



English Martyrs Primary School
St Mark Street
E1 8DJ
0207 709 0182

18th September 2020

Dear Parents,

My name is Miss Lambert and I am the Religious Education Co-ordinator at English Martyrs School.

Coming back to school after the summer holidays can feel like a very busy and often stressful time for many families. It has been a time of new beginnings, new classrooms, new teachers and new lessons. But this year, school will feel even more different after the extended period of school closures. With new start times and new year group bubbles, there will be a lot of 'new' things for children and parents to get used to.

This year, the children will be taught a new subject called 'Relationship, Sex and Health Education'. Our school will be using the scheme 'Life to the Full' by 'Ten Ten'. Ten Ten's new programme for Catholic primary schools, will teach Relationships Education and Health Education within the context of a Christian understanding of human sexuality rooted in the wisdom and teaching of the Catholic Church. The entire teaching is underpinned with a religious understanding that our deepest identity is as a child of God - created, chosen and loved by God. The programme is fully inclusive of all pupils and their families.

Given that RSHE (Relationships, Sex and Health Education) will become a statutory subject for all schools from September 2020, we are embracing "the challenges of creating a happy and successful adult life" by giving pupils knowledge "that will enable them to make informed decisions about their wellbeing, health and relationships" (DFE Statutory Guidance).

We will deliver this teaching through the prism of Catholic RSHE. The framework of the programme is taken from the Model Catholic RSHE Programme by the Catholic Education Service, which has been highlighted by the Department of Education as a work of good practice.

Additionally, there is a prayer and worship resource for families by 'Ten Ten'. This September, we need to take the time to focus on Jesus and we invite you to participate in a spiritual meditation with your child, which seems more pertinent than ever this year.

Please copy and paste the link below to play the recorded meditation below, and then perhaps discuss it with your child.

<https://vimeo.com/448834887>

The meditation follows Sunday's Gospel, where Jesus says: "If anyone wants to be a follower of mine, let him...take up his cross and follow me." Matthew 16: 24

Children heard how Jesus will help us every step of the way and help us to carry our 'cross'. We don't have to carry an actual cross but it's like the bag in the meditation - we carry it on the path and when it gets too heavy, Jesus helps us. Children learned that Jesus longs for us to follow Him, because He knows we will be happiest when we follow the path He lays out for us.

After watching the video, your child may like to consider the questions below, which you might like to discuss with them:

Will you follow Jesus this year?

Will you let Him help you and guide you?

Please feel free to participate in family prayer and worship each month. You will find next month's prayer on the school website under the 'Religious Education' tab.

God bless,

Miss Lambert

Year 1 Teacher

RE Co-ordinator