

Glenleigh Park Primary Academy

Growth, Perseverance, Positivity, Achievement



Wellbeing Curriculum

Year 6 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 explore how what is presented in the media (news) can influence and affect wellbeing and feelings
- To understand that some messages shared in the media are not true and evaluate the impact this has on people
- To learn to recognise online targeting and how this can be used to influence someone's beliefs, actions and choices
- To recognise how images in the media, including online, do not always reflect reality and can affect how people feel about themselves
- 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 the media influence people?

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/>

Key Vocabulary we will learn and use...

Media, Sources, Influence, Wellbeing, Impact, Online targeting, reality, online, damage, accurate, representation

Points to note– Body Image

One area we will discuss during these lessons is Body Image. When discussing this it is useful to use the terminology 'natural' as opposed to 'normal' and to ensure any discussion around body shapes and sizes are framed in terms of health. Body fat can be discussed in terms of the functions fat serves of insulating, providing energy and protecting vital organs. Staff will be careful to role model positive body image messages throughout and not normalise any negative comments or views linked to how they or others look. For example, avoiding comments like "Its when you get to my age/size you have to worry about..."

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>

