

Year 5: PSHE

Growing and Changing; Transition

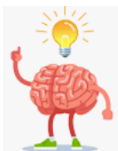
Transition

Soon you will be moving to Year 6. This is an exciting time but you might be feeling a little bit anxious. This is normal!

Do you have a 'growth mindset'?

This mindset is linked to happiness and achievement. People with a growth mindset:

- confront challenges;
- have a passion for learning and want to do well;
- see making mistakes and getting things wrong as a way to learn.



Your growth mindset will be very important in Year 6. What could you challenge yourself to do or learn over the holidays to ensure that you are as well prepared as possible for Year 6?

Perhaps you could:

- read, read and read some more;
- make sure that you know your times tables inside out and back to front;
- practise your handwriting and being mindful.



Respect your right to be the best that you can be!

Growing and Changing

In Science you will be learning about changes that happen to your body during 'puberty'. Now that your body is starting to change, it is very important to maintain **personal hygiene**.



Remember to:

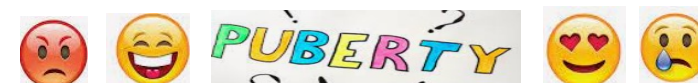
- brush your teeth twice a day;
- wash your hands after going to the toilet and before you eat;
- wear clean clothes - especially pants and socks;
- bath or shower every day and make sure that you wash under your arms, between your legs and your feet to avoid being smelly;
- wash your hair more often as it may start to get greasy;
- use deodorant under your arms.



Emotional Changes

When young people go through puberty it can affect their mood. Their feelings go up and down and sometimes they can feel quite grumpy! This is normal.

Try to talk about your feelings, be active and healthy, and enjoy your friendships!



Remember:

Puberty is not a secret! Everyone will go through it. If you have any questions please ask them! You could ask an adult at home or at school. You could put a note or question in your 'Worry Box'.

Vocabulary

hygiene	Keeping yourself clean.
menstruation	When blood comes out of a girl's vagina.
period	Menstruation.
puberty	When a child's body changes into an adult's body. This takes a very long time.
Red Box	A box in school with panty pads and spare pants for girls who have a period.

Periods (Menstruation)

Periods happen to girls and are due to hormones in their body. Girls usually start their 'periods' between the ages of 10 and 16, but periods can start earlier. A period is when blood comes out of the vagina. This happens for a few days each month. If you need advice or help, remember to ask an adult at home or at school. We have the 'Red Box' in school for you!

CRC Article 19: All children have the right to be safe.

CRC Article 28: All children have the right to learn.

