



Wellbeing Curriculum
Year 1 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.

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 identify and discuss groups they belong to including family
- To identify different people who love/care for them and the ways they do this
- To understand similarities and differences between families
- To talk about features of family life
- To know how to get help if they are worried about something.
- About the importance of kindness

Our Key question for this term is...

Who is special to us?

Key Vocabulary we will learn and use...

Families, Differences, Similarities, Family life, Love, Care, Kindness, Special

If you or your child needs help and support these websites have information that can help...
<https://www.childline.org.uk/>
<https://anti-bullyingalliance.org.uk/>

Points to note– Special People

During these lessons children will be taught that someone who is special to us is someone who takes care of you and considers your feelings. They make you feel good about yourself most of the time. Parents might sometimes have to teach you right and wrong, which sometimes means you are told off, but you will still feel loved by them and special most of the time.

Some of us may be surrounded by lots and lots of special people and others may only have one or two, children will be taught this type of difference is ok too. The same as the types of people who are special may be different for each of us. It could be family, such as mummies, daddies, brothers, sisters, grandparents, step family, adopted or foster family. Or for some it might be friends, teachers or neighbours. Anyone that we feel is special to us is ok, no matter who.

When discussing families, teachers will also show sensitivity to the different types of families within our school community so that all children feel safe and valued.

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.

