



Wellbeing Curriculum
Year 6 Term 1

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 physical and mental health are linked
- To understand that positive friendships and activities support wellbeing
- To explore how to make choices that support a healthy, balanced lifestyle
- To investigate and understand how sleep contributes to a healthy lifestyle
- To explore ways to look after wellbeing online and offline including social media
- To talk about how to manage the influence of family/friends

If you or your child needs help and support, these websites have information that can help...

<https://www.childline.org.uk/>
<https://www.net-aware.org.uk/>
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
<https://www.bbc.com/ownit>

Key Vocabulary we will learn and use...

Feeling, emotion, thoughts, moods, health, physical, mental, wellbeing, balanced lifestyle, influence, social media, positive, negative, sleep, good/poor quality, routine, memory, recovery, peer pressure, assertiveness

Our Key question for this term is...

How can we keep healthy as we grow?

Points to note— Social Media

The children will be exploring the meaning of well-being and also what social media is, and evaluating how social media could impact on a young person's wellbeing. They will reflect on actions they can take to look after their wellbeing through a healthy balance of online and offline activity. We are very aware that many of our children use different social media platforms, despite the legal age for nearly all forms being 13. It is vital that school and parents work together to ensure that if children are using these, it is done as safely as possible.

When children use the internet it can open up a wonderful world to them with access to so many resources and experiences, however it can also present many risks and dangers. You are never many clicks away from potentially harmful or inappropriate content.

Are you confident that your child knows...

- When is it ok to share a photo or video online?
- When is it not ok?

- What the difference is between a friend and a follower and how does this influence the way we should behave/what we should share?

How many of these Apps/Games do you know?

