



A common thread throughout the year – Mental Wellbeing (School Development Plan 1.5)

- That mental wellbeing is a normal part of daily life, in the same way as physical health.
- That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situation show to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.
- That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.
- Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
- It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

Leamington Value – Respect




Monday 9th September Working Together - How do we work as a community?	Monday 16th September Christ Church Assembly - Understanding the meaning behind the Lord's Prayer	Monday 23rd September Why is school uniform important?	Monday 30th September Respecting the Road.	Monday 7th October Harvest - How do we respect the environment?	Monday 14th October Diwali and Light - What brings the light in to our lives?	Monday 21st October Christ Church Assembly - Understanding the meaning behind the Lord's Prayer
---	--	--	--	--	--	--

Respectful Relationships

- About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.
- What a stereotype is, and how stereotypes can be unfair, negative or destructive.
- The importance of permission-seeking and giving in relationships with friends, peers and adults Pupils should know
- The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- Practical steps they can take in a range of different contexts to improve or support respectful relationships.
- The conventions of courtesy and manners.
- The importance of self-respect and how this links to their own happiness.
- That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority

Autumn 2

<u>Leamington Value - Friendship</u>						
						
Monday 4th November The Good Samaritan - Why should we help others?	Monday 11th November Remembrance and what the 2 minute silence really means.	Monday 18th November Anti-Bullying Week review	Monday 25th November Christ Church Assembly - Understanding the meaning behind the Lord's Prayer	Monday 2nd December What is Advent?	Monday 9th December You've got a friend in me.	Christmas Week (16th – 20th December) EYFS Carols KS1 Carols KS2 Christmas Show Celebration Assembly

Caring Friendships

- How important friendships are in making us feel happy and secure, and how people choose and make friends.
- The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

- That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.
- How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

Spring 1

<u>Leamington Value - Determination</u>					
Monday 6th January 2020 New Year = New Beginning. What's your new year's resolution?	Monday 13th January Taking care of the world. The story of Noah	Monday 20th January Who was Martin Luther King?	Monday 27th January Attending school and giving your best - The hare and the tortoise	Monday 3rd February Rights and Responsibilities. Why doesn't everyone have the same rights?	Monday 10th February Love is in the air



Healthy Eating

- What constitutes a healthy diet (including understanding calories and other nutritional content)
- The principles of planning and preparing a range of healthy meals.
- The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Physical Health and Fitness

- The characteristics and mental and physical benefits of an active lifestyle.
- The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
- The risks associated with an inactive lifestyle (including obesity).
- How and when to seek support including which adults to speak to in school if they are worried about their health.

Spring 2

Leamington Value – Honesty



**Monday 24th
February**

Who are the Patron
Saints?

Monday 2nd March

Monday 9th March

Valuing each other
and being tolerant

**Monday 16th
March**

**Monday 23rd
March**

What sacrifices do
we make? The
Easter story.


**Monday 30th
March**

Spring Term
Celebration
Assembly

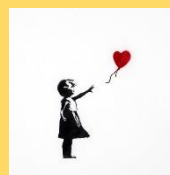
Internet Safety and Harms

- That for most people the internet is an integral part of life and has many benefits.
- About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
- How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.
- Why social media, some computer games and online gaming, for example, are age restricted.
- That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.
- How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.
- Where and how to report concerns and get support with issues online

Summer 1

<u>Leamington Value - Courage</u>						
Monday 20th April What is Democracy?	Monday 27th April Who was St George?	Monday 4th May Remembering VE Day - How did the Second World War change British Society?	Monday 11th May	Monday 18th May The Olympics, What makes a good sports person?		

Summer 2

<u>Next Steps</u>						
Monday 8th June What is Ramadan?	Monday 15th June Planting the Seeds - How do we help ourselves and others to grow and flourish?	Monday 22nd June Who are the Royal Family? How do they affect our lives?	Monday 29th June What makes our world turn? How can we ensure everyone feels loved?	Monday 6th July The past, the present and the future	Monday 13th July Summer Term celebration assembly	

Families and people who care for me

- That families are important for children growing up because they can give love, security and stability.
- The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. DRAFT 21
- That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed