

## **Economy and Skills**

Depute Chief Executive and Chief Financial Officer

Alexander McPhee ACMA

Head of Education: Alan Ward



**East Ayrshire**  
COUNCIL

## **Catrine Primary School**

**Fourfields, Catrine KA5 6PS**

**Tel.: 01290 551436**

Acting Head Teacher: Mrs A. Wright

Our Ref: AW/MM

Dear Parent/Carer

In line with East Ayrshire Council guidance, we are contacting you to inform you that this year as part of the Second Level Health and Wellbeing curriculum our children will be learning about Relationships, Sexual Health and Parenthood (RSHP). The topic is fully in line with Curriculum for Excellence which is set down by the Scottish Education Department and includes the study of the following experiences and outcomes:

I understand that a wide range of different kinds of friendships and relationships exist. **HWB 2-44a**

*I am aware that positive friendships and relationships can promote health and the health and wellbeing of others.*

**HWB 2-44b**

I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing. **HWB 2-45a**

*I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.* **HWB 2-45b**

I recognise that how my body changes can affect how I feel about myself and how I may behave. **HWB 2-47a**

I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. **HWB 2-48a**

I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it.

**HWB 2-49a**

I am able to describe how human life begins and how a baby is born. **HWB 2-50a**

I can describe the role of a parent/carer and the skills, commitment and qualities the role requires. **HWB 2-51a**

Our local authority is committed to the provision of quality teaching in Relationships, Sexual Health and Parenthood education in accordance with National Guidelines. It forms a key element of personal, social and health education in schools and is an important part of children's preparations for adult life. The purpose of RSHP is to provide the learners with an understanding of how to maintain positive relationships. In addition pupils are encouraged to consider how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships.

It is very important that taking into account the age and stage of the child that we take steps to use a common vocabulary to describe our emotions, feelings and body parts. The suggested vocabulary which the teachers will encourage the second level children to use is shown overleaf:-

## Relationships

Suggested	Vocabulary	
confidentiality	respect	support
body language	disclose	emotions
types of abuse	domestic abuse	Self-harm
gut feeling	safety network	thoughtful
reliable	secure	confident
patience	warmth	safe/dangerous
trust	empathy	Verbal/non-verbal communication
peer pressure	hormones	considerate
bullying	qualities	characteristics
domestic violence	personal space	selfish
boundaries	emotional cues	changes

Sexual Health

## Parenthood

Suggested	Vocabulary
bereavement	emotional wellbeing
attitudes	change
grief	thoughts
safety networks	feelings
separation	brain development

Suggested	Vocabulary
testicles	pubic hair
penis	vagina
breasts	Sperm -P7
puberty	egg, womb, period/menstruation -girls P5 / Boys P7
insertion /enter- P7	sexual intercourse- <b>P7</b>
pregnant – P7	fertilisation – <b>P7</b>

We are holding a Parent Information afternoon on Thursday 18 May at 3.30 p.m. Teachers from the school will be in attendance to explain the content of the curriculum and to answer any questions you may have. We will also have the teaching resources for you to view and become familiar with.

The afternoon is a parent event, therefore children should not attend.

Please complete the tear off slip below if you wish to attend the Parent Information evening and hand to your child's teacher.

Yours sincerely

Head Teacher

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### RSHP Parent Information Afternoon – Second Level

I will be able to attend the Parent Information evening on \_\_\_\_\_.

Name of Parent/Carer.....