



Wellbeing Curriculum
Year 5 Term 4

Our school's vision for our Wellbeing Curriculum is that children are able to keep themselves physically, mentally and emotionally safe and healthy, throughout their lives. They will do this by developing the skills and knowledge they need to make informed choices, build healthy & positive relationships and by knowing where to seek help when it is needed.

If you have any questions or concerns about any aspect of the Wellbeing Curriculum please contact the Wellbeing Lead, Mr Wheeler, through the school office for further information, clarification and support.

This term we will be learning...

- About Puberty and how our bodies change during puberty, including menstruation, erections and wet dreams
- How Puberty affects emotions and feelings
- How personal hygiene routines change during puberty
- How to ask for advice and support about growing and changing during puberty

The guidance for the statutory Relationships and Health Education curriculum, states that...

"Puberty should be covered in Health Education and should be addressed before onset so, as far as possible, pupils are prepared in advance for changes they will experience. Schools will need to consider the needs of their cohort of pupils"

For this reason, we begin teaching about Puberty in Year 4 and then continue this learning in more detail when the children are in Year 5. This will then be revisited again in Year 6, to ensure all children are fully prepared and aware of the changes that will happen to them before they do. It is normal for puberty to start at any point between the ages of 8-14. For some children this may begin sooner.

Our Key question for this term is...

How will we grow and change?

Key Vocabulary we will learn and use...

Puberty, hormones, feelings, mood changes, penis, testicles, scrotum, sperm, erection, wet dream, ejaculation, urethra, vulva, vagina, womb, fallopian tube, ovary, menstruation, hygiene

If your child needs help and support these websites have information that can help...

www.childline.org.uk/info-advice/you-your-body/puberty/

<https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/>

<https://kidshealth.org/en/kids/>

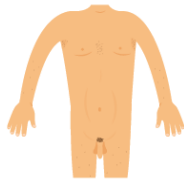
www.becomingateen.co.uk/home

Points to note... Puberty

Teachers will be mindful of the needs of all children, including those who may already be experiencing puberty. There will be a focus on the hormonal changes and how this will influence their moods and emotions, as well as on the physical changes that will occur. The definition we use to explain puberty is *"Puberty is the process of change when your body matures from a child to an adult"*. All lessons will begin with a reminder of the 'Ground Rules' to ensure that children feel safe and confident to learn and to ask questions if they wish to. There may be a short session where the children are separated by gender, but for the majority of the lessons they will be taught together, it is important for children to understand the changes that they themselves will go through but also of others to ensure empathy, mutual respect and support. If any questions are asked about How babies are made, these will not be answered and children will be told that this is covered in Year 6. When teaching about physical changes they will be reassured that all changes are natural and will occur at different times for different people. They will be reminded at all times of the importance of talking to trusted adults if they are worried or have questions.



The penis and testicles grow and the scrotum gradually becomes darker.



Pubic hair grows, underarm, legs, arms, chest, back and around the penis.



Sweat more.



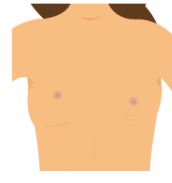
Breasts can temporarily swell slightly.



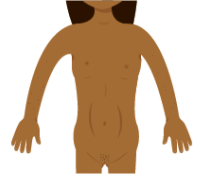
May have erections and wet dreams (involuntary ejaculations of semen as they sleep).



Voice breaks and gets deeper. For a while a boy might find his voice goes very deep one minute and very high the next.



Breasts grow and become fuller (It is normal for one breast to grow larger than the other, and for the breasts to feel painful, lumpy or uncomfortable at this time).



Pubic hair grows: under arms; legs and around the vulva. May also notice hair growing on the top lip.



Sweat more.



Develop different types of spots (blackheads, whiteheads and pus-filled spots called pustules).



White, sticky vaginal discharge.



Growth spurt – growing taller by approximately 5–7.5cm every year for the next 2 years.



The Adam's apple may begin to stick out.



Facial hair begins to grow.



Gain weight and body changes shapes (Develop more body fat along their upper arms, thighs and upper back; their hips grow rounder and their waist gets narrower).



Start periods, which is when blood comes from inside the body out through the vagina and this lasts a few days every month.



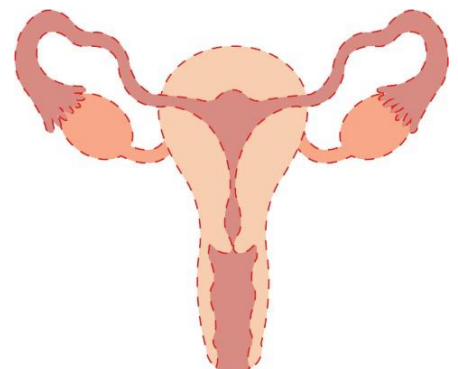
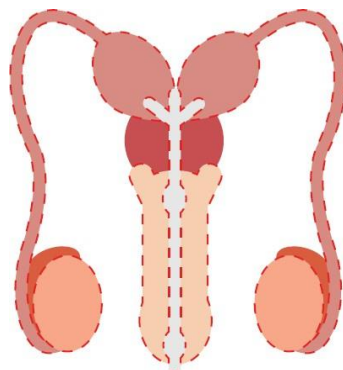
Develop different types of spots (blackheads, whiteheads and pus-filled spots called pustules).



Growth spurt – grow taller by approximately 7–8cm per year.



Body shape changes as shoulders broaden and the body becomes more muscular.



Please see here the images and explanations that will be used as part of these lessons about Puberty when learning about the changes that happen to our bodies at this time.