



English Martyrs Primary School
St Mark Street
London
E1 8DJ
020 7709 0182
www.englishmartyrs.towerhamlets.sch.uk

Dear Parents/Carers,

5th November 2021

Welcome to the second 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 - **Created and Loved by God**. This unit explores us as individuals. Rooted in the teaching that **we are created by God out of love and for love**, it helps the 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.

As of May 2018, WhatsApp's minimum age of use is 16 years old. WhatsApp group chats in particular have caused upset and hurt. Parents, please also 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 for more detailed age-relevant guidelines. For further information on this, visit 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.

Healthy Eating

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

Open Evening will be held face-to-face in school on Tuesday 16th and Wednesday 17th November from 3-5.30pm. If you would prefer a phone call please tell the Year 2 staff or the office.

Yours sincerely,

Mrs Paterson

