



Summer Term Relationships and Health Education Newsletter

Welcome to our Summer RHE newsletter.

The information given will keep you up to date with what we have been doing in school as well as sharing useful resources to help you at home. If you have any questions about our RHE curriculum then please get in touch with the class teacher or Miss Garner or Miss English, the RHE subject leaders.

Y4, Y5 & Y6 Puberty Workshop

As part of the RHE curriculum, the children will be participating in sessions all about puberty over the next half term and at the start of the next academic year. The teaching of this will vary depending on the units and age of the children.

The sessions will include age-appropriate discussions and activities about: the menstrual cycle; how our bodies change during puberty; the emotional changes during puberty; what to expect during puberty; hygiene during puberty and as we grow up.

We will be running a parental workshop which shall provide further details on the sessions. If you would like to attend the online workshop, then please access the following link below on Monday 27th June 2022 at 4:00 PM.

Please note: this is a repeat of the puberty workshops previously held but we would like to offer the opportunity to attend once more to parents.

Topic: Puberty Workshop Time: Monday June 27th, 2022 04:00 PM London

Join Zoom Meeting

Book Recommendations-

These are four of the books which are used in school to support our RHE teaching.

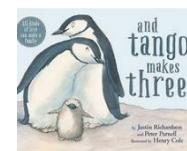
Strictly No Elephants
By Lisa Mantchev



This story covers various themes including friendship, exclusion, inclusion, tolerance, and diversity.

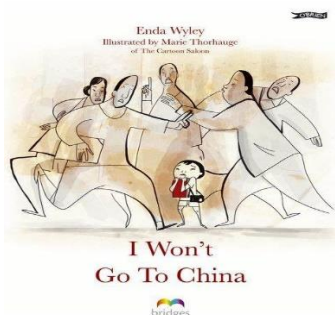
Bing Video: Strictly No Elephants Read Aloud | Kids Books | Read Along

And Tango makes three by Justin Richardson



This story covers the themes of adoption and same-sex parenting.

Bing Video: And Tango Makes Three | Read Aloud Books for Children



I won't go to China by Edna Wyley

A story about immigration, identity and belonging.



The Day War Came by Nicola Davies

A story about fleeing war, poverty, asylum and human rights.

Audio of the story on You Tube:
The Day War Came Read Aloud FOR KIDS By Nicole Davies Refugee Book for Primary School - YouTube

Top Tips on Transitioning to your new class next year!



Improving children's mental health

- **Don't avoid it** - draw pictures and tell stories about what might happen to make it fun and more familiar.
- **Talk about feelings** - describe what happens when you have different feelings, including worry. Do you have butterflies in your tummy? Are you tense? Explain that nerves can help us focus and get ready.
- **Look back** - chat about how you've coped with changes in the past, like moving house or having a baby. You can do it again!
- **Practice how to stay calm** - this could include taking slow, deep breaths together.

For further support or advice, please contact school or follow the below link:

<https://www.place2be.uk/our-services/parents-and-carers/getting-ready-to-start-primary-school/>

The table below lists the different RHE sessions that were taught during Summer 1.

Key: Os - Online safety; G - Growing up; Fr - Friendships; Fa - Family; C - Community; M - Mental Wellbeing; P - Physical health.					
Y1	Y2	Y3	Y4	Y5	Y6
Fr2) What makes a good friend? Fr3) Should friends tell us what to do? R9. how to ask for help if a friendship is making them feel unhappy Os) Searching safely P3 * Drugs-Keeping Safe things that go into and onto our bodies	Os) Content Creators NI* Os4) Fake News (NI) M2) Who am I? Drugs-Keeping Healthy-Medicines Drugs-Keeping Safe-Medicines and household products	Os4) Personal Information (C2) P3) How do I stop getting ill? H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully) Drugs-Safety rules and risks-Medicines and household products Giving and seeking permission.	Os) Advertising C1 * H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping	P1) Is there such a thing as a perfect body? FR3) Should friends tell us what to do?	<u>Consent</u> Giving and seeking permission. Personal boundaries. Appropriate and inappropriate touch

Below is a table of the units the children are covering in Summer 2.

Y1	Y2	Y3	Y4	Y5	Y6
M3) What helps me to be happy? Os) Communicating online Os) Being kind online	Os) Feeling uncomfortable online C3) What makes a boy or a girl? Fa6) Are all families the same?	Os) Deciding what is appropriate Os) Suspicious Messages Os) Personal Information	G1) What is a period? Drugs-Safety rules and risks-Alcohol and smoking	Fr4) Why are some people unkind? Os5) Analysing Digital Media Os) Game ratings Drugs- Managing risk-Illegal and legal drugs	G1) How will my body change as I get older? Os) Unhealthy Attention G2) How will my feelings change as I get older? G3) How will I stay clean during puberty? G4) What is menstruation?

In June, it is Infant Mental Health Awareness month and May was the month of Mental Health Awareness worldwide. The theme this year was 'loneliness'. We have attached a link to the Mental Health Awareness website for if you would like further guidance or support.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

You may wish to begin a conversation around loneliness with your child at home and what they can do if they ever feel lonely or what they can do if they see that someone is feeling that way.

Top Tips for how to cope with loneliness.

1. Try to do some enjoyable things that will keep you busy
2. Try to do things that stimulate your mind
3. Think about doing a physical activity
4. Try to engage with the people you meet in your daily life.
5. Find people that 'get you'
6. Spend time with pets
7. Try to use social media in a positive way
8. Talking therapies can help

How to support other people who are feeling lonely

1. Don't judge or stigmatise
2. Try to make groups welcoming to other people
3. Try to listen and show understanding



Below are a list of suggested children's books which address loneliness.

THE INVISIBLE BOY by Trudy Ludwig, illustrated by Patrice Barton

YOU ARE NEVER ALONE by Elin Kelsey

NOBODY HUGS A CACTUS by Carter Goodrich

SAY HELLO by Jack Foreman

THE RED TREE by Shaun Tan

THE VISITOR by Antje Damm

CASPIAN FINDS A FRIEND by Jacqueline Veissid,

HERMAN AND ROSIE by Gus Gordon

NOTHING RHYMES WITH ORANGE by Adam Rex