



English Martyrs Primary School  
St Mark Street, London, E1 8DJ  
020 7709 0182  
[www.englishmartyrs.towerhamlets.sch.uk](http://www.englishmartyrs.towerhamlets.sch.uk)

9<sup>th</sup> September 2022

Dear Parents/Carers,

Welcome to the first half of the autumn term.  
We hope you were able to enjoy the break.  
Please find further information about the curriculum.

### **RHSE**

Our Relationship, Health and Sex Education will be delivered using the 'Life to the Full' programme which the school has purchased.

Our learning this half-term will be **Module One: Created and Loved by God**. This explores the individual. Rooted in the teaching that **we are made in the image and likeness of God**, it helps children to develop an understanding of the importance of valuing themselves as the basis for personal relationships. You can access the lessons via 'The Parental Portal'.

<https://www.tentenresources.co.uk/parent-portal/>

username: english-martyrs-e1      password: tower-bridge-28

To help us continue to support your children's emotional health and well-being, we are introducing 'Zones of Regulation' throughout the school. I hope your children will be able to tell you more about this.

### **Online safety**

As part of safeguarding our pupils, online safety is a priority. All families recently received the Acceptable Use Policy which reminds us all of the correct digital behaviour we should model to the children. All gadgets including mobile phones, tablets and iPads must have the relevant parental controls on them in order to prevent access to inappropriate material. If your child is exposed to any harmful material, it will impact on their welfare. Please ensure that your child is only using age-appropriate forms of social media. The age restrictions are in place to protect them and maintain their wellbeing. WhatsApp group chats in particular have caused upset and hurt. Parents, please be mindful of what you write on WhatsApp. Refrain from negatively mentioning anyone's name. We all have a duty of care to the school community.

Keep watch of your child's screen time. It is up to us to help children balance their onscreen time and adopt a healthy digital diet. Too much time can have a negative impact on their wellbeing. You can visit [www.internetmatters.org](http://www.internetmatters.org) for more detailed age-relevant guidelines. For further information on this, visit [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

## PE

PE Kits should be worn into school on the day of their lesson and the children can wear them all day. PE kit consists of white t shirt, navy shorts, socks and plain trainers. In the colder months, navy tracksuits can be worn for outside activities (but please still remember to pack shorts just in case the lesson is indoors.) This half term, PE will be on Tuesday and Wednesday.

## Healthy Eating

There is a new menu which is on the school website under 'Useful Information'.

Yours sincerely

Mrs C Pannell

