



# BEDFORD CATHOLIC SCHOOLS

---

## ST JOSEPH'S & ST GREGORY'S PRIMARY

Dear Parents and Carers

Some of the work children cover at St Joseph's and St Gregory's helps the children to be safe. We teach them about how to keep themselves safe in various situations and circumstances. This includes learning about road safety and making healthy relationships, for example.

This half term the children will be learning about how to be safe from harm from drugs (see below for what is covered in each year). They will also learn about keeping their "privates" private (NSPCC PANTS campaign) and seeking help if someone touches them inappropriately.

Safeguarding from harm: drugs

Early Years and Year 1: Medicines from the chemist or doctors

Year 2: Healthy eating and healthy living

Year 3: Healthy and harmful food and drink, dangers of smoking

Year 4: Medicine safety and dangers of alcohol

Year 5: Dangers of smoking

Year 6: Keeping healthy, the dangers of smoking, alcohol and other substances that can be abused

Please help us by talking with your children about how to have a healthy and happy life. Encourage them to be active outside and to take an interest in other people. Also make sure they know to tell a trusted adult if anyone tries to touch or look at their private parts inappropriately.

The websites below may be helpful to you. Please ask your child's teacher if you would like more information. Thank you for your support.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/drugs-alcohol/>

<https://parentinfo.org/article/alcohol-facts-and-tips-for-parents>

<https://mentoruk.org.uk/information-and-advice/parents-and-carers/>

ST FRANCIS OF ASSISI ACADEMIES TRUST: 08462151  
DIOCESE OF NORTHAMPTON

