

The John Hampden School Wendover

POLICY

for

RELATIONSHIPS EDUCATION KS1

Ratification – September 2024

Policy Review Date: September 2025 Policy reviewed by: FULL GOVERNING BOARD

See Glossary of terms at end of Policy Document

1. School ethos/values statement

At John Hampden School we are committed to providing a holistic and nurturing approach to education designed to support the academic, cultural, personal and social development of all our pupils. This is based on our school aims which include; to provide security and to prepare for life as well as our school ethos of loving to learn. We believe that children who are happy and who feel valued are in the best position to learn effectively. Our school aims to be a secure and welcoming environment that fosters the social skills to use in a diverse community. We strive for high quality care, guidance and support.

We have identified seven core values which underpin our ethos of loving to learn: Perseverance, Independence, Belonging, Collaboration, Reflection, Good Manners and Respect.

We believe that every child should have the opportunity to develop and build their self-esteem and self-confidence through the development of social and emotional resilience. We recognise the important role we have in helping all pupils to develop strong, healthy relationships. We want our children to be better equipped, more responsible and effective by the time they finish their journey at John Hampden School and move onto the next phase of their lives.

This begins in the Early Years (Nursery & Foundation Stage), following the EYFS Framework with PSHE at the heart of the curriculum. The key prime area of Personal, Social and Emotional Development focuses on; Making Relationships, Managing Feelings & Behaviour, Self-Confidence and Self-Awareness. The KS1 curriculum at The John Hampden School is firmly embedded on this teaching.

2. Aims of the Relationships Policy

From September 2020 statutory Relationships Education and Health Education will be part of the taught curriculum within PSHE. This is an essential part of a child's education and contributes to their personal development.

At John Hampden School we aim to:

- Provide information to staff, parents and carers, governors, pupils and other agencies regarding the organisation, content and approach to teaching Relationships Education
- Help parents and carers to understand Relationships Education and support them to work with their child to secure the very best outcomes
- Demonstrate how the school meets legal requirements with regards to teaching Relationships Education
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around relationships
- Provide pupils with the appropriate vocabulary to describe relationships

Legal Requirements

To comply with The Relationships Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, Relationships Education is compulsory for all pupils receiving primary education. Health Education is compulsory in all schools except independent schools.

To comply with the Relationships Education and Health Education statutory guidance from the DfE (June 2019) teaching pupils about how to be safe and appropriate vocabulary to do so, is compulsory.

To comply with requirements, this Relationships policy has been developed in consultation with pupils, parents and carers and has due regard for:

- DfE statutory guidance on Relationships Education and Health Education (June 2019)
- The Education Act (1996)
- The Equality Act (2010) which requires schools to prevent discrimination, advance equality of opportunity and foster good relation between different groups

• DfE guidance on the Character Planning Framework (2019)

To fulfil statutory safeguarding duties and ensure any safeguarding issues arising from Relationships teaching are identified and followed in accordance with the school safeguarding policy.

3. Development of the Relationships Policy

This policy is developed by the PSHE lead in consultation with the PSHE Lead at County, staff, pupils, school governors and parents.

- Review process The PSHE lead, SLT & a working group collated relevant information based on local and national guidance
- o Staff consultation all staff invited to make recommendations
- o Parent/Stakeholder consultation parents invited to attend a meeting(s) concerning the Relationships Policy
- o Pupil consultation pupil voice gathered through a questionnaire, Class Council Circle Time & School Council

The Relationships Policy links to the following policies: PSHE, SMSC, Science, Child Protection, Safeguarding, Anti-Bullying, E-Safety, RE, Equalities & Cohesion and School Behaviour.

Statutory Relationships Education is taught through the Personal, Social, Health and Economic Education (PSHE) curriculum. The personal, social, health and economic development of our pupils is a vital element of education and we aim to work collaboratively with parents/carers to ensure our children are well informed and supported to make healthy, safe and positive choices in all aspects of their daily lives. Parents/carers are able to make an appointment to come in to discuss any aspect of this policy and the associated provision in school.

4. Definition of Relationships Education

Statutory Relationships Education at The John Hampden School is taught through the PSHE curriculum, teaching pupils what they need to know by the end of Year 6 as defined by the DfE guidance (See Appendix 1.) As an infant school, we have identified what they need to know by the end of Year 2 with an awareness of what will follow as our pupils enter KS2. Relationships Education provides pupils with the information they need to help them develop healthy, nurturing relationships with other children and with adults. It should enable them to know what a healthy relationship looks like, how to build and maintain happy, healthy relationships with others and recognise the range of relationships including those with friends and family at home, within school and in the wider community in which they live. Relationships Education also teaches pupils to recognise how to keep safe, to identify potential dangers in their on and off line lives and how to report any concerns or abuse and where to access support when needed.

5. The Curriculum

Intent

Why teach Relationships Education?

Relationships Education is statutory from September 2020. High quality Relationships Education will support pupils to:

- Form and maintain positive relationships with other children and adults
- Understand the importance of positive and healthy relationships on their wellbeing
- Recognise what makes a good friendship and how to be a good friend in return
- Develop strategies to manage the ups and downs of friendships and relationships with others
- Show respect for others and recognise diversity within relationships, treating each other with kindness, consideration and understanding
- Develop positive character traits and personal attributes such as self- respect, kindness, honesty and resilience
- Positively engage in social interaction and contribute to the wellbeing of others

- Understand that the principles of positive relationships also apply on line including, how to keep safe and how to report concerns
- Understand the importance of recognising and establishing their own personal boundaries and privacy
- Understand and respect differences and discourage all forms of bullying and discrimination
- Recognise inappropriate behaviour and bullying and to report concerns or abuse and to report concerns or abuse using the appropriate vocabulary to do so
- Understand what to do if they view material online that concerns them and how to keep themselves safe online

Implementation

Relationships Education is delivered through the PSHE Curriculum. Certain aspects of Relationships Education are taught at an age appropriate level as defined by the DfE and as determined by stakeholder consultation. Pupil voice through CCCTs and School Council is used to inform curriculum practice.

Methods of teaching and ground rules

- Conducted by a known teacher in the classroom
- Distancing techniques used to teach relationships education whereby adults depersonalise examples which support children to explore what is being taught without the need to share personal experiences in the lesson
- Lessons begin with an explanation/reminder of ground rules
- Provision of high quality resources that will be subject to regular review. These will include; stories, SEAL photos, puppets, role-play, video clips and graffiti walls
- Lessons follow the agreed Long Term Framework and the associated individual session plans
- Only include the agreed vocabulary for each year group (Appendix 3)
- Ground rules are based on The John Hampden School Values & Behaviour Expectations as well as the clear understanding that no children's names will be/referenced mentioned by either teaching staff or pupils during a PSHE or Relationships lesson
- A mind map may be used at the start and again at the end of a unit to ascertain starting points for learning and as a means to assessing progress made

Inclusivity

We provide an inclusive curriculum that promotes understanding and mutual respect for all. We reflect diversity within our curriculum to ensure that no pupil feels excluded and teach pupils to respect difference, promote equality and challenge stereotypes.

Outcomes for Relationships Education are defined by the DfE and for The John Hampden School pupils cover:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- On line relationships
- Being safe

Outcomes for The Character Planning Framework are defined as:

- Interpersonal & Social Effectiveness
- Self-awareness
- Values
- Resilience

- Effectiveness within a wider community
- Risk Management

Curriculum planning and delivery is informed by guidance from the PSHE Association programme of study and also informed by elements from The Cambridge Scheme.

Lesson plans are differentiated to ensure content accessibility to all pupils including those with SEND and pupils with EAL. We are mindful that activities, resources and vocabulary are appropriate to need with the option of small group delivery where required.

Relationships lessons will be taught in KS1 within the PSHE curriculum in units across the year (see LTP Appendix 2, Relationships curriculum map and vocabulary lists Appendix 3).

Personal safety, anti-bullying and online safety are introduced during Safety Week in the autumn term in the form of bespoke year group assemblies led by key members of staff, these are followed up by class teaching and Circle Times. Whilst these themes are revisited termly, opportunities to guide and support pupils by staff are offered according to need throughout the year.

Mental and physical well-being is taught in a range of engaging ways including sessions with visiting speakers during Health Week in the autumn term and is revisited throughout the year.

The campus Junior and Secondary schools support teaching with age appropriate talks and activities delivered by their pupils and students.

Learning about relationships in PSHE education lessons will link to/complement learning in other subjects including; Science, RE, SMSC and THINKING SKILLS/Growth Mind set.

Pupils will be encouraged to reflect on their own learning at the end of each lesson in line with our value 'to reflect'.

Managing Questions

All aspects of PSHE are underpinned by shared and understood ground rules based on our School Values and Behaviour Expectations (see Appendix 4) with lessons being delivered in a safe and well managed environment by class teachers known to classes.

Pupils are encouraged to ask questions and raise issues in a respectful and appropriate manner. Some questions or issues raised may not be appropriately answered in whole class lessons and these will be followed up separately on an individual or group basis. Every class has a Bubble Time Chart and a Feelings Face Chart which provide pupils with the opportunity to sign up to have a separate conversation with a member of staff. Whilst it is vital to have trust and openness we cannot offer total confidentially to pupils. Any disclosures or areas of concern will be followed up in accordance with our safeguarding procedures. We also respect that some questions are better addressed at home with parents/carers and the school will share information with parents/carers on an individual basis should the need arise.

All staff teaching Relationships Education will be supported by SLT and the PSHE Lead.

Impact

High quality Relationships Education will enable our pupils to:

- Enjoy healthy and positive relationships with others
- Understand how their behaviour affects others and vice versa
- Value and understand the importance of maintaining good relationships
- Make positive choices about how they cultivate and nurture friendships and relationships
- Be aware of and respect different types of relationships in accordance with the Equalities Act
- Become actively engaged young citizens who make positive contributions to their families, the school and the communities to which they belong
- Recognise unhealthy relationships and have strategies to challenge negative behaviours

• Know what to do if there are problems within relationships both on and off line, how to keep safe and where to go to seek help

6. Confidentiality and safeguarding

Any personal disclosures made by pupils will be followed up in accordance with the school's child protection policy. Teachers will report any safeguarding concerns to the DLS and share concerns with parents/carers according to the school's safeguarding procedures.

7. Roles and Responsibilities

It is the statutory responsibility of the governing body to ensure the school has a compliant and up to date Relationships policy. The Governing Body are required to approve the policy and hold the Head teacher to account for its implementation. The Head teacher is responsible for ensuring PSHE is taught consistently across the school.

The PSHE lead is responsible for leading and managing PSHE which includes statutory Relationships Education. Teachers are responsible for delivering PSHE.

Pupils are expected to fully engage with PSHE provision and treat each other with respect.

8. Working with outside agencies and visiting speakers

Our school is committed to safeguarding and promoting the welfare of all children in our care. Any visiting speakers/outside agencies will be vetted according to the guidance within the Child Protection Policy.

9. Monitoring, evaluation and training

PSHE provision will be monitored and evaluated by the PSHE lead, SLT and Governors in line with the monitoring cycle agreed by the school. The Relationships Policy will be reviewed annually and pupil voice will play a part in its continued development.

To ensure staff are confident to deliver all aspects of the PSHE Curriculum, access to online, in school, local and national training will be made available and in accordance with the school's CPD programme for staff development.

SLT to undertake PSHE learning walks to ensure continuity and consistency of teaching. PSHE Coordinator to conduct regular planning & work scrutiny and feedback findings to SLT, Link Governor & staff. Pupils will have opportunities to review and reflect on their learning during lessons. Pupil voice will be influential in adapting and amending planned learning activities.

10. Transition

SLT & PSHE lead to ensure that all teaching staff complete a detailed handover to the next teacher/school outlining coverage and outcomes.

11. Working with parents and carers (consulting, informing and supporting)

Consulting and working with parents and carers to inform them of what is being taught and how to support their children through parent information sessions, web page resources and information in the school newsletter.

Parents and carers do not have the right to withdraw their child from PSHE which includes statutory Relationships Education and Health Education from September 2020.

Glossary of Terms:

DfE – Department for Education

PSHE – Personal, Health & Emotional Education

EYFS – Early Years Foundation Stage

THINKING SKILLS – Philosophy for Children

SMSC - Spiritual, Moral, Social, Cultural Education

RE – Religious Education

EAL – English as an Additional Language

SEAL - Social & Emotional Aspects of Learning

SEND – Special Educational Needs & Disability

SLT – Senior Leadership Team

DLS – Designated Safeguarding Lead

LTP – Long Term Plan

CPD – Continuing Professional Development

CCCT- Class Council Circle Time (class questionnaire to gather views from each class)

Circle Time – Class discussion in a circle

Character Planning Framework – designed to help children develop a robust set of skills and attributed that will enable them to confidently face life's challenges and opportunities, now and in a fast changing future

Pupil Voice - capturing views of pupils

Bubble Time – A chart providing opportunities for all pupils to sign up for time to talk privately with a member of staff

Appendix 1

Statutory guidance: Relationships Education

By the end of primary school (Year 6)

Families and people who care for me	Pupils should know
	• 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.
	• 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.
Caring friendships	Pupils should know
	• 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.
Respectful relationships	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.
	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.
Online relationships	Pupils should know
	•That people sometimes behave differently online, including by pretending to be someone they are not.
	• That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.
	• The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
	• How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
	 How information and data is shared and used online.
Being safe	Pupils should know
	• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
	• About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.
	• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other contact.
	• How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.
	 How to recognise and report feelings of being unsafe or feeling bad about any adult.
	 How to ask for advice or help for themselves or others, and to keep trying until they are heard.
	• How to report concerns or abuse, and the vocabulary and confidence needed to do so.
	 Where to get advice e.g. family, school and/or other sources.

Appendix 2

KS1 PSHE including Relationships Long Term Plan

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Myself & My Relationships 4	Healthy and Safer Lifestyles	Myself & My Relationships	Myself & My Relationships	Citizenship 4	Myself & My Relationships
Beginning & Belonging	4	5	6	Diversity & Communities	8
link to transition	Managing Risk	Me & My Emotions	Family & friends (RE)	linked to Science Year	Managing Change as part
	Safety Week			2/Eco/RE	of transition
Citizenship 3		Myself & My Relationships			
Working together	Healthy and Safer Lifestyles	7	Citizenship 4		Citizenship 4
link to transition	5	Anti-Bullying	Diversity & Communities	Myself & My Relationships	Diversity & Communities
	Safety contexts	Re-visit anti-	E cofoty	7	Record Health & Safety
Citizenship 5	Safety Week	bullying/unkindness	E-safety	Anti-Bullying	Recap Health & Safety from Autumn term (re-
Rights, Rules &				Re-visit anti-	visit mind maps?)
Responsibilities	Healthy and Safer Lifestyles	Economic Well-being 1		bullying/unkindness	assemblies/circle times
	8&9				assemblies/circle times
Healthy and Safer Lifestyles	Drug Education & Personal				Teach Sun safety –
6 (RE), 7 & 8	Safety				Cultural assembly
Relationship Education,	Safety Week				,
Healthy Lifestyles & Drug					Economic Wellbeing 1
Education	Citizenship 5				Financial Capability
Health Week	Rights, Rules &				link to Enterprise – Year 1
	Responsibilities				bonding activity during
Healthy and Safer Lifestyles					transition to raise money
6 &10 (RE)	Myself & My Relationships				for their next class
Relationships Education	7				
link to Science Year 1 and	Anti-Bullying				Year 2 – raising money for
Year 2	Safety Week				charity
	E-safety				E-safety

On-going e-safety in all computing lessons

Appendix 3

Relationships Curriculum Map & VOCABULARY LIST for YEARS 1 & 2 at The John Hampden School

YEAR ONE

Term	Topic/Theme	Character Aspect	Learning Outcomes	Resources	Key Vocabulary
Autumn 1	Beginning &	Self-awareness	To settle in to a new class/new school	Circle time games	mind map
	Belonging (RE)	Interpersonal and	To learn what belonging is and to feel a	Classroom treasure	beginning
		Social Effectiveness	sense of belonging	hunt	belonging
		Resilience	To know how to ask for help	Stories:	new
			To know more about	The Gotcha Smile	changes
			similarities/differences between	Giraffes Can't Dance	routine
			themselves and others	The Rainbow Fish	ask
			To learn skills to cope with new routines	The Rabbit Belongs	help
			To help friends in need	to Emily Brown	same
				You Choose	different
				Scaredy Squirrel	feelings
				The Behaviour	friends
				Expectations Series	problem
					community

Autumn 1	Working Together	Values	To say what they think they/peers are good	Team games	ideas
		Self-awareness	at	Stories:	goals
		Interpersonal and	To set personal/learning goals and work	That's Not How You	listen
		Social Effectiveness	towards them	Do It	share
	Effectiveness within a	To learn skills to share ideas	I Can Make a	take turns	
		wider community	To improve listening skills	Difference	persevere
		Link to Growth Mind-	To turn take	Cinnamon	collaborate
		set 'I am persevering	To persevere when things are difficult	Dogger	team
		to learn and improve'		The Behaviour	working together
		Link to THINKING		Expectations Series	
		SKILLS 'I can express		·	
		my idea in a			
		respectful way'			
<u> </u>			T . I		
Autumn 1	Rules, Responsibilities	Values	To know why rules are important	THINKING SKILLS	rules
	& Rewards	Self-awareness	To know and follow the Behaviour	lessons	responsibilities
		Interpersonal and	Expectations	Behaviour	rewards
		Social Effectiveness	To know why values are important	Expectations Values	praise
		within a wider	To know and follow the school values	Class Council Circle	values
		community	To know that rules keep us safe	Time	point of view
			To learn how to explain a point of view in a	School Council	feedback
			respectful way	Stories:	growth mind-set
			To know that kind words and stickers etc	The Tiger Who Came	pride
			from my teacher are to say well done and	to Tea	explain
			to help me to keep going with my goals	Not Now Bernard	chaos
			To know that feedback and praise helps me	The Behaviour	
			to keep persevering with my goals	Expectations Series	
			To know that encouraging a friend will help		
			them to persevere and not give up		
Autumn 1	My body	Self-awareness	To identify, name, draw and label the basic	Science Lessons	My body
	How to stay healthy		parts of the human body and say which	Health Week	arm
			part of the body is associated with each	Visitors – Dentist,	the senses
			sense	Doctor, Paramedic	leg

			To learn to keep myself clean	A Life	hand
			To wash my hands after I have been to the	Make a healthy	foot
			toilet and before I eat	snack	head
			To put my mouth into the crook of my arm	Fitness sessions –	face
			when I cough	Yoga, Zumba, Tennis	mouth eyes teeth
				etc	ears
					shoulder
					knees
					body
					clean
					germs
					wash
					clean my teeth
Autumn 2	Keeping myself safe	Risk Management	To know my address and phone number	5 on a hand – people	self
		Self-awareness	To know not to share information about	in school who we	safe
		Values	where I live/phone number unless asked to	can speak to (HT,	listen
		Interpersonal and	my family	DH, Ts,	follow instructions
		Social Effectiveness	To know what privacy is and provide	TAs/LSAs/MDMSs)	5 on a hand
			examples e.g. when you're at school you	People I can speak to	trust
			close the toilet door when you go to the	at home – my family	share
			loo and others are expected to knock and	including older	privacy respect
			wait until you are ready to leave the	siblings	'Can you help me'
			cubicle or when you are having a private	Role Play	'Stop, I don't like it'
			conversation	Photos (SEAL	risk
			To know safe places to play	Resources)	danger
			To know who to and how to talk to if I am	Mind Maps	lost
			worried	Safety Week	road/night/fire/dog/
			To start to learn feelings connected with	Stay Safe &	water/ice/train/
			risk	Taking Care of	The Green Cross
				Myself Assemblies	Code – Stop, Look &
			To know how I can take care of myself –	both led by Mr	Listen
			sleep, healthy eating, drinking water,	Barnes – NSPCC	internet safety
			relaxation, keeping calm	Pantosaurus	

			E-safety - To know that I should only share	e-safety led by	medicines – Calpol,
			my log on password with my family	Computing	bottles, cabinet, up
			To know that I should speak to a T if I see	Coordinator	high/locked
			something on a computer screen that I am	Medicine safety talks	safe place
			not sure about	led by Ts	hazard symbols
			To understand more about how to stay	Visitors – Police,	calm
			safe around:	School Crossing	relax
			Water including iced over water, dogs,	Patroller, water	1 Clux
			roads, fire, trains	safety, fire safety,	
			To understand who to speak to if I am lost	dog safety, Hazard	
				Alley Talk Yr 6 WJS	
				Scooter safety	
				training	
				Bike safety training	
Autumn 2	Rules &		On-going from Autumn 1		
	Responsibilities				
Autumn 1	Anti-bullying &	Self-awareness	To know what bullying is – deliberate,	Anti-bullying	bullying
Autumn 2	Unkindness	Interpersonal and	repeated & unfair involving words and/or	assemblies led by	deliberate (on
Spring 1	Knowing the	social effectiveness	physical behaviour	Mrs Barnes	purpose)
Summer 1	difference	Values	To know what bullying isn't – an accident,	Lessons in all classes	repeated (happens
		Resilience	something that happens once, different	Immediate response	again and again)
		Effectiveness within a	things that happen by different people	to need & following	unfair (not ok)
		wider community	To know what unkind behaviour is –	of safeguarding	name calling
			breaking the Behaviour Expectations e.g.	policy guidance	feelings
			not listening, interrupting, not being	Photos (SEAL Pack)	makes you not feel
			honest	Feelings Blob Cards	good about yourself
			To know who to tell and who to trust	Stories:	angry
			To know to be honest is best	How are you Feeling	scared worried
			To know what to say to the person and	Today?	upset
			when asking for help	Topsy & Tim Find a	unkindness
			To know who to tell and who to trust at	Friend	trust
			home and school	Giraffes Can't Dance	safe
				Rude Rabbit	looked after

			Feelings - To know when you feel good and not good about yourself	The Bad-Tempered Ladybird Humpty Dumpty The Behaviour Expectations Series	Behaviour Expectations Values manners respect
Spring 1	Me & My Emotions	Self-awareness Interpersonal and social effectiveness Resilience	To know that there are lots of different feelings To know that it is ok to have different feelings To know what I like/don't like To learn more about what is right and wrong e.g. going out onto the playground during lesson time without telling a teacher To know that different people might have different feelings and like different things To know what to do if you have feelings that don't make you feel ok or worried To know who you can talk to – 5 on a hand at school/family at home To learn ways to calm down if I get upset e.g. listen to music, Yoga, go for a walk, thinking time, exercise etc To know that people have different ways of calming down and relaxing	Stories: A book of Feelings Worried Arthur Scaredy Squirrel 5 on a hand Blob Tree pictures Bubble Time Scenarios Emotion pebbles Zones of Regulation The Behaviour Expectations Series	happy/unhappy surprised excited proud sad angry cross worried scared lonely tired 5 on a hand yoga breathing exercise reading a book relaxing listening reflecting feelings
Spring 2	Friendship (RE)	Self-awareness Interpersonal and social effectiveness Values Resilience Effectiveness within a wider community	To know what a friend is – respectful, kind, someone you can trust, can help and who is prepared to take turns and share To know what friends can do together To know more about similarities/differences between themselves and others	Role play Photos (SEAL resources) Puppets 5 on a hand Bubble Time Stories:	manners respect values Behaviour Expectations listen share take turns

			To know how to make a new friend	Scaredy Squirrel	respect for self and
			To know that friends sometimes fall out	Makes a Friend	others
			To know how to make up with a friend if	I Love You Already	honest
			they fall out	The Only Way is	can be trusted
			To know what to do if you have feelings	Badger	kind
			that don't make you feel ok or worried	The Behaviour	talking
			To know who you can talk to – 5 on a	Expectations Series	problem – sort out
			hand/home		tell
			To know that friends should be treated		community
			with the same respect		loyalty, generosity,
			How do you know how a friend is feeling if		trust, sharing
			they don't tell you?		interests and
					experiences and
					support with
					problems and
					difficulties
Spring 2	Family (RE)	Interpersonal and	To know the people who are special to me	Role play	respect
		social effectiveness	and why	Photos (SEAL	share
		Values	To know what the word family means and	resources)	take turns
		Effectiveness within a	understand that no one family is the same	Puppets	listen
		wider community	– members, looks, routines, likes/dislikes	5 on a hand	mummy and me
		,	etc	Bubble Time	daddy and me
			'We live in a world where everybody is	Stories:	two mummies
			different and families are different too'	The Great Big Book	two daddies
			'We have people who care about us and	of Families	cousins
			love us including family, carers and friends'	Grace & Family	aunties
			Ensure the children know that not all families	Not Now Bernard	uncles
			are the same. Some are blended, have	And Tango makes	step-
			different sets of parents or even live in two	Three	, dad/mum/brother/si
			houses. Ensure the children know they can ask		ster
			questions and share their experiences of	Aldo	half- brother/sister
			family.	Katie Morag Stories	Grandparents
				My Family	Foster mum/dad
				itiy i diriny	i oster manijada

		*To know who is in my family and ways wa	Crandma	Adapted
				Adopted
				Mum's/dad's partner
			I wo Homes	Mum's/dad's house
				(this vocabulary is
		for our family because they are all different		based on words that
				children in Year 1
		,		frequently use)
		but that love and care continue to be most		
		important		reflect
		To know that my family are responsible for		
		looking after me		
		To learn that I have responsibilities too e.g.		
		to tidy my room		
		*Changes in family situations will not be		
		directly taught but support is offered		
		should it be required		
Diversity &	Interpersonal and	To know more about	Assemblies	respect for each
Communities (RE)	social effectiveness	similarities/differences between	Visitors – from the	other
	Values	themselves and others	Christian and Jewish	caring for others
	Effectiveness within a	To celebrate the fact that we are all	faith as well as other	kindness
	wider community	different and may have different ideas	speakers	listening
		To know that we should all be treated with	Circle Times	sharing
		the same level of respect	Stories:	equal
		To start to learn more about different	Elephants Don't Do	similar
		cultures and religious beliefs at a simple	Ballet	different
		level (traditions, places of worship and	The Day the Crayons	talents
		food)	Quit	celebrate
			The Smeds & the	belonging
		To know about the different groups we	Smoos (cbeebies)	beliefs ideas
		- · ·	All Kinds of Beliefs	community
		Art Club, Yoga, Beavers, Rainbows, Tennis	Children of Britain	people who help us
		Communities (RE) social effectiveness Values Effectiveness within a	To know that my family are responsible for looking after me To learn that I have responsibilities too e.g. to tidy my roomDiversity & Communities (RE)Interpersonal and social effectiveness ValuesTo know more about 	Diversity & Communities (RE)Interpersonal and social effectiveness Wider communityTo know that we should all be treated with the same level of respect To know that we should all be treated with the same level of respect To know that we should all be treated with the same level of respect To start to learn more about different to care for each other e.g. listen while they speak, share, love, care, respect To know that we all have different names for our family situations can change but that love and care continue to be most important To know that my family are responsible for looking after me To learn that I have responsibilities too e.g. to tidy my roomPicnic in The Park Two HomesDiversity & Communities (RE)Interpersonal and social effectiveness Values Effectiveness within a wider communityTo know more about to call offerent and may have different ideas To know that we should all be treated with the same level of respect To start to learn more about different cultures and religous beliefs at a simple level (traditions, places of worship and food) To know about the different admay have different the Smeds & the Smoos (cbeebies) All Kinds of Beliefs

			To know that we all have different skills and talents To learn more about people who help us in our community and the jobs they do (Health & Safety fortnight) To know that jobs are non-gender specific e.g. girls can be footballers and boys can be nurses	Katie Morag and The Dancing Class Toby's Doll's House Parables Fables Christian artefacts Jewish artefacts	
Summer 2	Recap Health & Safety from Autumn 1	Self-awareness Risk Management	I know how to keep myself safe (see above) To know how to keep myself safe in the sun	Assembly led by Mrs Spencer Story: George The Sun Safe Superstar	safe sun cream protect my skin hot cool shade drink sunglasses
Summer 2	Managing Change	Self-awareness Interpersonal and social effectiveness Values Resilience Effectiveness within a wider community	I know that I can do different things as I grow up – comparisons between what I could do in FS/end of Year 1 I know that change can make me feel different I can learn ways to cope with change e.g. moving up to Year 2 or moving to a new school I know about changes I can choose to make e.g. what game to play, what to wear and what to eat for a snack *Children who face changes in personal circumstances will be supported by school should the family wish To learn more about different changes e.g. moving house	Circle times Transition arrangements – class visits, visits by Ts/TAs/LSAs, shared activities	change moving on new class help reflect memories remember feelings – happy, excited, worried, scared etc yet support friendship

YEAR TWO – Revision from Year One plus new learning

Term	Topic/Theme	Character Aspect	Learning Outcomes	Resources	Key Vocabulary
Autumn 1	Beginning &	Self-awareness	To settle in to a new class/new school	Circle time games	mind map
	Belonging (RE)	Interpersonal and	To be reminded about what belonging is	Classroom treasure	beginning
		social effectiveness	and to feel a sense of belonging	hunt	belonging
		resilience	To know how to ask for help	Stories:	identity
			To know more about	Pebble	new
			similarities/differences between	Lost & Found	changes
			themselves and others	Strictly No Elephants	routine
			To learn skills to cope with new routines in	The Behaviour	ask
			Year Two	Expectations Series	help
			To continue to learn how to approach and	(SEND)	similarities
			solve a simple problem		differences
			To help friends to feel better		feelings
					friends
					problem
					соре
Autumn 1	Working Together	Values	To say what they think they/peers are good	Team games	ideas
		Self-awareness	at but also to know that skills can change	Problem solving	goals
		Interpersonal and	To set personal/learning goals and to say	tasks & puzzles to	listen
		social effectiveness	how they will work towards meeting them	solve	share
		Effectiveness within a	To learn skills to share ideas	Circle Times	take turns
		wider community	To improve listening skills	Stories:	persevere
		Link to Growth Mind-	To learn how to negotiate to resolve a	Farmer Duck	collaborate
		set 'I am persevering	problem	Fantastic Mr Fox	team
		to learn and improve'	To turn take	The Behaviour	work together
		Link to THINKING	To know what is fair/unfair	Expectations Series	negotiate
		SKILLS 'I can express	To persevere when things are difficult	(SEND)	reflect evaluate
		my idea in a	To try again if it didn't work first time –		fair/unfair
		respectful way'	mistakes help us know what to do next time		mistakes

			To evaluate a team activity – what went well and what could we do better next time?		
Autumn 1	Rules, Responsibilities & Rewards	Values Self-awareness Interpersonal and social effectiveness Effectiveness within a wider community	To recall why rules are important To know and follow the Behaviour Expectations To recall why values are important To know and follow the school values To know how rules & values help us in life To learn how to explain a point of view in a respectful way To know that kind words and stickers etc from my teacher are to say well done and to help me to keep going with my goals To know that feedback and praise helps me to keep persevering with my goals To describe how I feel when I achieve a goal To know that encouraging a friend will help them to persevere and not give up To know that jobs in class/at home help us to be more responsible	THINKING SKILLS lessons Behaviour Expectations Values Class Council Circle Time School Council Stories: I'll Do It How Do Dinosaurs Clean Their Rooms The Behaviour Expectations Series (SEND)	rules rewards praise values point of view explain chaos responsibilities feedback growth mind-set pride praise

Autumn 1	My body	Self-awareness	To know how I have changed since I was a	Science Lessons	clean
	How to stay healthy		baby – sequencing pictures	Health Week	wash
			(baby/toddler/child/teenager/adult/elderly	Visitors – Dentist,	growing
			person) and say what each person can do	Doctor, Paramedic	change
			To know that all living things need water,	A Life	baby toddler
			food and air to live	Make a healthy	child teenager
			To notice that animals, including humans,	snack	adult elderly
			have offspring which grow into adults	Fitness sessions –	person
			To learn to keep myself clean	Yoga, Zumba, Tennis	germs
			To learn how to keep myself well – hand	etc,	keeping well
			washing, using tissues when I blow my		balance
			nose, put my mouth in the crook of my arm		spin
			when I cough		movement
			To know what my body can do – run, jump,		actions
			sit, stand, balance, spin etc		my body
			To know that each person's body belongs		safe
			to them		
Autumn 2	Keeping myself safe	Risk Management	To know my address and phone number	5 on a hand – people	self
		Self-awareness	To be reminded not to share information	in school who we	safe
		Values	about where I live/phone number unless	can speak to (HT,	listen
		Interpersonal and	asked to my family	DH, Ts,	follow instructions
		social effectiveness	To re-visit what privacy and provide	TAs/LSAs/MDMSs)	5 on a hand
			examples e.g. when you're at school you	People I can speak to	trust
			close the toilet door when you go to the	at home – my family	share
			loo and others are expected to knock and	including older	privacy respect
			wait until you are ready to leave the	siblings	'Can you help me?'
			cubicle or when you are having a private	Role Play	'Stop, I don't like it'
			conversation	Photos (SEAL	Yes/no
				Resources)	ʻl'll ask'
			To know yes/no/not sure feelings	Mind Maps	ʻl'll tell'
			To be reminded about safe places to play	Safety Week	risk
			To know who to and how to talk to if I am	Stay Safe &	danger
			worried		lost

Autumn 2	Rules &		To know more about risky situations e.g. playing football in a road To learn more about how I can take care of myself – sleep, healthy eating, drinking water, relaxation, keeping calm E-safety - To know that I should only share my log on password with my family To be reminded that I should speak to a T if I see something on a computer screen that I am not sure about To understand more about how to stay safe around: Water including iced over water, dogs, roads, fire, trains To understand who to speak to if I am lost To know that I can say what kind of personal space I am comfortable with To show respect for someone else's personal space To know the difference between a good secret e.g. a surprise that everyone will know about eventually and a *bad secret that we are asked never to share/uncomfortable about keeping *An example will not be provided in related lessons On-going from Autumn 1	Taking Care of Myself Assemblies both led by Mrs Barnes - NSPCC Pantosaurus e-safety led by Computing Coordinator Medicine safety talks led by Ts Visitors – Police, School Crossing Patroller, water safety, fire safety, dog safety, Hazard Alley Talk Yr 6 WJS Scooter safety training Bike safety training Comfortable/uncomf ortable	road/night/fire/dog/ water/ice/train/ The Green Cross Code – Stop, Look & Listen internet safety medicines – Calpol, bottles, cabinet, up high/locked safe place hazard symbols calm relax good secret bad secret
	Responsibilities				
Autumn 1 Autumn 2 Spring 1	Anti-bullying & unkindness	Self-awareness Interpersonal and social effectiveness	To be reminded about what bullying is – deliberate, repeated & unfair involving words/threats and/or physical behaviour	Anti-bullying assemblies led by Mrs Barnes	bullying deliberate (on purpose)

Summer 1	Knowing the	Values	To be reminded about what bullying isn't –	Lessons in all classes	repeated (happens
	difference	Resilience	an accident, something that happens once,	Immediate response	again and again)
		Effectiveness within a	different things that happen by different	to need & following	unfair (not ok)
		wider community	people	of safeguarding	threat/keep a secret
			To know to tell if asked to keep a secret	policy guidance	(they might say that
			that makes them feel uncomfortable	Photos (SEAL Pack)	they are going to do
			To know what unkind behaviour is –	Feelings Blob Cards	something to you)
			breaking the Behaviour Expectations e.g.	Stories:	name calling
			not listening, interrupting, not being	Insults Aren't Funny	feelings
			honest	I Don't Care	makes you not feel
			To know who to tell and who to trust at	Everyone Matters	good about yourself
			home and at school	Aye-Aye	angry
			To know to be honest is best	Will You Be My	scared worried
			To know what to say to the person and	Friend?	upset
			when asking for help	The Shopping Basket	unkindness
			Feelings - To know when you feel good and	The Huge Bag of	trust
			not good about yourself	Worries	safe
			To recognise behaviour that is bullying	The Behaviour	looked after
			To know what to do if I see someone else	Expectations Series	Behaviour
			being bullied	(SEND)	Expectations
					responsibilities
					Values
					manners
					respect
					recognise
					brave speak out
Spring 1	Me & My Emotions	Self-awareness	To know that there are lots of different	5 on a hand	emotions feelings
		Interpersonal and	emotions	Blob Tree pictures	frightened
		social effectiveness	I know that it is ok to show emotions	Bubble Time	nervous
		Resilience	To know more about what I like/don't like	Scenarios	surprised
			To learn more about what is right and	Assembly	shocked
			wrong e.g. not helping an FS child if they	Zones of regulation	tired
			are lost in school	Stories:	5 on a hand

			To know how to be more resilience To know that different people might have different feelings and like different things To know what to do if you have feelings that don't make you feel ok or worried To know who you can talk to – 5 on a hand at school/family at home To revisit ways to calm down if I get upset e.g. listen to music, Yoga, go for a walk, thinking time, exercise etc To be reminded that people have different ways of calming down and relaxing How can feelings affect my behaviour? How can I control my behaviour when I am feeling cross?	Silly Billy Augustus & his Smile Giraffe is Left Out The Behaviour Expectations Series (SEND)	yoga breathing exercise reading a book relaxing listening reflecting behaviour calming down control zones of regulation resilience thoughts actions behaviour consequences of our actions rest downtime hobbies talk about / discuss Share mental well-being solve problems
Spring 2	Friendship (RE)	Self-awareness Interpersonal and social effectiveness Values Resilience Effectiveness within a wider community	To know what a friend is – respectful, kind, someone you can trust, can help and who is prepared to take turns and share To know what friends can do together To know that a game is only a game if everyone involved is happy to play To know more about similarities/differences between themselves and others	Role play Photos (SEAL resources) Puppets 5 on a hand Bubble Time Stories: Leon & Bob Michael	manners respect values Behaviour Expectations listen share take turns agree

	To know how to make a new friend	Room on A Broom	respect for self and
	To know that friends sometimes fall out	Rainbow Fish	others
	To know how to make up with a friend if	Knuffle Bunny	honest
	they fall out	BBC bitesize clips	can be trusted
	To know what to do if you have feelings	The Behaviour	kind
	that don't make you feel ok or worried	Expectations Series	talking
	To know who you can talk to – 5 on a	(SEND)	problem – sort out
	hand/home	· ,	tell
	To know that friends should be treated		community
	with the same respect		loyalty, generosity,
	How do you know how a friend is feeling if		trust, sharing
	they don't tell you?		interests and
	How can I sort out an argument with a		experiences and
	friend?		support with
	How do I keep my friends?		problems and
	To learn how to play well in a trio		difficulties
	To know that it is ok to have different		argument
	friends at different times		resolution – problem
	To know it's ok to have different points of		solving
	view		points of view
	The importance of permission seeking		happy, sad, safe,
	with friends		truthful,
			trustworthy, honest,
			kind(ness), respect,
			self-respect, love,
			permission, caring,
			secure rules,
			consequences,
			sharing, unhappy,
			unsafe, help, privacy
			advice, sharing,
			lonely, left out,

Spring 2	Family (RE)	Interpersonal and	To know the people who are special to me	Role play	appropriate, inappropriate permission points of view respect
Spring 2		Interpersonal and social effectiveness Values Effectiveness within a wider community	 To know the people who are special to me and why To know what the word family means and understand that no one family is the same – members, looks, routines, likes/dislikes etc 'We live in a world where everybody is different and families are different too' 'We have people who care about us and love us including family, carers and friends' *To know who is in my family and ways we care for each other e.g. listen while they speak, share, love, care, respect To know that we all have different names for our family because they are all different To know that my family are responsible for looking after me To know that family situations can change but that love and care continue to be most important To learn that I have responsibilities too e.g. to tidy my room 	Role play Photos (SEAL resources) Puppets 5 on a hand Bubble Time Stories: The Great Big Book of Families Aldo Katie Morag Stories My Family Grandma Picnic in The Park Two Homes	respect share take turns listen mummy and me daddy and me two mummies two daddies cousins aunties uncles step- dad/mum/brother/si ster half- brother/sister Grandparents Foster mum/dad Adopted Looked after Mum's/dad's partner Mum's/dad's house (this vocabulary is based on words that children in Year 2 frequently use)
			*Changes in family situations will not be directly taught but support is offered should it be required		reflect

Spring 2 &	Diversity &	Interpersonal and	To know more about	Assemblies	respect for each
Summer 1	Communities	social effectiveness	similarities/differences between	Visitors – from the	other
		Values	themselves and others	Christian and Jewish	values
		Effectiveness within a	To celebrate the fact that we are all	faith as well as other	caring for others
		wider community	different and may have different ideas	speakers	kindness
			To know that people with a disability have	Circle Times	listening
			many abilities – paralympians as an	Stories:	sharing
			example	Amazing Grace	equal
			To know that we should all be treated with	Picnic in The Park	disability
			the same level of respect	Frog and The	similar/different
			To start to learn more about different	Stranger	similarities/differenc
			cultures and religious beliefs at a simple	Square	es
			level (traditions, places of worship and	Triangle	personality
			food)	Circle	ability
				All Kinds of Beliefs	talents
			To know about different groups we belong	Children of Britain	celebrate
			to in and out of school e.g. Art Club, Yoga,	Katie Morag and The	belonging
			Beavers, Rainbows, Tennis Club etc	Dancing Class	beliefs ideas
			To know that we all have different skills	Toby's Doll's House	community
			and talents	Parables	people who help us
			To learn more about people who help us in	Fables	responsibilities
			our community and the jobs they do	Christian artefacts	
			(Health & Safety fortnight)	Jewish artefacts	
			To know that jobs are non-gender specific	Visitors from our	
			e.g. girls can be footballers and boys can be nurses	community	
			To know what responsibilities they have		
			and why they are important e.g. Wendover		
			Celebrates, football/tennis clubs etc		
Summer 2	Recap Health & Safety	Self-awareness	I know how to keep myself safe (see above)	Assembly led by Mrs	safe
	from Autumn 1	Risk Management	To know how to keep myself safe in the	Spencer	sun cream
			sun	Story:	protect my skin

				George The Sun Safe Superstar	hot cool shade drink sunglasses risk
Summer 2	Managing Change	Self-awareness Interpersonal and social effectiveness Values Resilience Effectiveness within a wider community	I know that I can do different things as I grow up – comparisons between what I could do in FS/end of Year 1 I know that change can make me feel different I know that change is a part of growing up I can learn ways to cope with change e.g. moving up to Year 2 or moving to a new school I know about changes I can choose to make e.g. what game to play, what to wear and what to eat for a snack To know how to make a good choice e.g. to eat an apple rather than a bar of chocolate To learn more about different changes e.g. moving house *Children who face changes in personal circumstances will be supported by school should the family wish	Circle times Transition arrangements – class visits, visits by Ts/TAs/LSAs, shared activities	change growing up moving on new class support friendship help reflect resilience memories remember feelings – happy, excited, worried, scared etc good choices

Appendix 4

The John Hampden School Behaviour Expectations:

- Do be gentle
- Do be kind and helpful
- Do work hard
- Do look after property
- Do listen to people
- Do be honest
- Do be polite

The John Hampden School Core Values:

- Perseverance
- Independence
- Belonging
- Collaboration
- Reflection
- Good Manners
- Respect

DfE guide for parents

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RS E_primary_schools_guide_for_parents.pdf