

Educational Services

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Monday 2nd October 2023

Dear Parents /Carers.

As part of the Health and Well-Being programme we will be using the national resource for **relationships, sexual health and parenthood** (RSHP) which is for children and young people.

Information for parents and carers about RSHP learning is attached which provides an overview of the key topics which will be covered at Early, First and Second level. Information to support parents/carers can also be found by visiting the website using the links below depending on the level your child is at:

EYC to P1 <https://rshp.scot/early-level/>

P2-4 <https://rshp.scot/first-level/>

P5-7 <https://rshp.scot/early-level/>

This term P5-7 will be focusing on key aspects of 'Growing up' including the following outcomes as outlined in the Curriculum for Excellence guidelines:

I recognise that how my body changes can affect how I feel about myself and how I may behave.

I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene.

On **Tuesday 24th October**, Andrea Dorans the school nurse is offering to all parents and pupils in P5-7 a Q&A session. P5-7 will be from 1.00-2.00pm and boys and girls will separate. The parents' session is from 2.00-3.00pm. Last session following the RSHP programme I was asked by parents to provide an opportunity for children and parents to speak to a medical practitioner.

If you would like any further information please contact myself at the school.

Yours sincerely

Louise Morrison

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Head Teacher

