



Tuesday 10<sup>th</sup> September 2024

Dear Parents,

### PSHE Lessons

Next week, we will begin several modules of work on puberty and relationship education as part of our PSHE curriculum (these sessions will be spread throughout the year). I have provided a grid below, which shows the title of each lesson and a summary of what will be included. As per our RSE policy, you have the right to remove your children from these sessions. If you should wish to do this, please contact me via the school office (01803 613905 or [admin@olota.uk](mailto:admin@olota.uk)) ASAP.

The children will be taught together as a class, rather than separating them into boys and girls. We feel it is important that they have an understanding of the changes that they will ALL go through as this allows for greater consideration and empathy with each other. The children will have the chance to ask questions during the sessions, but we will also provide them with the opportunity to ask questions anonymously, as an alternative which they may find more comfortable.

Session title	Summary of content being taught
Session 1 – Gifts and talents	<ul style="list-style-type: none"><li>• Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community.</li></ul>
Session 2 – Girls' bodies	<ul style="list-style-type: none"><li>• That human beings are different to other animals.</li><li>• About the unique growth and development of humans, and the changes that girls will experience during puberty.</li><li>• About the need to respect their bodies.</li><li>• The need for modesty and appropriate boundaries.</li></ul>
Session 3 – Boys' bodies	<ul style="list-style-type: none"><li>• That human beings are different to other animals.</li><li>• About the unique growth and development of humans, and the changes that boys will experience during puberty.</li><li>• About the need to respect their bodies.</li><li>• The need for modesty and appropriate boundaries.</li></ul>

Our Lady of the Angels Catholic Primary School, Queensway, Torquay TQ2 6DB  
Tel: 01803 613095 Email: [admin@olota.uk](mailto:admin@olota.uk)  
Website: [www.ourladyoftheangels.eschools.co.uk](http://www.ourladyoftheangels.eschools.co.uk)

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Session 4 – Spots and sleep	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
Session 5 – Body image	<ul style="list-style-type: none"> <li>• To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</li> <li>• That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media.</li> </ul>
Session 6 – Peculiar feelings	<ul style="list-style-type: none"> <li>• To deepen their understanding of the range and intensity of their feelings; that ‘feelings’ are not good guides for action.</li> <li>• That some behaviour is wrong, unacceptable, unhealthy or risky.</li> </ul>
Session 7 – Emotional changes	<ul style="list-style-type: none"> <li>• Emotions change as they grow up (including hormonal effects).</li> <li>• To deepen their understanding of the range and intensity of their feelings; that ‘feelings’ are not good guides for action.</li> <li>• 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.</li> </ul>
Session 8 – Seeing stuff online	<ul style="list-style-type: none"> <li>• The difference between harmful and harmless videos and images.</li> <li>• The impact that harmful videos and images can have on young minds.</li> <li>• Ways to combat and deal with viewing harmful videos and images.</li> </ul>
Session 9 – Making babies (part 1)	<ul style="list-style-type: none"> <li>• How a baby grows and develops in its mother’s womb.</li> </ul>

If you have any questions regarding the teaching of this aspect of the curriculum, I would be happy to discuss them with you further and you can arrange a phone call via the office.

Please be assured that all materials are completely age-appropriate and will be delivered in a sensitive and respectful manner.

Best wishes,  
 Kate Davenport  
 Y6 Teacher and Deputy Head



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