



**Wellbeing Curriculum**  
**Year R Term 4**

*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 what we mean by 'being healthy'
- To recognise that some foods are good/ bad for us
- About the importance of physical activity
- About the importance of looking after our teeth
- About good handwashing and hygiene routines

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

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

**Our Key question for this term is...**

***What does it mean to be healthy?***

**Key Vocabulary we will learn and use...**

*Healthy, Unhealthy  
Balanced Meal, Sugar, Fat  
Teeth, Decay, Dentist  
Hygiene, Clean, Wash  
Active, Exercise*

**Points to note– Being Healthy**

During these lessons children will learn about how we can keep ourselves healthy and safe, by making healthy food choices, looking after our teeth, making sure we stay clean through washing etc and taking part in Physical activity on a regular basis.

We recognise sometimes these choices are out of the control of children and/or their families and are sensitive to this during our teaching so that the children never feel embarrassed or worried about taking part. This learning forms part of the statutory Health curriculum that all schools are required to teach.

Any disclosures from children that may cause staff to believe a child is at risk of harm, will be dealt with by following our school safeguarding policy.

**Make a swap when you shop**

When it comes to cutting back on sugar, salt and saturated fat, here are a few quick tips and tricks you can try when you're next in the supermarket or shopping online to help you make healthier choices.



**Scan the barcode**

Use the free [NHS Food Scanner](#) app to find out what's really in the food you're buying and get swap suggestions while you're at the shelf!



**Go for a Good choice**

Picking products that have the 'Good choice' badge on the packaging is a quick and easy way to decide what to buy.



**Get the green light**

Many items now have traffic light labelling on the packaging – go for products that have more greens, and cut down on ones with reds and ambers.



**Check the label**

If products don't have traffic lights, you can still compare amounts of sugar, salt or fat by looking at the amount per 100g on the nutrition information panel.