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Date: 18th May 2021



Education and Families

NOBLE PRIMARY
Daniel Murray
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Dear Parent/Carer,

RE: NSPCC's *Speak out. Stay Safe* online programme

As part of Relationship, Sexual Health and Parenting week (RSHP), pupils in P4 to P7 will be participating in the NSPCC's "***Speak Out. Stay Safe***" online programme. This consists of an online assembly and supporting classroom based activities. *Speak out. Stay Safe* is a safeguarding programme available to all primary schools in the UK and Channel Islands. It aims to help children understand abuse in all its forms and to recognise the signs of abuse in a child friendly, interactive way. Children are taught to speak out if they are worried, either to a trusted adult or Childline.

The NSPCC have developed an online version of their *Speak Out. Stay Safe* programme to help overcome some of the challenges that the Coronavirus (COVID-19) pandemic has presented in relation to having external speakers in school. In the online assembly, the *Speak Out. Stay Safe* messages continue to be delivered in a fun and interactive way with the help of their mascot Buddy as well as special guest appearances from Ant and Dec.

We have studied the content of the materials and are extremely confident that they are appropriate for primary-school-aged children. By the end of the programme, we're convinced children will feel empowered – knowing how they can speak out and Stay Safe

If you would like to know more about the *Speak Out. Stay Safe* programme you can find information on the NSPCC website www.nspcc.org.uk/speakout or I would be happy to discuss any questions that you may have.

Adapted assembly for home use

The NSPCC has also developed an adapted version of their assembly for parents/carers to use at home with their children. This can be found here: [Watch our Speak out Stay safe assembly at home | NSPCC](#). With the help of celebrities, the film focuses on how a child can get support if they have any worries or concerns

To complement the assembly, there are some resources that can be used to enable further discussion whilst doing activities with your children. These are hosted on the NSPCC website www.nspcc.org.uk/activities.



Talking PANTS with your children

'Talk PANTS' is a simple way for parents to help keep children safe from sexual abuse – without using scary words or even mentioning sex. The guide uses the rules of PANTS to teach children that their body belongs to them and them alone. You can find out more and download the free resources at www.nspcc.org.uk/pants.

Childline Under 12's Website

Childline also have a website with age appropriate advice for primary school children on topics such as bullying. It also has games and other interactive tools. Your child can visit it at

www.childline.org.uk/kids.

If you'd like to know more about the NSPCC's work, or take a look at the wide range of information and advice which is available for parents and carers, please visit their website

www.nspcc.org.uk/parents.

Support us while you shop

You may also be interested in the NSPCC's new selection of BUDDY goodies available from the NSPCC shop at <https://shop.nspcc.org.uk/collections/buddy> which make perfect gifts for children - and all profits go to help keep children safe.

Yours sincerely,



Mrs M. Bruce
Principal Teacher

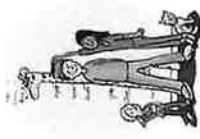


All children have the right to be safe -
UNCRC Article 34

All children have the right to get information
that is important to their wellbeing. Adults
should make sure that the information is not
harmful, and helps children find and
understand the information they need –
UNCRC Article 17



Noble Primary School - PRIMARY 5



Relationships, Sexual Health and Parenthood (RSHP) Parent Information Leaflet

School to Home RSHP link

During the month of June, all our learners will take part in the important aspect of the health and wellbeing section of Curriculum for Excellence, RSHP. Children and young people do not just learn in formal settings, they also learn at home and so the RSHP teaching programme at Noble Primary makes that connection by recognising the role of parents as the child's first and lifelong educator. What is being taught to your child/ren is being shared with you directly.

RSHP Education

Relationships, Sexual Health and Parenthood (RSHP) education is a lifelong process where children and young people acquire knowledge, understanding and skills, while developing their own beliefs and values about their sexuality and relationships within a moral and ethical background. Curriculum for Excellence articulates a set of statements about learning and progression in each curriculum area, called Experiences and Outcomes, they are used to help plan learning and to assess progress. The children learn what is age and stage appropriate to them. The children will be taught in primary stages, not classes. This will be risk assessed.

RSHP in the Primary School

RSHP formal education within Primary School, allows children to receive the correct information and gives them a safe environment for this necessary learning to take place, while also being

What will the P5 children learn?

- Children learn the correct names for parts of their body, including male and female genitalia, and their functions.
- Children recognise that body changes with puberty can impact on feelings and behaviour.
- Children understand the process of menstruation.
- Children understand the importance of personal hygiene.

Second Level Health and Wellbeing Experiences and

Outcomes from Curriculum for Excellence

- I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB 1-47b (Revision)
- 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