



**HOLLYWELL
PRIMARY SCHOOL**

Hollywell Primary School
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'Inspiring young minds to unlock their potential to grow.'

14th July 2026

Dear Parents/Carers

PSHE Education - Year 6

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 5. The new content is conception.
- Mental health and emotional wellbeing, including managing feelings.

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

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

[KS2 PSHE: Operation Ouch! How are babies made? \(full programme\) - BBC Teach](#)

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

