



BELIEVE IN YOURSELF, ACHIEVE YOUR GOALS



Head Teacher
Miss Ruth McCarthy
Balmalloch Primary School & Nursery Class
Kingsway
Kilsyth
North Lanarkshire
G65 9UJ
Tel: 01236 632058
Date: 7th May 2025

RSHP Curriculum

Dear Parent/Carer,

Over the fortnight beginning Monday 26th May, we intend to continue to fully implement Curriculum for Excellence Health and Wellbeing's Relationships, Sexual Health and Parenthood strand (RSHP). This involves the introduction of a new framework of learning, which responds to Experiences and Outcomes as directed by the Scottish Government and its supporting materials. NHS Specialists and teaching staff from both North and South Lanarkshire Councils have developed these.

Our local authority is committed to the provision of quality RSHP 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 work is to provide knowledge and understanding of the nature of sexuality and the processes of human reproduction within the context of relationships based on love and respect. It should develop understanding and attitudes which will help children to form relationships in a responsible and healthy manner.

The RSHP programme for Primary 1 Pupils will be delivered by the class teacher and will consist of the following.

When it comes to every child being unique and special, children learn about:

- That people are individual and unique.
- About the similarities and differences among children in their group.
- To understand that treating someone badly based on a difference is not okay.

When it comes to feelings and making choices, children learn about:

- To recognise and express their feelings, including when they might feel safe or unsafe, happy or worried.
- To identify adults that they can go to if they have a question or a worry, introducing the idea of trust.

When it comes to their bodies, children will learn about:

Keeping clean and why this is important – learning about hand washing and brushing teeth.

If you have any further questions or concerns around the content of what is being taught to your child's class or you wish to view the resources being used to support learning then please get in touch with Mrs Diamond (Depute Head Teacher) by calling the school office or emailing nldiamond@northlan.org.uk

Kind regards,

Mrs E. Diamond
Depute Headteacher
Balmalloch Primary School