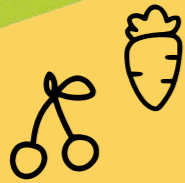


WELLBEING AT ELEANOR PALMER



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

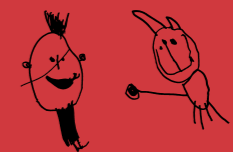
Understanding emotional vocabulary: excitement, frustration, boredom, peace, pride
 Understanding how our emotions can influence other people
 Plotting emotions on the mood metre
 Managing conflict on the playground
 Learning to manage disagreements Celebrating success

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

