



## Broomhill School

### Health and Wellbeing – Relationships, Sexual Health and Parenthood

#### Early Level (ELC/P1)

#### Information for Parents and Carers

April 2022

#### LEARNING AT SCHOOL:

When your child is in an early learning centre, nursery or in P1 at school we say that they are learning at Early Level. For some children learning at this Level can be later. Part of every child's learning is about families and friendships, that every child is unique and special, their bodies, feelings and making choices and looking after living things. This is part of our Health and Wellbeing learning called Relationships, Sexual Health and Parenthood education. At Broomhill we follow the progression from the <http://rshp.scot> website.

Here are the main things we learn about at this Level:

#### When it comes to **families and friendships**, children learn:

- That not all families are the same and that families can be made of different people who provide care and love.
- How to make and keep friendships, thinking about how they get along with other children, play together, co-operate and share. This can include learning about personal space and to recognise and respect how another person is feeling.
- About the importance of kindness and showing kindness to others.

#### When it comes to **every child being unique and special** children learn:

- That people are individual and unique.
- About the similarities and differences among children in their group.
- To understand that treating someone badly based on a difference is not okay.

#### When it comes to **their bodies**, children learn about:

- Names for parts of their body – and that parts of their body are private. We will be using the correct names for private body parts so we understand each other.



- Keeping clean and why this is important – learning about hand washing and brushing teeth.

When it comes to **feelings and making choices** children learn:

- To recognise and express their feelings, including when they might feel safe or unsafe, happy or worried.
- To identify adults that they can go to if they have a question or a worry, introducing the idea of trust.

When it comes to **looking after them and other living things** children learn about:

- Where living things come from.
- The needs of plants, animals and babies.
- That there are professional people who help and care for them, like nursery staff, teachers, doctors or nurses.

How do we learn at school?

Children are curious, they may have heard or seen things and have questions they want to ask. They are really interested in how people get on and learning about their bodies. We want to ensure that children have a good basic knowledge appropriate to the age and stage of the child. While learning at your child's centre or school is important, children are of course 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 learning at Early Level a lot of our learning together is about talking and playing, so staff will use conversations, games, drawing and story boards 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/early-level/>