



Cottesmore St. Mary

Catholic Primary School

THE DIOCESE OF ARUNDEL AND BRIGHTON



Headteacher: Rachel Breen B.A. Hons

EPR Spring Newsletter

Year 3

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

RSHE

Protective Behaviours:

*Understand that a feeling is just a feeling,
I have choices about what I do with my feelings, (my behaviour).*

Understand that I can feel different feelings at the same time.

Understand that with my right to be safe comes a responsibility to keep others safe.

Identify what my Early Warning Signs are and how to manage them.

Identify when I get my EWS but it is a Fun to Feel Scared or Risking on Purpose

Name all the parts of my body (including the anatomical names for private parts) to keep me safe.

Recognise the difference between safe and unsafe touching.

Understand that no one has the right to touch us in a way that feels unsafe (not even someone in our family).

Understand I can use Stop- Think-Go to help me know what my options are if I start to feel unsafe.

Identify what characteristics someone who can help me has
Identify and discuss a time when I have asked for help in school.

Identify where to get help outside of school.

The 'Continuum of Safety'

Feeling safe - safe place

Fun to feel scared - roller coaster, bungee-jump, scary movie etc.

Risking on purpose - may not be fun but we want the outcome

Feeling unsafe - may not have 'Choice, Control or Time-Limit'

Early Warning Signs - our body telling us we don't feel safe



Journey in Love

Celebrate the joy and happiness of living in friendship with God and others.

Health and mental wellbeing

Learn about influences and making healthy choices when deciding what to eat or drink

Recognise ways of expressing feelings and emotions and why this is important

Online Safety

Identify the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.

RE

The benefits of giving to others

How Jesus taught us to listen and share

God is Trinity – a communion of persons

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.