

Cottesmore RSHE Topics

Autumn

Seal- New Beginning

Mental Health and Wellbeing 1

British Values

RSHE, Journey in Love (social and emotional)

Online Safety 1

Good to be Me

Online Safety 2

Awareness Days:

Children's Mental Health Day

Black History Month

Show Racism the Red Card

Anti-Bulling Week

Odd Socks Day

World Kindness Day

Internet Legends Day

Spring

Protective Behaviours:

- Feeling safe and unsafe
- Body awareness and networks and telling

Aspirations Week

Global Money Week

Economic Education

RSHE, Journey in Love (spiritual)

Health Education

Online Safety 3

Mental Health and Wellbeing 2

Awareness Days:

Safer Internet Day

Children's Mental Health Week

International Women's Day

Holocaust Memorial Day

Fairtrade Week

Summer

Mental Health and Wellbeing 3

Sun Safety

Health and Drugs Education

Water Safety

RSHE, Journey in Love (physical)

Online Safety 4

Disability and Equality Education

Inclusion and Belonging Education

First Aid

Awareness Days:

Mental Health Awareness Week

Refugee Week

Disability Awareness Day

Environment Day

Windrush Day