



Wellbeing Curriculum

Year R Term 2

Our school's vision for our Wellbeing Curriculum is that children are able to keep themselves physically, mentally and emotionally safe and healthy, throughout their lives. They will do this by developing the skills and knowledge they need to make informed choices, build healthy & positive relationships and by knowing where to seek help when it is needed.

In Reception the Wellbeing Curriculum covers aspects of the EYFS Framework for Personal, Social and Emotional Development, as well as some aspects of Physical Development related to Being Healthy and Keeping Safe. This learning will also include lessons about an approach the whole school follows to learn about needs and behaviours called 'The Empowerment Approach'

If you have any questions or concerns about any aspect of the Wellbeing Curriculum please contact the Wellbeing Lead, Mr Wheeler, through the school office for further information, clarification and support.

This term we will be learning...

- To begin to understand that our brain needs practice to work its best
- To know that everyone is different and it is good to be unique/special
- To understand how their actions affect others and the importance of kindness
- To understand what it means to be a good friend
- The importance of being comfortable

Key Vocabulary we will learn and use...

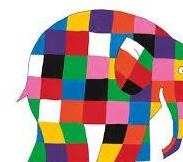
Different, Same, Similar, Unique, Special

Friends, Support, Care, Kindness

Practice, Comfortable

We will be using the story

of 'Elmer' to support our PSED learning this term.



Points to note– Similarities and Differences

When we are teaching about similarities and differences we are mindful to be equally inclusive of all views unless they are harmful. It is important that even with young children we are inclusive about gender for example, and that we all reinforce the idea that there is not one way to be a boy or one way to be a girl. We are all unique and special, and our likes and dislikes are about us as an individual, not whether we were born as a boy or girl. We are working really hard to try and remove gender stereotyping or bias from our school and this starts in the Early Years, we do not promote the stereotypes of "pink for girls" or "football for boys" for example, and would

really appreciate your help with this.

If your child needs help and support these websites have information that can help...

<https://www.childline.org.uk/>

We will be taking part in Anti-Bullying week again this year, 15th-19th November.

The theme this year is 'One Kind Word' and reinforces the importance of and power of Kindness, in particular with the things that we say and words we use.

We will take part in Odd Socks Day on Friday 19th November– further information will follow about this.

