

Kingsland Primary School

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Dear Parent/carer

This letter explains what we do in a part of our Health and Wellbeing curriculum that we call **Relationships, Sexual Health and Parenthood (RSHP)** education.

All schools in Scottish Borders have been asked to use SBC's 3-18 Pathway for RSHP education which includes a new national resource that you can see at <https://rshp.scot/>

The RSHP curriculum has been in place for some years and is part of Curriculum for Excellence. This is a new resource, designed to help us to deliver the existing RSHP curriculum.

What is the resource?

- A teacher or early years practitioner can use the resource to support teaching and learning.
- All content is age and stage appropriate for learners 3-18 years, organised by Curriculum for Excellence Levels, from Early Level through to Senior Phase.
- Content is up-to-date and engaging and meets the needs of learners with additional support needs, including mild to moderate learning disabilities.

Why does RSHP education matter?

Research shows that a progressive programme of RSHP provides children with the knowledge they need and allows them to feel confident when discussing sensitive subjects with trusted adults. This video link explains why RSHP education is important in more detail.

<https://vimeo.com/361263347>

What is the resource?

- The resource is made up of a series of Activity Plans that describe how a teacher can approach an aspect of RSHP education.
- The Activity Plans are supported by PowerPoints or other resources the lesson might need.
- There is information for parents and carers, ideas about communicating between school and home, reading lists for school libraries and reading at home.
- The resource is accessible and open to everyone; parents and carers can see what is being delivered in school.
- The resource was developed by a partnership of Local Authorities and Health Boards, with advice from Education Scotland and Scottish Government.

Why has it been developed?

- There is a need to improve the quality, relevance, consistency and coverage of RSHP education.
- We need to deliver RSHP education that helps protect children and young people from harm and supports them to understand that friendships and personal relationships should be healthy, happy and safe.
- The resource helps teachers to source material that is age and stage appropriate, so that they can focus on building relationships with learners.
- We need our RSHP education to reflect a modern and inclusive Scotland where we value and respect the human rights of everyone.

Is RSHP age and stage appropriate?

This video explains how RSHP is appropriate for the age and stage of pupils

<https://vimeo.com/361994410>

Specific content being delivered at each level of Curriculum for Excellence across Kingsland is included in the attached leaflets

Early Level (ELC & P1), First Level (P2 – P4), Second Level (P5 – P7)

Further information

If you have further questions about the RSHP resource the FAQ section on the site may be of help: <https://rshp.scot/faq/>

You can also contact a member of Senior Leadership Team via the school office on 01721 720025.

Yours sincerely

Christine Hope

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