

Puberty change	Definition
<b>Voice</b>	Boys' voices become deeper
<b>Breasts</b>	Girls' breasts develop, becoming larger
<b>Testicles</b>	Testicles drop, moving away from the body
<b>Body hair</b>	Body hair develops, especially on the armpits and groin
<b>Mood</b>	People may experience mood swings, where mood changes dramatically.
<b>Periods</b>	Bleeding from the vagina once a month for 4-7 days

### Personal Hygiene - how often to clean/wash?

More than once a day - teeth, hands, runny nose

Once a day - skin on face

Once a day or every other day - skin on body, armpits, hair, feet, groin area

### Healthy Eating

Healthy eating is really important for our physical and mental wellbeing. It is good to eat plenty of carbohydrates, fruits, vegetables and protein. Fatty and sugary foods should only be a small part of your diet.

### Periods

Periods happen when an egg is released but not fertilised, meaning that pregnancy does not happen. The lining of the uterus comes away, resulting in bleeding from the vagina. Periods can be managed using tampons, pads or menstrual cups. Pads are always available from the Miss Fox (school nurse) and can be got for free from libraries and food banks.

Key Term	Definition
<b>Synagogue</b>	A building where Jews worship
<b>Torah</b>	The Jewish holy text
<b>Ark</b>	The place where a Torah is kept in a Synagogue
<b>Messiah</b>	A leader who will solve all problems
<b>Mitzvot</b>	Religious rules that Jews follow
<b>Jerusalem</b>	A holy city for Jews. It is in Israel.
<b>Kosher</b>	Food that follows Jewish food rules
<b>Pesach</b>	This is when Jewish people celebrate Jewish people escaping slavery in Egypt in ancient times.

### Jewish Religious Beliefs

Jewish people believe in one God who gave them special teachings called the Torah. They follow rules called mitzvot to live good lives. Judaism values kindness, helping others, and staying connected to tradition. Jews also believe in a future Messiah who will bring peace and fix the world.

### Jewish Religious Practices

Some Jewish people, especially Orthodox Jews, follow the Mitzvot very strictly. Some will relax the rules a little. For example, many Jewish people don't eat pork or shellfish.

From sunset on Friday to sunset on Saturday is shabbat. Jewish people do not work on this day. Orthodox Jews do not use electricity on shabbat.

Key Term	Definition
<b>Hijab</b>	A headscarf/covering that some Muslim women wear
<b>Mosque</b>	An Islamic building where Muslims worship
<b>Qu'ran</b>	The Holy Book for Muslims
<b>Allah</b>	Muslim word for God
<b>Tawhid</b>	The oneness of God - there is only one God and that God is Allah
<b>Risalah</b>	Messages from God

**Muslims in Britain**

Muslims make up about 6% of the UK population. Many moved to the UK during the time of the British Empire. 400,000 fought in World War One, 500,000 in World War Two.

**Mosques**

On the outside, Mosques have a large dome with a crescent moon on top. They have minarets (towers), where prayer times are announced. Inside there is an area to remove shoes, to wash and prayer mats. There is a minbar, a raised area the Imam (mosque leader) speaks from.

Muhammad was a prophet, meaning he was given messages by Allah. He used these messages to start Islam. Muslims show respect to Allah and Muhammad by not creating images of either of them.

