



## Thomson House School

### Well-Being Programme Medium Term Guide

#### Year 4

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: Rule of law</b>	<b>Class contract</b> – how we are going to treat each other this year; circle time game	<b>Families and People who Care for Me</b> Know 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	<b>Families and People who Care for Me</b> Know that others' families 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	<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. How adults at school and other care givers support and nurture children.	<b>Environmental/ sustainability</b> – how can we take care of the planet in our every day life? 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 how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings See PSHE Association lesson 2: Expressing feelings plan October 10 <sup>th</sup> – World Mental Health Day	<b>Trip</b> – V & A <b>Visitors</b> – Mental Health team (assembly) <b>Performance</b> – class assemblies; Harvest Festival <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> – rule of law linked to Millions
<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	<b>Judaism - Yom Kippur and Sukkot</b>  Behaviour for Learning	<b>Religious texts – Bible/ Torah/ Qu-ran</b>  <b>Gratitude – Harvest Festival</b>	<b>Black History Month – Rosa Parkes, Harriet Tubman</b>	<b>Black History Month – Martin Luther King, Malcom X and Cicil Rights Movement, Nelson Mandela (courage)</b>	
<b>Autumn 2</b>  <b>Caring friendships</b>  <b>School Value: Kindness</b>	<b>Caring Friendships</b> Know that healthy friendships are positive and welcoming towards others, and do not	<b>Caring Friendships</b> Know that friendships have ups and downs, and that these can often be worked through so that the friendship is repaired	<b>Anti-bullying week – standing up for yourself and others</b>  What we can do and say if someone is being	<b>Anti-bullying week</b> – To know that bullying (including cyber bullying) has a negative and often lasting impact on mental wellbeing	<b>Environmental/ sustainability –</b> how can we make the school more environmentally friendly? Design an invention to improve	<b>Positive Mental Health</b> About managing feelings and emotions in different situations. About getting help, advice and support	<b>Trip</b> – Richmond Theatre <b>Visitors</b> – Road safety team; Network Rail; London Air Ambulance <b>Performance</b> – class assembly; Fashion catwalk; Christmas Carol Concert <b>Safety</b> – anti-bullying; road/rail safety

<b>British Value:</b>	make others feel lonely or excluded.	or even strengthened, and that resorting to violence is never right	unkind to someone else. What does unkind behaviour look like? When is it appropriate to talk to an adult?		energy, water or litter waste.	with feelings and emotions See PSHE Association lesson 3: Managing Feelings plan	<b>Charity</b> – Children In Need fundraising <b>House Competition</b> - maths <b>Theme Week</b> – Diversity and Inclusion <b>British Value</b> - individual liberty linked to The Borrowers
<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>	<b>Hinduism – Rama and Sita</b>	<b>St Andrew, Patron Saint of Scotland</b>  <b>Hanukah</b>	<b>Christmas – Advent, other beliefs and helping others</b>	<b>Human Rights day – 10.12.21</b>
	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7 / Extras</b>
<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> What would you like to do differently? Goals to challenge yourself – at home and at school.  <b>Drugs Alcohol &amp; Tobacco 1</b> To understand the effect alcohol has on the body  Activity – helping at home	<b>Drugs Alcohol &amp; Tobacco 2</b> To understand the risks related to drinking alcohol	<b>Drugs Alcohol &amp; Tobacco 3</b> To consider how society limits the drinking of alcohol	<b>Online Relationships</b> Know 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	<b>Online Relationships</b> Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	<b>Positive Mental Health</b> To know 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	<b>Trip</b> – Tate Modern <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> – talent show <b>British Value</b> – democracy linked to school council and The Butterfly Lion
<b>Vocabulary</b>	<b>Alcohol, drink, legal, illegal, unit, volume, media, advertising, choice, vomit, unconscious</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>Relationships &amp; Sex Education 1</b> To explore the human lifecycle	<b>Relationships &amp; Sex Education 2</b>	<b>Relationships &amp; Sex Education 3</b>	<b>Respectful Relationships</b>	<b>Values: Money and Me</b>	<b>Values: Money and Me</b>	<b>Trip</b> – Natural History Museum <b>Visitors</b> – author workshop (WBD),

<b>School Value:</b> curiosity  <b>British Value:</b>	To identify some basic facts about puberty <b>See CWP lesson plans</b>  Activity – helping in the community	To explore how puberty is linked to reproduction <b>See CWP lesson plans</b>	To explore respect in a range of relationships To discuss the characteristics of healthy relationships <b>See CWP lesson plans</b>	Know the conventions of courtesy and manners  Know about different types of bullying (including cyber bullying), the impact of bullying, responsibilities of bystanders (reporting to an adult) and how to get help.	I want it! Saving, earning, planning and budgeting <a href="https://www.valuesmoneyandme.co.uk/teachers/i-want-it-ks2">https://www.valuesmoneyandme.co.uk/teachers/i-want-it-ks2</a>	I want it! Saving, earning, planning and budgeting <a href="https://www.valuesmoneyandme.co.uk/teachers/i-want-it-ks2">https://www.valuesmoneyandme.co.uk/teachers/i-want-it-ks2</a>	<b>Performance</b> – Spring Concert; class news report; sports; catwalk assembly. <b>Safety</b> – Positive & safe 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> – mutual tolerance and respect linked to local history study
<b>Vocabulary</b>	<b>Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings</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</b>	<b>The Easter Story</b>
	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7 / Extras</b>
<b>Summer 1</b>  <b>Being Safe</b>  <b>School Value:</b> Courage  <b>British Value:</b>	<b>Taking Responsible Risks</b>  Activity – learning a new skill	<b>Health and Prevention</b> To know how to recognise early signs of physical illness, such as weight loss or unexplained changes to the body To know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage  Activity – learning a new skill	<b>Being Safe</b> Know how to respond safely and appropriately to adults they encounter whom they do not know  Activity – learning a new skill	<b>Being Safe</b> Know how to report concerns or abuse, and the vocabulary and confidence needed to do so.  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  Activity – learning a new skill	<b>Environmental/ sustainability</b> How does travel affect the environment? How can we be more transport aware? How can we encourage people in our community to travel in an environmentally friendly way?  Activity – learning a new skill	<b>Positive Mental Health - What have you enjoyed most about Y4?</b> A questionnaire to complete about what they have liked / disliked about Y4. What have they learnt? Which trip they enjoyed most etc.  Activity – learning a new skill	<b>Trip</b> – Barnes Literary Festival, Religious Building Visitors – <b>Performance</b> - <b>Safety</b> – being safe <b>Charity</b> – global charitable fund-raising <b>House Competition</b> - spelling <b>British Value</b> – individual liberty linked to Saving the World

Assemblies	St George's Day – patron saint of England	Ramadan	Food Revolution Day	Building Resilience	How can we build our courage?	Reflecting on the year	
<b>Summer 2</b>  <b>Transition</b>  <b>School Value: Courage</b>  <b>British Value:</b>	<b>Equality</b>  Study of Rosa Parks  Activity – looking after the environment by litter picking	<b>Transition to Y5</b>  -the importance of honesty and truthfulness  What are the big differences between Year 4 and Year 5?  Activity – looking after the environment by litter picking	<b>Transition to Y5</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 Y5</b>  What will I be learning in Y5?  Activity – looking after the environment by litter picking	<b>Transition to Y5</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 Y5</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> – Camping <b>Visitors</b> – motivational sports personality <b>Performance</b> – 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 tolerance and respect linked to other cultures around the world
Assemblies	Looking forward to next year	Theme Week Launch	Father's Day – what our dads do for us	Moving On and Moving Up	Introducing & welcoming new teachers	Summer holidays – what to do	