



1st April 2026

**Year 6 PSHE Curriculum – ‘Growing Up’ (Term 4 and 5)**

Dear Parents,

I would like to inform you about the PSHE unit we will be covering later in Term 4 and into Term 5, titled ‘*Growing Up*’. This unit helps children develop the knowledge, skills, and understanding they need to live confident, healthy, and independent lives. It covers both personal and social development, addressing various moral, social, and cultural topics related to growing up.

The children will learn about emotional, social, and biological aspects of growing up, which ties into our Science curriculum. The key topics for Year 6 include:

- The human life cycle
- Physical and developmental changes that babies go through
- Reproduction in plants, animals, and humans
- Keeping both body and mind healthy during adolescence
- Puberty and the changes that occur from ages 9 to 11, including physical and emotional changes
- Menstrual wellbeing and the menstrual cycle
- The importance of positive body image
- Understanding different types of relationships

We believe it is important for children to receive this education during this stage of their lives. It will help them gain confidence in using scientific terms appropriately and maturely. This topic has been a key part of our curriculum for many years.

We hope you understand the significance of this content for your child’s development. If you have any questions or concerns, please feel free to contact your child’s class teacher.

Kind regards,

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If you would like this verbally translated into Vietnamese or Korean, please contact the school office  
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