



**HOLLYWELL
PRIMARY SCHOOL**

Hollywell Primary School
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Head Teacher: Mrs Elizabeth Ellis



'Inspiring young minds to unlock their potential to grow.'

17th June 2026

Growing & Changing - PSHE Education Year 4



Dear Parents/Carers

In the next weeks, Year 4 Lynx class will be learning about '*Growing and Changing*' as part of their Personal, Social and Health Education (PSHE).

During these sessions, pupils will be given a brief overview of the physical and emotional changes that occur during puberty. This will include:

- Learning about body changes in a simple, age-appropriate way
- Using correct vocabulary for parts of the body
- Understanding the importance of personal hygiene
- Exploring the emotional changes that can happen as children grow

As part of the lesson, pupils will watch 'Operation Ouch! Puberty Facts. This programme concentrates on the basic physical changes. Emotional changes will also be discussed during the session.

The lesson will be delivered sensitively and appropriately, with the aim of helping pupils feel confident, reassured, and positive about the changes they may experience.

Parents and carers have the right to withdraw their child from aspects of Sex Education that fall outside of the Statutory National Curriculum for Science. Further information can be found in our PSHE policy available on the school website.

Please feel free to see Mrs Sibley or Mrs Painter after school should you have any questions.

Yours sincerely

Elizabeth Ellis

Class Teacher

On behalf of the Governing Body

