10th May 2021

Dear Parents / Carers,

Thank you for your interest in the Year 5 Relationships, Sex and Health Education (RSHE) Information Evening. To support our teaching of RSHE, we use a Catholic scheme called Ten Ten Life to the Full. This scheme is now used in many of the Primary Schools and all of the Secondary Schools in our Multi-Academy Trust. It is supported by our Trust, Diocese and the Catholic Education Service.

In Year 5, the children will receive six one-hour lessons on puberty and menstruation after half- term. These links will give you a flavour of the dramatisations which aim to introduce the Year 5 RSHE objectives to your children in an age-appropriate way. Please be aware, however, that they may seem a bit abstract to you as you are receiving just the links for five lessons whereas your children receive weekly PSHE teaching in which they are introduced to the scheme, lessons, characters etc. These videos will also be played as part of a lesson in which your child’s class teacher will sensitively introduce and discuss the content. The children will have opportunities for discussion time, group work and time to complete activities such as writing to their future selves.

Each of the links below contains a presentation which includes two video clips – one called Paradise Street with children posing in various scenarios and one called Delving Deeper, where the children receive scientific information, vocabulary and any misconceptions are clarified. The login details for the Ten Ten Parent Portal (and to access the links below) are: www.tentenresources.co.uk/parent-portal **Username** - good-shepherd-ng5 **Password** summer-sun

Year 5 Growing and Changing

Lesson 1: Lesson 1: Gifts and Talents – Individuality and Personal Qualities   
Lesson 2: Puberty – what it is; physical and emotional changes; hygiene routines; growing and changing. [Home Learning LKS2\_1.2.3\_WHATISPUBERTY (tentenresources.co.uk)](https://www.tentenresources.co.uk/online-parent-portal-primary/home-learning/8081423222-2/)

Lesson 3 – Changing Bodies - Puberty including menstruation, key facts about the menstrual cycle and menstrual wellbeing [Home Learning LKS2\_1.2.4\_CHANGING BODIES (tentenresources.co.uk)](https://www.tentenresources.co.uk/online-parent-portal-primary/home-learning/1012326670-2/)  
Lesson 4 – Girls’ Bodies – changes; puberty; respect and privacy [Home Learning UKS2\_1.2.2\_GIRLSBODIES (tentenresources.co.uk)](https://www.tentenresources.co.uk/online-parent-portal-primary/home-learning/3789108376-2/)  
Lesson 5 – Boys’ Bodies – changes inc erections and wet dreams; puberty; respect and privacy - [Home Learning UKS2\_1.2.3\_BOYSBODIES (tentenresources.co.uk)](https://www.tentenresources.co.uk/online-parent-portal-primary/home-learning/1481777575-2/)

Lesson 6 – Menstruation – nature and role of menstruation; practical help on how to manage the onset of menstruation - [Home Learning UKS2\_1.4.3\_MENSTRUATION (tentenresources.co.uk)](https://www.tentenresources.co.uk/online-parent-portal-primary/home-learning/5672714412-2/) (Please note that Delving Deeper for this lesson will not be used in Year 5, only in Year 6).

Please email [community@goodshepherd.notts.sch.uk](mailto:community@goodshepherd.notts.sch.uk) if you have any further questions. You can continue to access the Parent Portal which contains lesson objectives, suggested home activities and prayers for each lesson so that you can support your child on their RSHE journey,

Kind regards,

Mrs McGee

PSHE coordinator