



Cottesmore St. Mary

Catholic Primary School

THE DIOCESE OF ARUNDEL AND BRIGHTON



Headteacher: Rachel Breen B.A. Hons

EPR Spring Newsletter

Year 5

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

RSHE

Protective Behaviours:

Understand that words can hurt other people's feelings.
Understand how my behaviour and language can have an impact on others.
Understand the difference between a Fun to Feel Scared and a Risking on Purpose activity.
Understand the importance of choice, control and time limit in.
Understand that no-one has the right to hurt children, not even someone they know
Understand that there's nothing so awful we can't talk about it to someone
Recognise sometimes secrets can be unsafe and must not be kept
Identify the characteristics of a healthy friendship or network person are.
Identify how to get help if I feel unsafe with people.
Understand I can ask for help more than once if I need it.
Name all the parts of my body (including the anatomical names for private parts) to keep me safe.



Journey in Love

Celebrate the joy of growing physically and spiritually.

Health and mental wellbeing

To learn about the importance of regular, physical activity
Understand how feelings and emotions are affected and can be managed at changing, challenging or difficult times.



Online Safety

Pupils should know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
Pupils should know where and how to report concerns and get support with issues online

RE

God has created us for a purpose (vocation)
Sacraments often coincide with different natural stages in life, for example Baptism often occurs near birth for Catholics

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 have something on your mind?
- What does a healthy friendship look like?
- What is a vocation?

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.