

PSHE/RSE Year 6

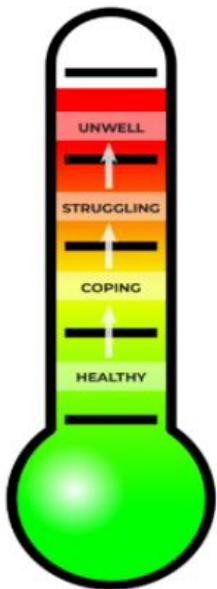
Health and Wellbeing

PSHE/RSE Factsheet for Parents

In terms of physical health and wellbeing, children will understand the significance of mental health and its importance being similar to physical health, as well as understanding what can affect mental health. They will also explore the many changes that happen in our lives and strategies that they can use to support themselves and others. They will also explore the idea of increased independence, including transitional times to secondary school. During keeping safe, children will learn more about following computing regulations and how they promote personal safety; the importance of keeping information private online; and identify and unpick the risks and affects of drugs including alcohol and nicotine/vaping. Within growing and changing, children will understand changes that happen as they grow physically, both internally and externally.

Resources for parents:

Mental Health thermometer



Scenarios around mental health

Scenario 1

Jay has recently started feeling sad. Most days the sadness seems to come and go, but some days it feels as though a dark cloud is gathering above and following Jay around all day. Skateboarding takes Jay's mind off it and when the feelings start to get stronger Jay draws a cartoon that shows the feelings and the cloud.

Scenario 2

Jay feels very sad most of the time. Every day when Jay wakes up, Jay feels the day ahead is just too much. Everything feels grey and dark. Jay is finding it hard to concentrate at school and some days doesn't want to go to school at all. Nothing seems enjoyable anymore, not even skateboarding! Jay's friends are worried.

Growing up is hard!

I feel angry all the time! My friends annoy me, my mum annoys me, I get so frustrated when my phone doesn't work or if I lose a game. If I don't get a good enough score I feel furious! Even little things drive me absolutely up the wall! When I am really cross, I can feel my body tense, my fists clench, my jaw grip and my hair standing on end. I feel like I could scream, even if I am in a place where I shouldn't. Grrr! I'm even feeling angry now!

Cross, age 11

Dear Cross

Every day...

In the moment or when the feelings get stronger...

Someone to talk to...

From,

Positive and negative impact of social media:

<https://bcove.video/3bavgzU>

Video on sharing inappropriate images/videos online and the effects:

<https://youtu.be/ZTYZMdbq8PE>

<https://www.webwise.ie/teachers/myself/lesson4/>

Changes during puberty – this lesson is statutory under the science curriculum.

<https://www.kapowprimary.com/subjects/rse-pshe/upper-key-stage-2/safety-and-the-changing-body/lesson-3-puberty/>

Internal body parts – see diagram – this lesson is statutory under the science curriculum

