

Glenleigh Park Primary Academy

Growth, Perseverance, Positivity, Achievement

Year 3 and 4 - Term 1

Wellbeing Overview



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 and 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.

We will be learning...

- To recognise personal qualities and individuality
- To develop self-worth by identifying positive things about themselves and their achievements
- To identify how positive attributes, strengths, skills and interests contribute to self-esteem
 - How to set our own goals
- How to manage when there are setbacks, to learn from mistakes and reframe unhelpful thinking

Our key question is...

What strengths, skills and interests do we have?

Our key vocabulary...

Similar, different, unique, individual, personal, positive, achievements, confidence, self-esteem, barriers, difficulty, overcome, self-worth

Points to note -

During these lessons we will use a range of resources and techniques to develop the children's understanding of what makes us all so unique and special. We will be encouraging all children to talk about themselves in a positive way and will use a range of strategies to support children who may struggle to talk about themselves .

Confidentiality and 'not naming names' will be part of our established ground rules in all of our wellbeing lessons. This helps the children to feel safe and comfortable joining in with these activities. The discussions will always be carried out in a sensitive manner. If a member of staff is concerned by anything a child discusses they will follow the school safeguarding policy and procedures.

Support

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/>

Discussions for home

- What did you do today that made you feel good?
- What do you want to achieve? (at home, at school, in the future)
- How could you pick yourself up when you feel down?
- Try to talk positively about yourself in front of your children, they learn so much from our modeling and example :)