



Cottesmore St. Mary

Catholic Primary School

THE DIOCESE OF ARUNDEL AND BRIGHTON



Headteacher: Rachel Breen B.A. Hons

EPR Spring Newsletter

Year 4

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

RSHE

Protective Behaviours:

Understand the UN Convention on the Rights of the Child and how these help children to be safe.

Understand that the behaviour of some people can affect the rights of others.

Understand that with all rights comes responsibilities.

Understand the difference between risk on purpose and when something is unsafe.

Recognise that dares are not always safe.

Identify some ways to say no to dares that feel unsafe and that help me resist peer pressure

Understand the difference between safe and unsafe secrets and when to tell.

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

Recognise the difference between treats, bribes and threats and how to keep myself safe.

Understand that telling someone on my Helping Hand about my worries can help me feel safer.

Recognise that different people can help me with different things.



Journey in Love

Celebrate the uniqueness and innate beauty of each of us.

Health and mental wellbeing

To learn how to plan and prepare a healthy meal

Understand that anxiety can make people feel unsafe

Online Safety

Understand 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

Life is precious and your body is God's gift to you

Prayer and worship are ways of nourishing your relationship with God

Sacraments often coincide with different natural stages in life, for example Baptism often occurs near birth for Catholics

To extend their vocabulary to deepen their understanding of the range and intensity of their feelings

Christians belong to the Church family which includes the school, parish and diocese

God is Trinity – a communion of persons. The Church is the Body of Christ

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 resist peer pressure?
- Who is on your helping hand?
- How does prayer strengthen your relationship with God?

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.