



Catrine Primary School

& Early Childhood Centre

Head Teacher: Mrs Judith Govans

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Our Ref: JG/MM

15 May 2019

Dear Parent/Carer

*Second Level Health and Wellbeing –
Relationships, Sexual Health and Parenthood (RSHP)*

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/carers 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 when 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. This vocabulary will be explained at the Information Sessions detailed below.

We are holding three Parent Information sessions in the school on Monday 27th May 2019

**Session 1 – 9.00-9.45am
Session 2 – 2.15-3.00pm and
Session 3 – 6.30-7.15pm**

Staff will be in attendance to explain the content of the curriculum and to answer any questions you may have. We will also highlight some of the teaching resources that we plan to use.

These sessions are parental information events - therefore children should not attend.

Please contact the school for any further information, and I hope you are able to attend one of our information sessions on May 27th.

Yours faithfully



**J. Govans
HEAD TEACHER**

