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Date: Thursday 16th January 2019



PRIMARY 6 & 7 HEALTH PROGRAMME



Dear Parent/Carer,

Over the remaining terms, the Primary 6 and Primary 7 Health Programme will include Sexual Health, Relationship and Parenthood Education. These lessons will be delivered by your child's teacher in a sensitive manner which will help the pupils understand the facts about Sexual Health, Relationships and Parenthood.

On Thursday 6th February from 3.15pm – 5.00pm, our Primary 6 and 7 teachers will hold a short, informal drop in session that will give you the opportunity to see the information the children will be given and to look at the resources used. **Due to the nature of this information, can you please note that this drop in session is for parents and carers only.**

The lessons follow East Renfrewshire's Sexual Health, Relationships and Parenthood programme, which teaches children how relationships form and develop, the changing of their bodies, the feelings they may be experiencing through puberty and how conception takes place.

The leaflet 'Learning About Relationships and Sexual Health in School and at Home' is available at www.healthscotland.com. For further information to support your child at home please visit www.kidshealth.org and www.ltscotland.org.uk/healthykids.

Please complete the form attached and return to the class teacher to acknowledge receipt of this letter. To assist us in planning the session, please indicate whether you will be able to attend the drop in session on Thursday 6th February.

If you have any questions regarding the Parent Drop in Session or the Sexual Health and Relationship Programme please do not hesitate to contact me.

Yours sincerely

Pauline Houston

Mrs. Pauline Houston
Principal Teacher

PRIMARY 6 & 7 HEALTH PROGRAMME

Planned content for the upcoming sexual health and relationships lessons to be delivered next term.

Primary 6

- Lesson 1 Pre-school child development
- Lesson 2 Starting school/new relationships/experiences
- Lesson 3 Puberty/physical and emotional changes
- Lesson 4 Menstruation

Primary 7

- Lesson 5 Recap Lesson
- Lesson 6 Hygiene & Peer pressure
- Lesson 7 Human reproduction

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PRIMARY 6 & 7 HEALTH PROGRAMME 2020

Child's name _____

Class _____

I acknowledge receipt of the P6 & P7 Health information letter.

I will/will not be able to attend the drop in session on Thursday 6th February 2020.

Please note this session is for parents and carers only.

Parent's
signature_____

Date _____