

09th January 2025

Y6 RSHE Curriculum

Dear Parents/Carers,

We shall shortly be covering the 'growing-up' sections of the RSHE curriculum. This will take place over a couple weeks. Girls and boys will cover all lessons but will be taught separately by myself and Mrs Hall.

I thought it would be helpful for you to have some information about the topics we shall be covering.

1. How will my feelings change as I get older?

Objectives- to understand the emotional and mental changes that people go through when they reach puberty.

2. How do I stay clean as I get older?

Objectives- to understand the importance of personal hygiene during puberty.

3. What is Menstruation?

Objectives- to understand the process of menstruation and how to manage it effectively.

I want to reassure you that these topics will be taught with sensitivity and care. Children will have the opportunity to ask questions or leave questions anonymously after the lessons if they so wish.

If you are worried or have any questions about the content, myself or Mrs Hall will be happy to talk to you. You may leave a message with the school office and I will contact you. Or you can email me at:

k.ashton@deepcar-st-johns.sheffield.sch.uk

Kind regards

Kay Ashton
Learning Mentor