



# St. Paulinus Catholic Primary School

Inspiring all to live, learn and love in the light of Jesus.

(cf John 8:12)



Friday 21<sup>st</sup> May 2021

Dear Parents / Carers

## **Year 6 'RPSHE' Lessons - Summer 2 Term**

Next half term, our RPSHE lessons will focus on the following themes:

- Puberty (1 hour lesson)
- Mindfulness (4 x 1 hour lessons)
- Pol.Ed 'Grooming' (5 x 1 hour lessons)

### **Puberty**

This is a 'one off' health and puberty education session for our Year 6 pupils. The presentation will cover information related to the natural changes in children's bodies that happen during puberty. The one off session is being delivered by our School Nurse (**NB: boys and girls will be taught separately**). The sessions will run during the morning of Wednesday 16th June and be overseen by Mr Hutton/Mrs Smith (6H) and Mr Cameron/Mrs Halloran (6C), who will be able to answer any questions that arise.

The session will help your child understand:

- The changes in the body, mind and emotions that most people experience during adolescence.
- Personal hygiene and the importance of taking care of yourself.
- The reproductive systems functions.

### **Mindfulness**

The classroom-based mindfulness curriculum is again being led by our School Nurse using 'Paws b' which is a classroom-based curriculum for children aged 7 -11 and is offered formally as a series of lessons which often sit well alongside National Curriculum subjects and in the children's everyday lives. The 'Paws b' course was created by experienced primary school teachers, mindfulness experts and research scientists.

During the course they will be learning about many things, including:

- Specific areas of the brain and how these affect our ability to focus, make good choices, recognise when we need to steady ourselves when our body or mind is busy or out of balance.
- Ways that mindfulness can support them in many day-to-day activities, including concentration and memory, behavioural self- management, and in relationships with family and friends.
- Ways to respond rather than react – and therefore make better choices and take best care of themselves and others.

The feedback from children who have previously taken part in Paws b is very positive. They report enjoying the lessons and find the learning supports them in a broad range of situations from being able to concentrate and focus more easily in school to helping them feel calmer in exams and competitions. Many have described sharing the learning with other family members and finding it helps them with their relationships with family and friends.

You can see a summary of feedback about Paws b from over 1500 students here:

<https://mindfulnessinschools.org/wp-content/uploads/2017/09/Website-Feedback-for-Paws-b-NP-1.pdf>

Should you be interested in reading further about the body of research evidence around mindfulness for both young people and school staff, you may find more information here:

<https://mindfulnessinschools.org/the-evidence-base/>

### **Pol.Ed: Keeping Children Safe - Grooming**

These sessions, which have been specifically designed by West Yorkshire Police for Year 6 pupils, will be delivered by the class teachers. They will provide the children with a basic understanding of what grooming is, with the aim of students being aware of it, how it develops, how they can protect themselves and others from becoming a victim of grooming, what after effects grooming can leave on both the victim and those around them and how they can get help if they are targeted by groomers.

Please note, although none of these topics fall into the categories of parental rights to withdraw, we wanted you to be prepared for any questions the children might have. If you have any questions or concerns or would like more details about the content of any of the sessions, please contact your child's class teacher.

Kind regards,

Mr. Hutton & Mr. Cameron

Year 6 Teachers