



**HOLLYWELL
PRIMARY SCHOOL**

Hollywell Primary School
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Head Teacher: Mrs Elizabeth Ellis



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

29th June 2026

Dear Parents/Carers

PSHE Education - Year 5

Physical & Emotional Changes



As part of our Personal, Social and Health Education (PSHE) programme, children will be learning about Healthy friendships, respect, and recognising positive vs unhealthy relationships. This will include:

- Personal boundaries.
- Different families and relationships.
- Introductory puberty education (physical and emotional changes) - this will have been covered in Year 4. The new content is menstruation.
- Mental health and emotional wellbeing, including managing feelings, change, and loss.
- Personal safety and risk awareness (e.g. in public spaces, roads, water).
- Online safety and digital relationships, including privacy, scams, and respectful behaviour.

If you would like to preview what will be covered during the session, this video shows what is covered regarding menstruation. **We just ask that you do not share this with your child prior to the session.**

<https://www.bbc.co.uk/newsround/56267456>

Being well-prepared helps children to build confidence and develop positive coping strategies as they begin to navigate adolescence.

Kind regards

Elizabeth Ellis

Head Teacher

On behalf of the Governing Body

