



Education Resources
Executive Director **Tony McDaid**
St John's Primary School
Head Teacher: **Mrs Alison Hope**

Our Mission Statement: "Children, staff and parents work together to ensure every child reaches their full potential and leaves with a smile due to the experiences, learning and support they have shared"



Our ref: AH
Your ref:
If calling ask for:
Phone: 01698 283401
Date: 16 November 2021

Proud to be a Gold Rights Respecting School

Dear Parent/ Carer,

HEALTH & WELLBEING

In line with Education Scotland, to meet the benchmarks set out in the Personal and Social Education Document 2017, we are starting our Personal and Social education teaching block week beginning 22 November.

The topic looks at healthy lifestyles and covers some sensitive aspects which are listed below for each stage. Parents may wish to discuss with children prior to the lessons.

Primary 1

- I know my body changes as I grow
- I know some of how my body changes
- I understand that all humans are part of a life cycle with different stages
- I know that there are parts of our body that are the same as others and parts that are different such as colour of hair/eyes/skin and height, size and weight
- I know that all of us have differences which make us unique
- I know that external body parts have names
- I understand that there are differences between boys and girls
- I am learning to feel good about myself

Primary 2

- I can name an increasing number of body parts and explain how they work
- I can explain what some of the changes to my growing body will be

Primary 3

- I know the differences between males and females
- I know that the sexual organs are only way to determine male and female
- I know that males have a penis
- I know that females have a vagina

Primary 4

- I will grow and change in different ways
- I can state how I have changed from a baby until now
- I know the sexual organs are the only ways to determine males and females
- I know males have a penis
- I know females have a vagina

Primary 5

- I understand that hormones released during puberty cause emotional and physical changes
- I know that as I grow I will go through changes and become more independent
- I can describe how everyone goes through certain stages of growth
- I can describe how families support and help each other
- I can identify the different emotions I experience
- I can use strategies to deal with the different emotions I experience
- I can explain what puberty is appropriate my age and understanding
- I can explain why good hygiene is important
- I know what menstruation is

Primary 6

- I understand the physical and emotional changes which happen during puberty
- I understand what self-esteem is
- I understand that as I grow I will go through changes and become more independent
- I understand that everyone goes through certain stages of development
- I can explain why personal hygiene is important.
- I can describe some of the changes which my body will go through during puberty
- I understand that hormones released during puberty will cause emotional and physical changes
- I recognise different emotions
- I can use strategies to deal with the different emotions I experience
- I know where to seek help if I need it

Primary 7

- I can describe the emotional and physical changes which occur during puberty
- I can explain what 'self-esteem' is
- I can describe ways in which I will become more independent as I grow older
- I understand the importance of personal hygiene
- I can explain the process of reproduction
- I can identify and challenge the myths surrounding pregnancy and birth
- I can describe the many ways I can seek advice
- I understand the concept of consent and privacy

Primary 5, 6 and 7 classes will be taught in separate boy and girl groups.

The Health & wellbeing lessons are taught sensitively and at an age & stage level appropriate to children's level of maturity and understanding.

Yours Faithfully

Alison Hope

Head Teacher

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