



**Maltby**  
Lilly Hall Academy

15<sup>th</sup> April 2020

### Y6 Relationship, Sex and Health Education

Dear Parents / Carers

In the next few weeks we will be starting a topic with the year 6 children around healthy relationships and the changing adolescent body. This topic is part of our Relationship, Sex and Health Education programme that follows the current guidance which will include objectives from the year 5 programme that were missed due to working remotely.

Taking into account the Relationship, Sex and Health Education parental survey carried out this year, these are the aspects we will be covering with year 6 pupils:

#### **Growing up: Relationships and responsibilities: Puberty**

H1a That mental wellbeing is a normal part of daily life, in the same way as physical health.

H8b About menstrual wellbeing including the key facts about the menstrual cycle.

H1b That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.

H1d How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

H1i Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).

H8a Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.

R3h The importance of permission- seeking and giving in relationships with friends, peers and adults.

R5a What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).

R5c That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. To understand that feelings can influence behaviour and vice versa. To empathise with the feelings of other people.

R5f How to ask for advice or help for themselves or others, and to keep trying until they are heard.

R5g How to report concerns or abuse, and the vocabulary and confidence needed to do so. R5h Where to get advice e.g. family, school and/or other sources.

(MLT Relationships & Sexual Health Policy)

The aim of this programme is to equip our children with the knowledge and understanding they need to form positive relationships and understand the changing adolescent body. If you have any questions, please speak to Mrs Hepworth or Miss Turnbull who will give you any information you require

Yours faithfully

Mrs Hepworth and Miss Turnbull  
Class Teachers

**MALTBY LILLY HALL ACADEMY**

Executive Principal: **Mr David Horgan** | Associate Principal: **Mr Richard Pease**  
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