

# WELLBEING AT ELEANOR PALMER



## WELLBEING TEACHING AND LEARNING AT ELEANOR PALMER

Our Wellbeing curriculum ensures that every child learns how to recognise emotions and how to regulate them. Learning is organised within the themes: Wellbeing, Health and Relationships, and later, Sex Education. This curriculum is taught through a combination of discrete lessons, working in Wellbeing booklets, regular class discussions, planned stories, assemblies and visitors. Where appropriate, we make links to other curriculum areas, including science, computing and PE. Our PE teacher also leads personal development and mentoring sessions which form an important part of our provision. We have tailored our programme of learning to the needs of our pupils and our diverse community, covering the learning set out in the National Curriculum and using the guidance of Camden Learning, so that children's knowledge builds and is secured over time.

### EARLY YEARS FOUNDATION STAGE

The guiding principles of the Early Years Framework are the same as those of our Wellbeing Curriculum, and so form its foundation:

- We celebrate that every child is unique, building resilience and confidence.
- We ensure that children build positive relationships with the children and adults around them.
- We provide enabling environments in which children can learn and thrive, encouraging independence alongside guided learning.



Within the framework, there are seven key areas of learning, many of which are incorporated into the work that we complete within Wellbeing.

In Communication and Language, children develop their skills in conversations with both their peers and adults. Positive behaviour is modelled and reinforced throughout each day, helping children to learn skills of sharing, taking turns and sensitive questioning, encouraging their curiosity and interests.

In Personal, Social and Emotional Development, children learn about their own relationships and the relationships of others, considering families and friendships. Children are supported as they begin to understand and manage their emotions, developing a positive sense of self, building confidence in their abilities and persisting when things are hard. They learn how to look after their bodies, thinking about physical care as well as healthy eating and managing personal care. Children learn how to make and maintain good friendships, learning how to co-operate and resolve conflicts peacefully.

In Physical Development, children learn about healthy and active lifestyles. As well as developing strength, and understanding how to keep themselves well, children also learn many skills through playing games. These can help children to understand feelings of winning and losing, as well as supporting their peers.

In Understanding the World, children begin to make sense of their environment and community. Experiences at home are greatly enriched by those at school, including visits to parks, libraries and museums as well as discussions with important figures such as those working in the emergency services and diverse role models. Children listen to a broad selection of stories, songs and poems that aid their understanding of the wider world. They celebrate different cultures and communities.

### YEAR 1

#### WELLBEING

Understanding emotional vocabulary: cheerful, glum, happy, calm  
 Understanding what has caused different emotions  
 Plotting emotions on the mood metre  
 What to do to help us feel a particular way - acknowledging that all feelings are valid.  
 How to be resilient and celebrating success

#### HEALTH

Keeping our teeth healthy  
 The importance of sleep  
 Keeping safe at home  
 That babies grow and change into adults  
 How to eat healthily  
 Identifying a range of emotions

#### RELATIONSHIPS

Keeping personal information to ourselves online  
 Celebrating 'being me' and thinking about the similarities and differences of others  
 The qualities of a good friend  
 Different types of family and how different people play a role in our lives

### YEAR 2

#### WELLBEING

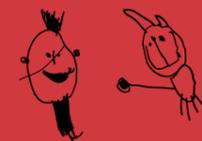
Understanding emotional vocabulary: excitement, frustration, boredom, peace, pride  
 Understanding how our emotions can influence other people  
 Plotting emotions on the mood metre  
 Managing conflict on the playground  
 Learning to manage disagreements Celebrating success

#### HEALTH

Understanding medicines  
 Risks and hazards around the home and school  
 Introducing stereotypes  
 Recognising feelings in others  
 Consider ways in which they are growing and changing

#### RELATIONSHIPS

Thinking about who we can trust online  
 Learning the 'PANTS' rule  
 Knowing they have the right to say no to unwanted touch and attention  
 Exploring life in different countries, including wants and needs  
 Understanding conflict, and behaviour that could lead to bullying  
 Considering the qualities of a good friend  
 Knowing how parliament was formed and its responsibilities



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### YEAR 3

#### WELLBEING

Understanding emotional vocabulary: joy, fury, jealousy, relaxed  
Recognising ineffective methods to regulate our emotions  
Working as a team  
Coping with change  
Harnessing a growth mindset

#### HEALTH

Understanding the terms 'drugs' and knowing that these can be harmful to people  
The risks of smoking  
Making good food choices  
How to call for help in an emergency situation  
Biological differences between male and female  
Expression emotions and feelings  
Road safety  
Positive thoughts and self-talk

#### RELATIONSHIPS

Continuing to understand the risks and how to remain safe online  
Understanding stereotypes and discrimination  
Exploring family differences and challenging stereotyping  
Understanding what to do if conflict escalates  
Exploring healthy relationships



### YEAR 4

#### WELLBEING

Understanding emotional vocabulary: motivation, worry, satisfaction, anxiety, disappointment  
Learning the difference between long and short term strategies  
Dealing with conflict and resolution  
Building on mistakes  
Developing our growth mindset

#### HEALTH

Exploring medicines and their many benefits, alongside non-medical drugs and their risks  
The effects and risks of drinking alcohol  
How to recognise and help when someone is having an allergic reaction  
Initial stages of calming and assisting in First Aid  
Understanding that food, and its nutrients, give us energy  
Being safe around water  
The importance of personal hygiene

#### RELATIONSHIPS

Understanding that not everyone, or everything, online is trustworthy  
Making responsible decisions online and in real-life  
Challenging stereotypes  
Identifying and resisting pressurising behaviour  
The importance of asking questions  
An awareness of the role of bully, victim and bystander  
Understanding rights and responsibilities in friendships



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### YEAR 5

#### WELLBEING

Understanding emotional vocabulary: gratitude, aspirational, embarrassment  
'Meta-Moments' - really understanding our senses and reactions  
Differences between being proactive and reactive  
Effective communication, even in difficult or unpredictable situations  
Understanding the importance of sleep  
Extending our growth mindset to more challenging areas

#### HEALTH

Evaluating food throughout a whole day, considering its nutrition and value  
Learning how to talk about mental health and wellbeing  
Ensuring the safety of others  
Extended course in First Aid  
Safe cycling  
The main stages of the human lifecycle  
Immunity and vaccines

#### RELATIONSHIPS

Understanding reasons for migration, and how we can help  
The concept of fairness and the role that we play  
Exploring how and why people are excluded  
Dealing with feelings in relationships  
Developing a sense of belonging  
Understanding consent

#### SEX EDUCATION

Know the physical changes that happen in puberty  
The importance of hygiene in puberty  
Dealing with changes in feelings as relationships shift and change  
Knowing how a baby is made, including conception and pregnancy

### YEAR 6

#### WELLBEING

Understanding emotional vocabulary: optimism, apprehension, stress, disappointment  
Recognising how people around us support us  
Finding balance in all areas of our lives  
De-escalating conflict in ourselves and others  
Managing time and expectations under pressure  
Managing emotions in times of change

#### HEALTH

Further exploring the risks associated with drugs (including medicine), tobacco and alcohol  
Developing positive self-talk  
Knowing who we can ask for help in different life situations  
Understanding a healthy balance of screen time  
Understanding parliamentary debate and choices that affect us all

#### RELATIONSHIPS

Understanding 'hidden homelessness'  
Knowing how to identify and manage tactics of manipulation in real-life and online  
Exploring ways to communicate in relationships  
Understanding the concept of appearance ideals and how we are influenced  
Defining what constitutes a healthy, balanced relationship  
Focused Money Unit, incorporating: being paid, having money to spend, making good consumer choices, wage deductions and payslips, salaries and 'value for money'

#### SEX EDUCATION

Know the difference between adult intimate relationships and other types of relationships  
Review objectives relating to puberty and life cycles from Year 5

