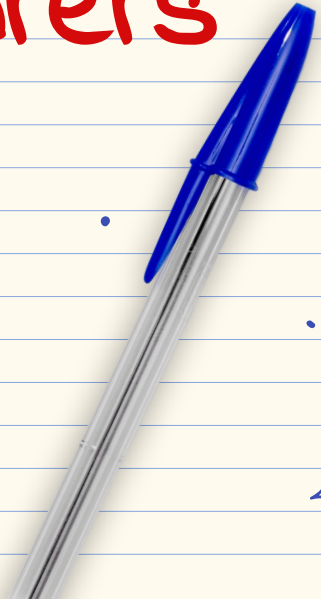


# Health Education Meeting for Parents/carers

June 2021



Redbridge Primary School



# Purpose of the Meeting

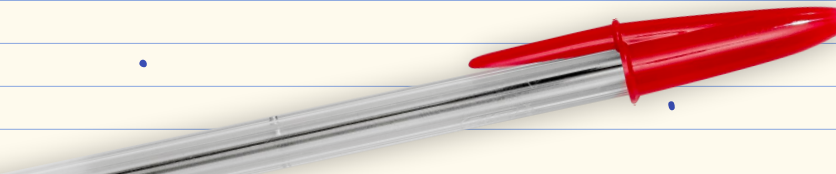
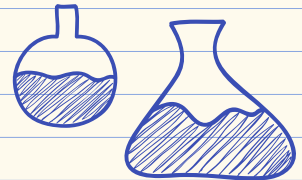
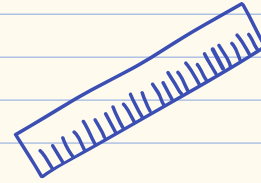
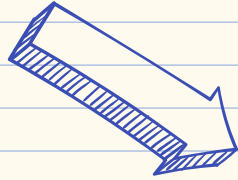
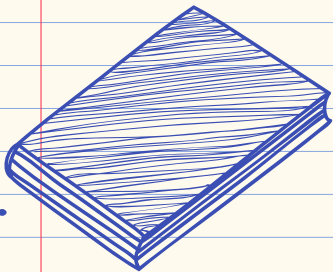
- To inform families of the learning planned for Year 6 in upcoming week
- Introductions
- To promote a home/school partnership
- To help families support your child in learning about their bodies and health.
- To provide an opportunity to view some teaching resources



## Questions

As we go along please note down any questions you have in the chat function and we will try to answer these as they come up. If we are unable to answer them now we will make a note and get back to you as we have a limited time today.

# what is Health and Relationship Education?

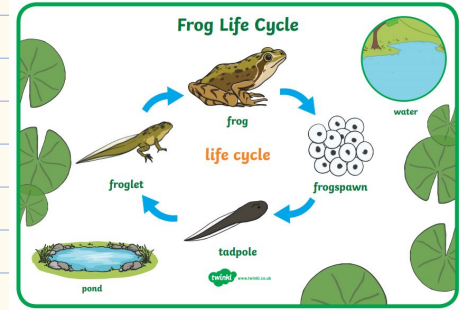
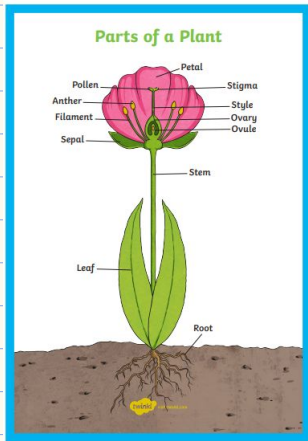


# Science

## All living things

Pupils should be taught to:

- Explain the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- Describe the life process of reproduction in some plants and animals (including humans)

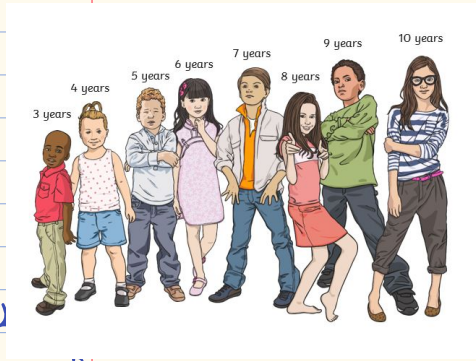


# Science

## Animals, including humans

Pupils should be taught to:

- describe the **changes** as humans develop from birth to old age (including puberty)



# PSHE and Citizenship

## Key Stage 2

Pupils should be taught:

- About how the body changes during puberty
- To recognise different types of relationship including marriage/civil partnership and those between friends and families
- To understand personal boundaries; to identify what they are willing to share with their most special people; friends; classmates and others; and that we all have rights to privacy
- To know that there are some cultural practices which are against British law and universal human rights, such as female genital mutilation (FGM)
- To deepen their understanding of good and not so good feelings
- Personal hygiene and self care regimes
- To understand how their actions effect themselves and others

# PSHE and Citizenship

Pupils should:

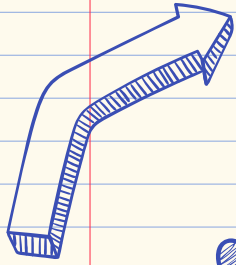
- Develop confidence in talking, listening and thinking about feelings and relationships
- Be able to name parts of the body and describe how their bodies work
- Be prepared for puberty
- Develop a healthier, safer lifestyle.
- Understand personal boundaries
- Understand and discuss the NSPCC 'PANTOSAURUS' rule.



# Why Health & Relationship Education?

- ❖ Part of the National Curriculum (although new changes will be made statutory as of Sept 2021)
- ❖ We want to address misinformation and provide self and body empowerment
- ❖ Children are under a lot media influence
- ❖ Develop and support home-school partnership. This topic is sensitive and can be difficult for some families.
- ❖ Many children are already going through puberty. This learning will support those already going through changes that are happening to their bodies, and prepare those who are yet to begin.

# Creating a safe environment



- ★ Ground-rules
- ★ Anonymous talk box
- ★ Leaflets for discussion with parents
- ★ Organisation and groupings
  - -2 adults per group
  - -mixture of whole class and single gender groups
- ★ New and adapted resources based on feedback from our community.



# what do our children think?

*"Before the topic I felt embarrassed because we have never been taught something like this. I was quite childish but my attitude soon changed. I now know a lot more about puberty and feel a lot more mature, sensible and confident."*

*(Year 5 Girl)*

*"I felt more confident to talk to my parents after the lessons in school."*

*Year 5 Girl*





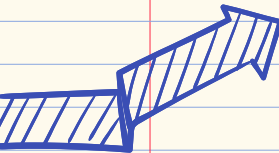

# what do our children think?

"When I first looked at the lesson I did have a bit of a giggle and then I was mature enough to understand it"

*"Before we learnt the topic I felt nervous and scared but now I felt comfortable after learning the topic"*

✧ "After the topic, I felt much more confident saying the words" Year 6 boy





# Sequence of Learning

## Day one

### **Life Cycle of Animals.**

Difference between Sexual and Asexual reproduction. Reproduction of animals and how some are born with live young others with eggs.

**S2, S1**

### **Life cycle of animals continued.**

Draw life cycle and compare with plants.

### **Life cycle of humans S3**

Changes that happen to humans as they approach old age Life cycle of a human from baby to senior citizen.

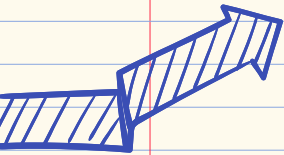
### **Question time**

Ground rules. Introduce talk box.

### **NSPCC – changing friendships**

**R1, R2, R3, R21, R4**





# Sequence of Learning

## Day Two

### What's happening to me? Puberty

Operation ouch – Hormones video.

Always healthy body lesson.

What do you do to keep clean? Bring in real life items, shampoo, conditioner, deodorant etc.

**H12, H18, H20, H6**

### Puberty continued

Personal hygiene

Exercise

Always Emotional health

### Female changes **H18**

Always changing body, Periods

Explain that some females have health issues which means they may never have a period.

Period poverty and Free period campaign

Sanitary wear

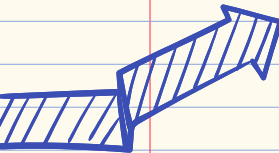
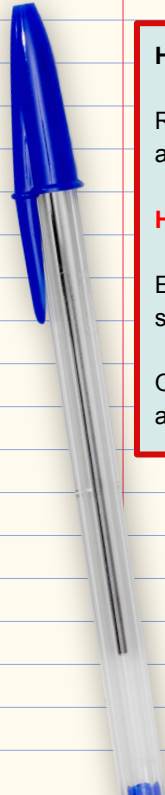
Wet dreams

### Body parts **R17, S3**

Slang and science vocab for private parts.

Use of Felt aprons. Take organs off and have children put them back on. Use a worksheet (Inside, Outside) to label the parts. Keep word bank covered to start with and then uncover.





# Sequence of Learning

## Day Three

### Human Reproduction

Refer back to what they learn about animal reproduction.

**H19, S1, S2**

Explain that humans also require a sperm and egg.

Operation ouch – How babies grow and menstruation

### NSPCC PANTS

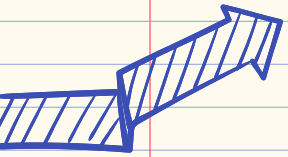
**R8, R9, R6**

Looking after your body and privacy

**Draw how you imagine you will be at 12.** How will you have changed? What will not have changed?

Free choice – poem, rap, poster, answer any last questions etc.





# Sequence of Learning

## Day Four



**Family types R4, R6, R19, L5**

(marriage, not married, civil partnership).

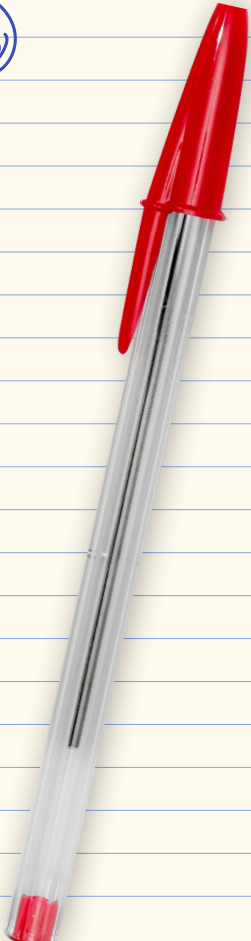
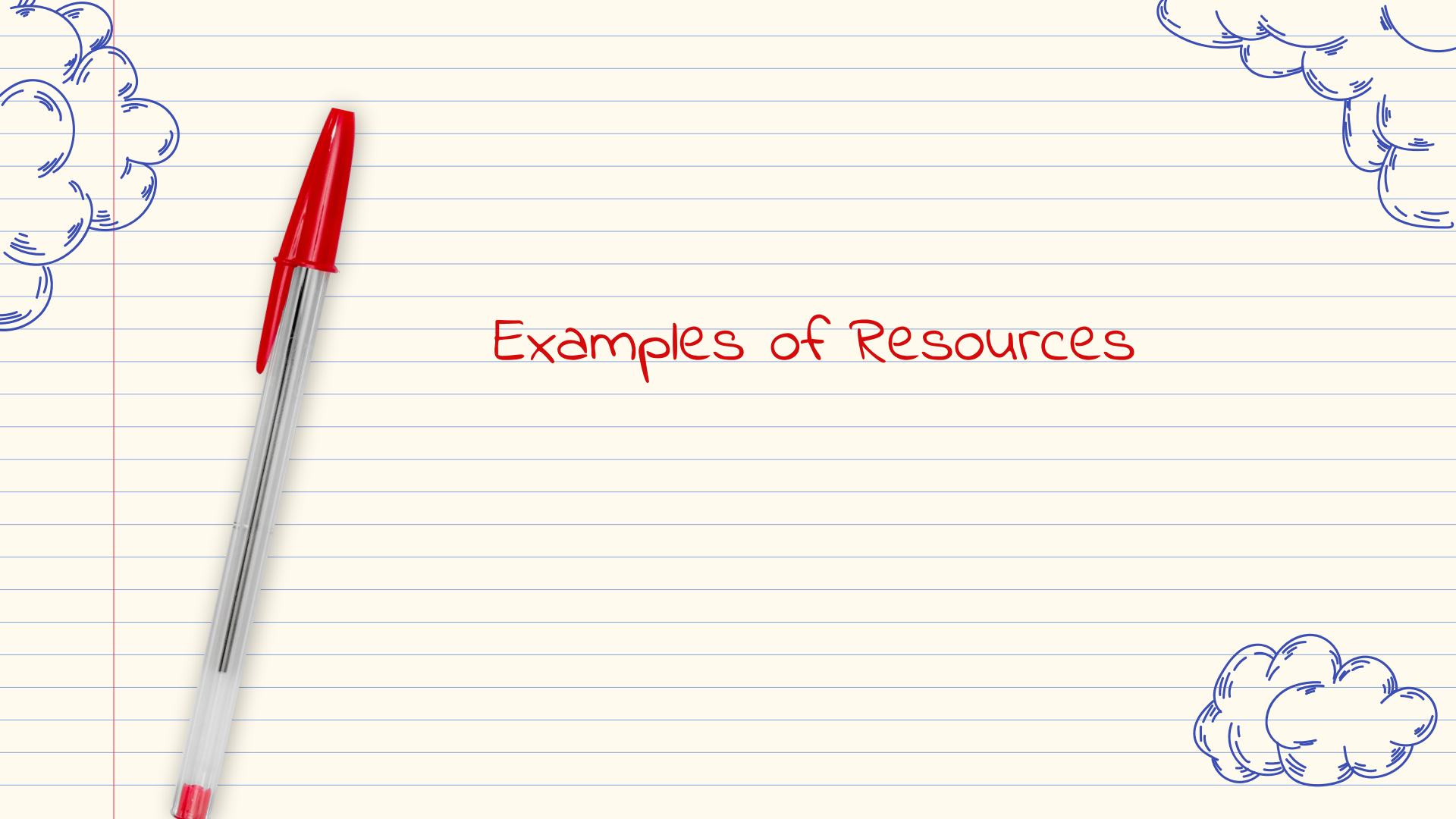
Laws that protect children (no underage marriage).

FGM

CONSENT for kids video.





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# Examples of Resources

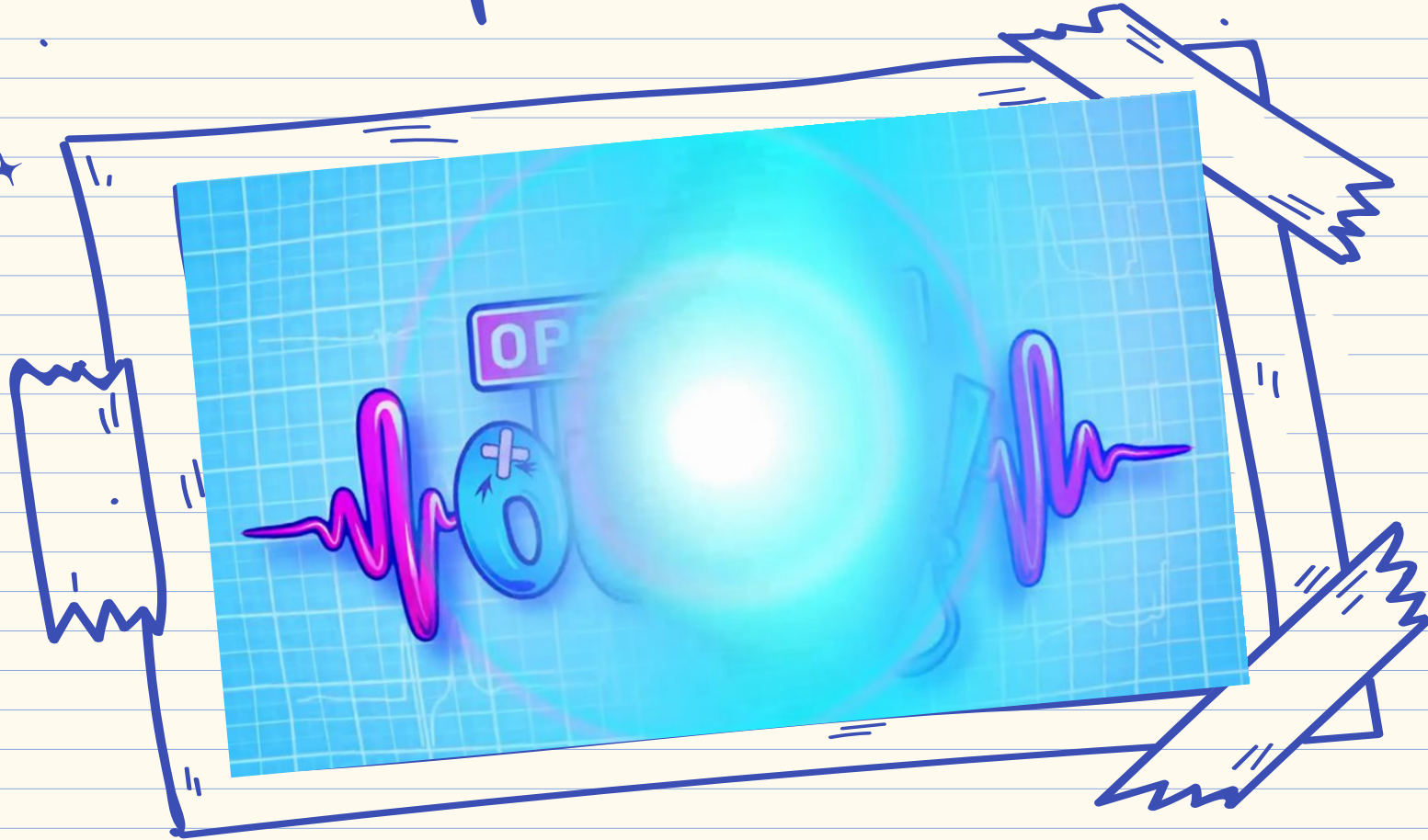
Questions?



# Operation Ouch



Operation Ouch



# Consent for Kids



**CONSENT**  
for  
**KIDS**



Thank you for  
attending the  
meeting!