



Wellbeing Curriculum
Year 1 Term 3

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...

- About the importance of a healthy diet
- How eating/drinking too much sugar can affect their health including dental health, and the importance of keeping our teeth healthy
- Why it is important to be physically active
- About how hygiene such as handwashing will help us to stay healthy
- To understand some ways of being safe online and how to get help if something makes them feel worried or upset

Our Key question for this term is...

What can help us stay healthy?

Key Vocabulary we will learn and use...

Healthy, Exercise, Diet, Sugar, Hygiene, Oral, Decay, Physical Activity.

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– Keeping 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.

The whole school will be taking part in lessons about Internet Safety on 'Safer Internet Day' which is being held on 8th February. The theme for this year is...

'All fun and games? Exploring respect and relationships online'.

You can access information and resources to help you keep your child safe online on this website-

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

