



Cottesmore St. Mary

Catholic Primary School

THE DIOCESE OF ARUNDEL AND BRIGHTON



Headteacher: Rachel Breen B.A. Hons

EPR Spring Newsletter

Year 2

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 2 will be focusing on the following EPR topics in the subjects below.

RSHE

Protective Behaviours:

Understand that all children have rights and I know that I have the right to feel safe.

Talk about the people and places that help me feel safe and comfortable.

Identify a safe place to go to in my mind when I feel worried

Understand why it is important to listen to my Early Warning Signs.

Understand what Fun to Feel Scared means and why it is different to when I am unsafe.

Identify what I like being scared by (what is Fun to Feel Scared for me).

Identify the proper names for the parts of my body that are private (the ones covered by my underwear).

Understand I can use the Underwear Rule to help me stay safe

Recognise the difference between secrets and surprises.

Recognise safe and unsafe secrets and who I feel safe to tell.

Identify the people who look after me and who to go to if I am worried.



Journey in Love

Celebrate ways of meeting God in our communities.

Health and mental wellbeing

Recognise what makes a healthy diet and why this is important

Recognise and celebrate my strengths and set simple but challenging goals.

Online Safety

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

RE

How to show thanks and gratitude

That God is Father, Son and Holy Spirit

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:

- What is the difference between secrets and surprises?
- What is the underwear rule?
- How can you show that you are thankful?

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.