



Enhanced RSHE Sessions for Year 5 and Year 6 Overview:



(Based on PSHE Association accredited resources and the TenTen Catholic programme for our children at St. Patrick's Catholic Voluntary Academy).

The sessions are intended to be taught at the same time,
in addition to our weekly PSHE Sessions, in single sex classes and will cover:

1. Boys Bodies	Using the TenTen Session Plan and Resources
2. Girls Bodies	Using the Ten Ten Session Plan and Resources
3. Menstruation and Nocturnal Emissions	Using the Ten Ten Session Plan and Resources (Same general session for boys and girls)
4. Spots and Sleep	Using the Ten Ten Session Plan and Resources. (Specific session for the boys) During which the following CBBC News Round clip Let's Talk About Periods: A Newsround Special - https://www.bbc.co.uk/newsround/56267456 will be shown.
4. Follow up Menstruation for girls	Open discussion providing a little more information on how to deal with menstruation, exploring sanitary products which are non-invasive e.g. pads/ period knickers. (Specific session for the girls) During which the following CBBC News Round clip Let's Talk About Periods: A Newsround Special - https://www.bbc.co.uk/newsround/56267456 will be shown.

We recognise the parents are the first teachers of their children
and wish to work closely with you.

Parents are informed in good time, before this block of learning is delivered.

Parents are welcome to discuss the content with the

PSHE and RSHE lead, Mrs. S.Verdon-Smith,

the Class Teacher

and / or

Mrs. S.McKeown, Headteacher.