



Wellbeing Curriculum
Year 5 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 investigate different relationships people have
- To discuss how friends and family communicate; including using the internet/social media
- To explain how not knowing someone online can be risky, demonstrate how to recognise risks and keep safe
- To understand what is safe to share online and the importance of consent
- To know how to respond if a friendship is making them feel worried or unsafe and how to ask for help or respond to pressure

Our Key question for this term is...

How can friends communicate safely?

Key Vocabulary we will learn and use...

Online, Offline, Relationships, Permission, Consent, Safety, Risk, Internet, Social Media, Communication

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.thinkuknow.co.uk/>

Points to note– Keeping Information Safe Online

The internet is a wonderful and exciting resource that can be used in lots of different ways, but we also know it can be a risky and dangerous place too. These lessons are designed to raise awareness of the very real risk of sharing personal information and images online. We recognise the importance of teaching this without frightening pupils, causing guilt or unrealistically suggesting pupils do not share any information at all online. People of all ages like to document their lives online and many children are familiar with and used to their family members doing this. However, children need the skills to do this as safely as possible. The focus is on encouraging pupils to think about how quickly their information can be shared outside of their control, focusing on the importance of thinking before sharing. Sometimes this learning can bring about disclosures, in school we follow our safeguarding policy and procedures to ensure this is dealt with appropriately. If you are concerned about any disclosure your child makes at home please do seek support and advice, if we cannot help we can at least point you in the right direction.

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.

