



St Joseph's Catholic Primary School
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Dear Parents and Carers,

I am writing to inform you about some of the themes that we will be explore as part of our Relationship and Health Education so that you can continue discussions with your child around these themes. As a School, we follow the Ten Ten scheme for Relationship and Health Education for Catholic Primary Schools. This term we will be covering the unit on **How to Keep Safe**. This is split into different sessions. I have outlined them below.

Sessions 1 and 2 - The risks of sharing and chatting online

We will focus on the children starting to recognise that their increasing independence brings increased responsibility to keep themselves and others safe. We will look at how to use technology safely and that just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others. We will learn how to report and get help if they encounter inappropriate materials or messages and that bad language and bad behaviour are inappropriate.

Session 3 - Safe in my Body - Teaching on bullying and abuse

We will think about how to judge well what kind of physical contact is acceptable or unacceptable and how to respond and that there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest.

Session 4 - The effects of drugs, alcohol and tobacco

We will learn that medicines are drugs, but not all drugs are good for us, how alcohol and tobacco are harmful substances and that our bodies are created by God, so we should take care of them and be careful about what we consume.

Session 5 - First Aid Heroes - The crucial role of First Aid in emergency situations

We will learn that in an emergency, it is important to remain calm and how quick reactions in an emergency can save a life. We will also teach the children how they can help in an emergency using their First Aid knowledge.

All of these sessions are delivered through interactive activities and a range of videos and animations that are created specifically for children of this age. Please come and see me if you have any questions or concerns about what is being covered this term.

Many thanks.

Miss Rowe

Cherry Class

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