



Burnt Tree Primary School

Hill Rd, Tividale, Oldbury, B69 2LN

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'Where everyone matters'

Head Teacher Mrs. J. Bayliss



Monday 8th April 2024

Dear Parents/Carers

Please see below the Year 6 PSHE knowledge and skills overview for our unit on 'Relationships' which we will be learning about over the next half term.

RL	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 10-11	<ul style="list-style-type: none">Know that it is important to take care of their own mental healthKnow ways that they can take care of their own mental healthKnow the stages of grief and that there are different types of loss that cause people to grieveKnow that sometimes people can try to gain power or control themKnow some of the dangers of being 'online'Know how to use technology safely and positively to communicate with their friends and family	<ul style="list-style-type: none">Recognise that people can get problems with their mental health and that it is nothing to be ashamed ofCan help themselves and others when worried about a mental health problemRecognise when they are feeling grief and have strategies to manage themDemonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain power or controlCan resist pressure to do something online that might hurt themselves or othersCan take responsibility for their own safety and well-being	<ul style="list-style-type: none">What is mindfulness?What tips can you give me for taking care of my own mental health?What is the grief cycle? Do you have any tips for dealing with grief?Who do you talk to online? What would you do if they said something that you didn't like?How do you know if a website is genuine?
<p>In this Puzzle the class look at mental health and how to take care of their own mental well-being. They talk about the grief cycle and its various stages, they also discuss the different causes of grief and loss. The children talk about people who can try to control them or have power over them. They look at online safety, learning how to judge if something is safe and helpful as well as talking about communicating with friends and family in a positive and safe way.</p>			
<p>Key Vocabulary Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-harm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Acceptance, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Script, Assertive, Risks, Pressure, Influences, Self-control, Real / fake, True / untrue, Assertiveness, Judgement, Communication, Technology, Power, Cyber-bullying, Abuse, Safety.</p>			

If you have any further questions about the PSHE curriculum, please speak to your child's class teacher.

Thank you for your continued support,

Kind Regards,

Mrs Wood
Assistant Headteacher

