



Crookfur Primary School & Family Centre



Dear Parent/ Carer,

As you know the Relationships, Sexual Health and Parenthood (RSHP) is an integral part of our Health and Wellbeing programme from Primary 1-7 in Crookfur Primary School. The RSHP is a national resource has been developed by a partnership of local authorities and health boards, with advice from Education Scotland and the Scottish Government, and more recently in consultation with parents.

Across the stages the focus is on developing awareness of feelings and emotions, relationships, self-awareness and personal safety. In Primary 6 and 7 the focus moves more towards change, such as changes in the body through puberty, relationships and growing up. In addition to this we aim to help equip children with skills needed to make informed decisions. The programme also teaches children about how human life begins, pregnancy, birth and being a parent/carer.

From consultation with parents in previous years it was agreed that we would indicate the week in which we would be teaching specific lessons. This will provide an opportunity to talk with your child in advance or make the decision to share this part of the curriculum in your own way.

These lessons are identified below, along with links to the slides, some of which have been adapted from the national resources to suit the needs of our children. These specific lessons will take place week beginning **11th May 2026**.

Primary 4

- How human life begins, pregnancy and birth [How human life begins, pregnancy and birth slides](#)

Primary 6

- Parts of the body - [Parts of the body slides](#)
- My body is changing- [My body is changing slides](#)
- Feelings and puberty- [Feelings and puberty slides](#)
- Personal hygiene [Personal hygiene slides](#)

Primary 7

- Love and relationships- [Love and relationships slides](#)
- How human life begins, pregnancy and birth [How human life begins, pregnancy and birth slides](#)
- Being a parent/carer [Being a parent/carer slides](#)
- It's a fair and equal life for boys and girls (including being transgender) - [Being transgender slides](#)

Further information about our approach can be found on our parent/ carer RSHP Sway, [Relationships, Sexual Health and Parenthood Information for parents/carers.](#)

Our home-school partnerships are always highly successful in supporting children's learning in this area. As with all curricular areas we will deliver a factual, scientific programme while also giving children the opportunity to engage in discussion, in a sensitive and supportive way. We will also encourage children to ask questions both at school and at home. We are keen to support families in any way and have sent the relevant slides to help aid discussions at home, whether you wish to talk to your child before or after the lessons taking place.

In order to explain more about this programme we offer a yearly informal drop in. We would like to invite parents/carers to this drop in on **Friday 8th May, 9:30am-10:15am**. Please email the school by **Thursday 7th May** to confirm attendance, this will allow us to plan a suitable meeting space.

If you are unable to attend this drop in but have any questions with regards to the programme please do not hesitate to contact the school.

Many thanks for your co-operation.

Kimberley Storch and Claire Jamieson