



## Thomson House School

### Well-Being Programme Medium Term Guide

#### Year 3

At Thomson House we believe that every child should leave school with the social and emotional skills that they need to flourish in life and work. We equip Thomson House children with the skills they need to keep safe, cultivate good physical and mental health and maintain healthy relationships with family and friends. Our school values of kindness, courage and curiosity underpin every aspect of school life and we aim to ensure that every child has the opportunity to reflect on their own values in a safe and respectful environment.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7 / Extras
<b>Autumn 1</b>  <b>Families and People Who Care for me</b>  <b>School Value: Kindness</b>  <b>British Value: Democracy</b>	<b>Class contract</b> – how we are going to treat each other this year; circle time game to get to know each other.	<b>People who Care for Me: Families</b> The importance of family: Know that families are important for children growing up because they give love, security and stability	<b>People who Care for Me at School</b> Identify the different adults at school and other care givers that chn can talk to with concerns and worries. Set up class worry box. Know how adults at school and other care givers support and nurture children.	<b>Kindness and respect in the classroom</b> –taking turns, treating each other with kindness, consideration and respect. Conventions of courtesy and manners	<b>Environmental/ sustainability</b> – how can we take care of the planet in our own classroom? Why do we recycle? Why do we need to turn computers off when not using them? Why do we need to turn the tap off?	<b>Positive Mental Health</b> To know that mental wellbeing is a normal part of daily life, in the same way as physical health October 10 <sup>th</sup> – World Mental Health Day	<b>Trip</b> – Religious Building - synagogue <b>Visitors</b> – Chocolate making workshop, School Nurse on active lifestyles. <b>Performance</b> – class news reports; class assemblies <b>Safety</b> – safe behaviour in and out of school <b>Charity</b> – Richmond Foodbank helping the homeless. <b>House Competition</b> – handwriting <b>British Value</b> – democracy linked to comparing the democratic process in the UK with countries which grow cacao e.g. Nigeria, New Guinea
<b>Assemblies</b>	<b>New beginnings - a fresh start</b>  School values – kindness	<b>The start of a new year – Judaism Rosh Hashanah</b>  The importance of manners	Judaism - Yom Kippur and Sukkot  Behaviour for Learning	Religious texts – Bible/ Torah/ Qu-ran  <b>Gratitude – Harvest Festival</b>	Black History Month – Rosa Parkes, Harriet Tubman	Black History Month – Martin Luther King, Malcom X	
<b>Autumn 2</b>  <b>Caring friendships</b>  <b>School Value: Kindness</b>  <b>British Value: Rule of Law</b>	<b>Caring Friendships</b> Know how important friendships are in making us feel happy and secure,	<b>Caring Friendships</b> Know how important friendships are in making us feel happy and secure, and how people choose and make friends  To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise	<b>Anti-bullying week – standing up for yourself</b> What we can do and say if someone is being unkind. When is it appropriate to talk to an adult?  <a href="https://www.anti-bullyingalliance.org.uk/anti-bullying-week">https://www.anti-bullyingalliance.org.uk/anti-bullying-week</a>	<b>Anti-bullying week – standing up for others</b> What we can do and say if someone is being unkind to someone else. What does bullying behaviour look like? When is it appropriate to talk to an adult?  To understand that bullying (including cyber bullying) has a negative and often lasting impact on mental wellbeing	<b>Values: Money and Me</b> Costing the Earth - conserving energy <a href="https://www.valuesmoneyandme.co.uk/teachers/costing-the-earth-ks1-ks2">https://www.valuesmoneyandme.co.uk/teachers/costing-the-earth-ks1-ks2</a>	<b>Values: Money and Me</b> Costing the Earth - conserving energy <a href="https://www.valuesmoneyandme.co.uk/teachers/costing-the-earth-ks1-ks2">https://www.valuesmoneyandme.co.uk/teachers/costing-the-earth-ks1-ks2</a>	<b>Trip</b> – Twickenham stadium, Richmond theatre <b>Visitors</b> – London Air Ambulance, road safety, Network Rail re station safety <b>Performance</b> – class assembly; Christmas Concert <b>Safety</b> – anti-bullying; road/rail safety <b>Charity</b> – Children In Need fundraising <b>House Competition</b> spelling <b>Theme Week</b> – Diversity and Inclusion <b>British Value</b> – rule of law linked to Cortez and colonisation
<b>Assemblies</b>	<b>Diwali – Festival of Light</b>	<b>Remembrance Day</b>	<b>Anti-Bullying – what to do if you think you are being bullied</b>	Hinduism – Rama and Sita  Hanukah	St Andrew, Patron Saint of Scotland  Hanukah	Christmas – Advent, other beliefs and helping others	Human Rights day – 10.12.21

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<b>Spring 1</b>  <b>Online relationships</b>  <b>School Value: curiosity</b>  <b>British Value: Democracy</b>	<b>New Year – turning over a new leaf</b>  To reflect on and celebrate their achievements, identify their strengths and areas for improvement	<b>Drugs Alcohol &amp; Tobacco 1</b> To consider smoking and its effects <b>CWP lesson plan</b>	<b>Drugs Alcohol &amp; Tobacco 2</b> To understand the impact of smoking and passive smoking <b>CWP lesson plan</b>	<b>Drugs Alcohol &amp; Tobacco 3</b> To know some strategies to prevent starting smoking <b>CWP lesson plan</b>	<b>Safety When Using The Internet</b> What is personal information? What is OK to share? What to do if you feel uncomfortable with the internet. <b>Online Relationships</b> -that people sometimes behave differently online, including by pretending to be someone they are not	<b>Positive Mental Health</b> To know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience See PSHE Association lesson 1: Everyday feelings plan	<b>Trip</b> – National History Museum, Mortlake Green <b>Visitors</b> – Safer internet workshops, Police <b>Performance</b> – class assemblies; THS Has Talent <b>Safety</b> – Safer Internet Day; medicines <b>Charity</b> – local children’s charity, UNICEF <b>House Competition</b> – THS talent show <b>British Value</b> – democracy: electing school council
<b>Vocabulary</b>		<b>Smoking, tobacco, cigarette, lung, cough, passive, effect, benefits, law, second hand, quitting, pressure, toxic, chemicals, addictive</b>					
<b>Assemblies</b>	<b>Epiphany</b>	<b>New Year means a New You</b>	<b>Buddhism – the Buddhist new year</b>	<b>Being Curious &amp; Taking Responsible Risks</b>	<b>Safer Internet Day</b>	<b>Chinese New Year</b>	
<b>Spring 2</b>  <b>Respectful relationships</b>  <b>School Value: curiosity</b>  <b>British Value: Rule of law</b>	<b>Relationships &amp; Sex Education 1</b> To identify that people are unique and to respect those differences To explore the difference between males and females and to name the body parts <b>See CWP lesson plans</b>	<b>Relationships &amp; Sex Education 2</b> To consider appropriate and inappropriate physical contact and consent <b>See CWP lesson plans</b>	<b>Relationships &amp; Sex Education 3</b> To explore different types of families and who to go to for help and support <b>See CWP lesson plans</b>	<b>Respectful Relationships</b> -the importance of respecting others, even when they are very different from them or make different choices or have different preferences or beliefs	<b>Environmental/ sustainability</b> How can we be less wasteful? (putting lids on pens so they don’t run out, using things properly so they don’t break, turning taps off).	<b>Positive Mental Health – how positive relations can help us</b> To know where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they’re worried	<b>Trip</b> – Richmond Park, Safe walking - local area, Big Sleepover <b>Visitors</b> – author workshop (WBD), <b>Performance</b> – catwalk assembly, Magical Musicals <b>Safety</b> – safe and positive relationships <b>Charity</b> – Red Nose Day/Sport Relief <b>House Competition</b> - sports <b>Theme Week</b> – Global Environment – THS Goes Green <b>British Value</b> – rule of law linked to Brazil
<b>Vocabulary</b>	<b>Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vulva, vagina, uterus, family, fostering, adoption, relationship</b>						
<b>Assemblies</b>	<b>Valentine’s Day – show love by being kind to each other</b>	<b>Lent &amp; Pancake Day</b>	<b>St David’s Day – patron saint of Wales</b>	<b>World Book Day – sharing a love of reading</b>	<b>St Patrick’s Day – patron saint of Ireland</b>	<b>Mother’s Day – being kind to our mothers and female relatives</b>	<b>The Easter Story</b>

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<b>Summer 1</b>  <b>Being Safe</b>  <b>School Value: Courage</b>  <b>British Value: Individual Liberty</b>	<b>Respectful Relationships</b> Know practical steps they can take in a range of different contexts to improve or support respectful relationships	<b>Healthy Eating</b> To know the characteristics of a poor diet and risks associated with unhealthy eating (including obesity and tooth decay)	<b>Being Safe</b> -what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)	<b>Being Safe</b> -that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact Know where to get advice and support	<b>Environmental/ sustainability</b> How does travel affect the environment? How can we be more transport aware?	<b>Positive Mental Health - What have you enjoyed most about Y3?</b> A questionnaire to complete about what they have liked / disliked about Y3. What have they learnt? Which trip they enjoyed most etc.	<b>Trip</b> – Barnes Lit Festival <b>Visitors</b> – Egyptians workshop <b>Performance</b> - <b>Safety</b> – Being safe <b>Charity</b> – global charitable fund-raising <b>House Competition</b> – public speaking <b>British Value</b> – individual liberty linked to slavery in Ancient Egypt
<b>Assemblies</b>	<b>St George's Day – patron saint of England</b>	<b>Ramadan</b>	<b>Food Revolution Day</b>	<b>Building Resilience</b>	<b>How can we build our courage?</b>	<b>Reflecting on the year</b>	
<b>Summer 2</b>  <b>Transition</b>  <b>School Value: Courage</b>  <b>British Value: Mutual Respect and Tolerance</b>	<b>Transition to Y4</b>  -the importance of honesty and truthfulness  Activity – looking after the environment by litter picking	<b>Transition to Y4</b>  What are the big differences between Year 3 and Year 4?  Activity – looking after the environment by litter picking	<b>Transition to Y4</b>  School Council – what does it do? How can I be a school councillor?  Activity – looking after the environment by litter picking	<b>Transition to Y4</b>  What will I be learning in Y4?  Activity – looking after the environment by litter picking	<b>Transition to Y4</b>  Getting to know my new class. Meeting my new teacher and visiting my new classroom.  Activity – looking after the environment by litter picking	<b>Positive Mental Health - Transition to Y4</b>  Clearing up any misconceptions / worries about moving in to the new year group.  Activity – looking after the environment by litter picking	<b>Trip</b> – British Museum <b>Visitors</b> – Fossils workshop, motivational sports personality <b>Performance</b> – Magical Musicals, Summer Concert, sports day <b>Safety</b> – picking up litter, World Environment Day <b>Charity</b> – global charitable fund-raising <b>House Competition</b> - sports day <b>Theme Week</b> - physical & mental well-being. <b>British Value</b> – mutual respect and tolerance of faith and beliefs
<b>Assemblies</b>	<b>Looking forward to next year</b>	<b>Theme Week Launch</b>	<b>Father's Day – what our dads/male relatives do for us</b>	<b>Moving On and Moving Up</b>	<b>Introducing &amp; welcoming new teachers</b>	<b>Summer holidays – what to do</b>	