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## **Loanhead Primary School**

**Head Teacher:** Kirsty Doncaster

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Dear Parent/Carer

### **EARLY LEVEL RELATIONSHIPS, SEXUAL HEALTH and PARENTHOOD**

In line with East Ayrshire Council guidance, we are contacting you to inform you that this year as part of the Early 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 and includes the study of the following experiences and outcomes:

*I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. **HWB 0-44a***

*I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. **HWB 0-44b***

*I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. **HWB 0-45a***

*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 0-45b***

*I am aware of my growing body and I am learning the correct names for its different parts and how they work. **HWB 0-47b***

*I am learning what I can do to look after my body and who can help me. **HWB 0-48a***

*I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this. **HWB 0-49a***

*I am learning about where living things come from and about how they grow, develop and are nurtured. **HWB 0-50a***

*I am able to show an awareness of the tasks required to look after a baby. **HWB 0-51a***

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.

Taking into account, the age and stage of the child, it is important to use a common vocabulary to describe our emotions, feelings and body parts. The suggested vocabulary staff will encourage early level children to use is shown below:

Relationships - Key Vocabulary		
feelings	safe	trusted adult
parents/ carers	grand parent	husband/ wife/partner
cousin	aunt/ uncle	family
unique	unsafe	similarities
friends/ friendships	likes	differences
manners	dislikes	special qualities
kind	sharing	choices

Sexual Health - Key Vocabulary		
body	grow	changes
different	same	similar
unique	bottom	nipples
vulva	testicles	penis
scrotum	private	urinate
feelings	safe	upset
worried	child	adult
Boy/girl	pants	life cycle

Parenthood - Key Vocabulary		
Baby	Child/children	family
Sister/brother	parent/parents	grow
develop	care	love
breastfeed	feeding	helping
changing	cuddling	sleep
nappy	washing	safe
Pregnant/ pregnancy	healthy	happy

Lessons on Relationship, Sexual Health and Parenthood will be taking place in the coming weeks in your child's class. This letter and the enclosed leaflet is for your information.

Yours sincerely,

Kirsty Doncaster  
Head Teacher