



# METHERINGHAM PRIMARY SCHOOL

Headteacher: Mrs L Duggin

Metheringham, Lincoln LN4 3BX

Telephone 01526 320039 Fax 01526 323329

Registered Charity No. 1046880

Email: [enquiries@metheringham.lincs.sch.uk](mailto:enquiries@metheringham.lincs.sch.uk)

[www.metheringhamprimary.co.uk](http://www.metheringhamprimary.co.uk)

Twitter: @metheringhamp

Monday 13<sup>th</sup> May 2024

Dear Metheringham Families,

Over the next term, in our RHE (Relationships and Health Education) learning, we will be looking at the changes that take place in peoples' bodies during puberty. By the end of these lessons, children will know about some of the physical and emotional changes that take place and how to keep our changing bodies and minds safe.

It is important that children can discuss and ask questions both at home and at school, so you will find the vocabulary that we will use below. You may wish to discuss these with your child beforehand or your child may want to talk to you about what they have learned when they come home.

Below is a summary of lessons covered and the vocabulary we will use.

If you any questions about the learning, please come and talk to us.

<p><b>Year 5</b> <b>Safety and the changing Body</b></p> <p>Vocabulary: Puberty, change, reproduction, bladder, scrotum, genitals, vagina, vulva, pubic hair, underarm hair, menstruation, period, eggs, breast, hips, grow, shape, sweat, hygiene, spots, mood, penis, testicles, sperm, body hair, facial hair, larynx, (Adam's apple) voice breaking, perspiration, muscles, wet dream</p>	<ul style="list-style-type: none"> <li>• Set the ground rules</li> <li>• How can I become a discerning consumer of information online?</li> <li>• How can I identify fake news?</li> <li>• Why should online relationships be treated in the same way as face-to-face relationships?</li> <li>• First Aid - How do I help someone who is bleeding? (Workshop)</li> <li>• First Aid - What do I do if I find someone who is unresponsive? (Workshop)</li> <li>• What are the physical changes during puberty?</li> <li>• What is the menstruation cycle and nocturnal emissions?</li> <li>• What are the emotional changes in puberty?</li> </ul>
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The Upper Key Stage 2 Team





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Monday 13<sup>th</sup> May 2024

Dear Metheringham Families,

Over the next term, in our RHE (Relationships and Health Education) learning, we will be recapping the changes that take place in peoples' bodies during puberty and then learning about human reproduction, pregnancy and birth. They will also know how we keep our changing bodies and minds safe. It is important that children can discuss and ask questions both at home and at school, so you will find the vocabulary that we will use below. You may wish to discuss these with your child beforehand or your child may want to talk to you about what they have learned when they come home.

Below is a summary of lessons covered and the vocabulary we will use.

\* Please note, where a lesson is marked with an asterisk, under current legislation, parents may wish to withdraw their child from this content. Further clarification of the procedure for this can be found on the school website.

[www.metheringhamprimary.co.uk/attachments/download.asp?file=38&type=pdf](http://www.metheringhamprimary.co.uk/attachments/download.asp?file=38&type=pdf)

[www.metheringhamprimary.co.uk/attachments/download.asp?file=36&type=pdf](http://www.metheringhamprimary.co.uk/attachments/download.asp?file=36&type=pdf)

## Year 6

### Safety and the changing Body

**Vocabulary:** Puberty, change, reproduction, genitals, vagina, vulva, pubic hair, underarm hair, menstruation, period, eggs, breast, hips, grow, shape, sweat, hygiene, spots, mood, penis, testicles, sperm, body hair, facial hair, larynx, (Adam's apple) voice breaking, perspiration, muscles, wet dream, conception, fertilisation, cervix, ovary, fallopian tube, uterus, clitoris, vaginal opening, labia, bladder, scrotum, sperm duct, breasts, nipples, relationship, erection, conception, pregnancy, development, commitment, love, care

- Set the ground rules
- How can I become a discerning consumer of information online?
- How can I identify fake news?
- Why should online relationships be treated in the same way as face-to-face relationships?
- First Aid - How do I help someone who is bleeding? (Workshop)
- First Aid - What do I do if I find someone who is unresponsive? (Workshop)
- What are the risks associated with alcohol, drugs and tobacco? - (Workshop)
- What are the physical and emotional changes that happen during puberty?
- Puberty workshop
- Identity workshop
- \* What happens at conception?
- \* How does a baby develop during pregnancy?

The content of the topic will be taught sensitively and, in an age-appropriate way. Ground rules will be established before any specific RSHE content is delivered. There will also be an 'Ask It' Basket for any questions the children wish to ask privately.

If you have any questions about the learning, please come and talk to us.

The Upper Key Stage 2 Team

