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Dear Parents and Carers,

Relationship, Sex and Health Education (RSHE)

Later this term Year 6 will be continuing our RSHE lessons following the TenTen programme. All of this content can be found on the school website (the link is below)

[Relationships and Health Education | SS. John and Monica Catholic Primary School \(stjonmon.bham.sch.uk\)](http://www.stjonmon.bham.sch.uk)

Here you'll find a parent information booklet that contains the objectives that each year group will be completing across the year. In addition to this, for even more detail, the parent portal can be accessed following the link here using the school login and password below.

<https://www.tentenresources.co.uk/parent-portal>

School Login: ss-john-monica-13

Password: saints-13

Last term we looked at:

- Appreciation of physical and emotional differences
- A more complex understanding of physical changes in girls' and boys' bodies
- Body image
- Strong emotional feelings
- The impact of the internet and social media on emotional well-being

During the Summer Term we will be talking about:

- **A more nuanced and scientific understanding of life in the womb and how babies are made**
- **Menstruation**

If you have any questions regarding the teaching or coverage of this programme, please speak to us. As well as the individual lessons, the SRE policy can be found on the school website, www.stjonmon.bham.sch.uk

Thank you for your continued support.

With thanks,

Mrs Gray, Mr Ullah and Ms Hill