

Tuesday 1st April 2025

Dear Parent/Carer,

Relationships, Sexual Health and Parenthood Topic

In the new term after we return from the Easter Holidays P4a and P4b will begin a topic looking at Personal Health & Wellbeing. As part of this, we will cover:

- How human life begins, pregnancy and birth
- What babies need

All of the lessons we will cover can be found here: <https://rshp.scot/first-level/> in the “Progression 2” section, further information can also be found on the reverse of this letter.

I would encourage you to chat to your child about the lessons. In class, we will encourage respectful, mature conversations and discussions. Children will have the opportunity to ask lots of questions and there will be a question box for them to use should they not feel comfortable asking their questions in front of the class.

Many thanks,

Mrs Hogarth and Mrs Thomson

P4 Class Teachers



LEARNING AT SCHOOL:

Information for parents and carers about learning at First Level



When your child is in P2, P3 or P4 we say that they are learning at First Level. For some children learning at this Level can also be later. Part of our learning at school is about **relationships, growing up, their bodies** and what we call **the baby's story**. This is part of our Health and Wellbeing learning called *Relationships, Sexual Health and Parenthood* education. Here are the main things we learn about at this Level:

When it comes to relationships children learn about:

- What makes them unique
- Families, and how all our families are different
- The different adults who might care for children – like teachers, support staff in school or medical staff
- Making and having friends
- Being a boy and a girl and that they can be any kind of boy or girl they want to be
- What makes people alike and what makes us different (diversity)
- Respect for others and the importance of being kind.

When it comes to growing up and their body children learn about:

- Making choices and decisions
- Looking after their body and keeping clean
- How their bodies change as they grow
- Names of parts of their body and names for private body parts; we use the words penis, vulva, bottom, nipples
- Parts of their body are private
- Other people should not touch the private parts of their body
- What behaviour is okay in public and what is okay in private (for example pulling pants up before leaving the bathroom).

When it comes to how human life begins, pregnancy and birth children learn about:

- The life cycles of plants and animals
- How a baby is made (conception)
- Pregnancy and how a baby is born
- What a baby needs and how to care for a baby.

How do we learn at school?

Children at this age are curious. They are really interested in how people get on, learning about their bodies and about babies. While learning at school is important they are also very dependent on their parents and carers to look after them, love and care for them and help them learn behaviours and values for life. For children this age a lot of our learning together is about talking and playing. At school we will use conversations, games, drawing and story books to support learning about health and wellbeing. You can find out more about the learning activities we use on this national resource: <https://rshp.scot/first-level/>