



# *St Mary's Catholic Primary School*

*Headteacher: Mrs Helen Armstrong  
Diocese of Plymouth*

2<sup>nd</sup> March 2020

Dear Parents and Carers,

This is a reminder of what is going to be covered in our Health Education this term.

	What is being taught	When taught
Body Image	<ul style="list-style-type: none"><li>To recognise that images in the media do not always reflect reality and can affect how people feel about themselves</li><li>That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media</li></ul>	Monday 8 <sup>th</sup> March
Funny Feelings	<ul style="list-style-type: none"><li>To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action.</li><li>That some behaviour is wrong, unacceptable, unhealthy or risky.</li></ul>	Monday 15 <sup>th</sup> March
Emotional Changes	<ul style="list-style-type: none"><li>Emotions change as they grow up (including hormonal effects);</li><li>To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action;</li><li>About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.</li></ul>	Monday 22 <sup>nd</sup> March
Development of Babies	<ul style="list-style-type: none"><li>How a baby grows and develops in its mother's womb.</li></ul>	Monday 29 <sup>th</sup> March
Menstruation	<ul style="list-style-type: none"><li>About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life;</li><li>Some practical help on how to manage the onset of menstruation.</li></ul>	Tuesday 30 <sup>st</sup> March

If you have any questions about what is being covered, please do not hesitate to contact the school office to arrange to talk your child's class teacher.

Thank you for your continued support,

Year 6 Teachers