



Cottesmore St. Mary

Catholic Primary School

THE DIOCESE OF ARUNDEL AND BRIGHTON



Headteacher: Rachel Breen B.A. Hons

EPR Spring Newsletter

Reception

Dear parents/carers,

As part of your child's education at Cottesmore St Mary, we promote personal wellbeing and development through a comprehensive Relationship, Sex and Health Education (RSHE) programme. RSHE forms a part of the Personal, Social, Health and Economic education (PSHE), Religious Education (Come and See), Citizenship, Online Safety, PE and Science Curriculum which together are collectively known in Catholic Schools as EPR – Education in Personal Relationships

In the Spring term in EPR, Reception will be focusing on the following EPR topics in the subjects below.

RSHE

Protective Behaviours:

Talk about and show how I feel.
Identify how I feel when I feel safe and happy.
Identify when I don't feel safe.
Show where Early Warning Signs are in the body.
Know that it is important to tell an adult when I don't feel safe.
Name all the parts of my body (including the anatomical names for private parts) to keep me safe.
Know what touches I like and don't like.
Know I can tell someone if I don't like the way someone touches me.
Understand how to ask someone for help.
Identify my trusted adults.
Understand that if I am worried about something I can talk to a trusted adult

Early Warning Signs

If I feel frightened or unsafe
I may sweat a lot, get a sick tummy,
become shaky and my heart might
beat really fast.

These feelings are called my Early
Warning Signs. If I feel this way about
anything, I must tell an adult on my
Safety Network straightaway.



Journey in Love

Celebrate the joy of being a special person in God's family.

Health and mental wellbeing

Identify food and drinks that keep people healthy
Explore my, big feelings
Understand the 5 ways to well-being
Name my feelings and ways to calm down



Online Safety

Recognise safe and unsafe situations and ways of keeping safe, including simple rules for keeping safe online

RE

All families are important
We are part of God's family
That saying sorry is important and can help mend broken friendships
Jesus cared for others

Follow up questions at home

To further your child's learning you may like to discuss these questions with your child using the following question prompts:

- Who can you go to if you are feeling unsafe?
- What makes a family?
- Who is in our family?

Education Awareness Days in Spring

January	Martin Luther King Day (17 th Jan) Holocaust Memorial Day (27 th Jan)
February	Children's Mental Health Week (3 rd -9 th Feb) Time to Talk Day (6 th Feb) NSPCC Number Day (7 th Feb) Safer Internet Day (9 th Feb) Random Acts of Kindness Week (17 th - 23 rd Feb)
March	National Careers Week (7 th Mar 2022 - Sat 12 th) British Science Week (6 th - 15 th March) International Women's Day (8 th March) World Water Day (22 nd March)
April	Autism Awareness Month (all April) World Health Day (7 th April) Earth Day (22 nd April) International Dance Day (28 th April)

We will ensure all EPR lessons are sensitive to the different needs of individual pupils in respect to pupils' different levels of maturity and personal circumstances. If you would like more information, please do not hesitate to speak to your class teacher.