



# Shetland Islands Council



Mrs J Wadley  
Head Teacher

BELL'S BRAE PRIMARY SCHOOL  
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24 April 2017

Dear Parents/Carers

## **Relationships, Sexual Health and Parenthood (RSHP) Education in Schools**

RSHP education is a key part of Health and Wellbeing with Curriculum for Excellence. RSHP education focuses on equipping children and young people with the knowledge, skills and values to make informed choices about forming relationships. In accordance with national and local policies, primary schools must address sex education as part of the curriculum.

At Bell's Brae we use a carefully planned programme of study based around The Channel 4 series "Living and Growing." This consists of a number of programmes which build on each other. The classes watch the following programmes:

- Unit 1 programmes 1 and 2 at the end of Primary 4
- Unit 1 programme 3 and Unit 2 programme 4 during Primary 5
- Unit 2 programmes 5 and 6 during Primary 6
- Unit 3 programmes 7, 8 and 9 during Primary 7

The follow up learning activities are based on the content of the programmes. Further details of these activities are outlined in the teacher's notes accompanying this series.

The DVD and teacher's notes are available from the school for parents to view should they wish to. If you would like to discuss anything further about the programme of study or you **do not** want your child to take part in the activities then please contact your child's class teacher or Mrs Cheryl Simpson (Depute head Teacher P4-7).

Yours Sincerely

Cheryl Simpson  
Depute Head Teacher (P4-7)