



Cottesmore St. Mary

Catholic Primary School

THE DIOCESE OF ARUNDEL AND BRIGHTON



Headteacher: Rachel Breen B.A. Hons

EPR Spring Newsletter

Year 1

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, Year 1 will be focusing on the following EPR topics in the subjects below.

RSHE

Protective Behaviours:

Identify when I feel safe and I can say what it feels like.
Understand what happens on the inside and the outside of my body when I am feeling safe and comfortable.
Understand that different people can have different feelings about the same situation.
Identify what happens on the inside and the outside of my body when I feel unsafe.
Identify what my own Early Warning Signs are and when I might get them.
Understand my body belongs to me and the parts of my body that are private and should not be touched without my permission.
Name all the parts of my body (including the anatomical names for private parts) to keep me safe.
Understand that I need to keep myself and others' safe.
Understand that everyone has worries sometimes and I can talk about what my worries might be.
Understand that if I have a worry it is important to talk to someone about it who is on my Helping Hand.
Identify how to make myself heard when I want help.

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 ways God loves and cares for us.

Health and mental wellbeing

Understand how being active can keep people healthy
Understand that feelings change and that not everyone
experiences the same feeling in the same situation.



Online Safety

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

RE

Identify special people (e.g. family, carers, friends) and what makes them special
Investigate the special people in our community.

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:

- How can you keep yourself safe?
- Who are the special people in your community?
- What makes you special?

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.