

# Glenleigh Park Primary Academy

Growth, Perseverance, Positivity, Achievement



## Wellbeing Curriculum

### Year 4 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...**

- To understand what feelings are and how they can change over time or when different things happen
- To understand the importance of expressing our feelings and ways to do this appropriately
- To explore ways of managing feelings at times of loss, grief and change
- To understand the importance of keeping safe online and ways to manage any risks or seek help if needed

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

***How can we manage our feelings?***

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

*Feelings, Emotions, Negative, Positive, changes, grief, loss, change, appropriate, online, safety, internet, risks*

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/>

<https://www.winstonswish.org/>

#### **Points to note**

During these lessons the children will be exploring mental health and wellbeing by focusing on different types of feelings. Teachers will be sensitive at all times to the needs and experiences of the children. All lessons will follow our ground rules which establish a safe and effective environment to discuss sensitive issues. The children will be reminded of confidentiality. Any disclosures that cause concern will be dealt with following the school safeguarding policy and procedures.

We will be exploring different kinds of life changes, how these can affect people, and different responses someone might have to grief. Children will consider who is best to help them with their feelings and learn how to seek appropriate help and support. Please do get in touch with us if you feel that your child is struggling in anyway with this, we may be able to offer support or point you in the right direction for support from another agency or source.

**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>

