



Thomson House School

Well-Being Programme Medium Term Guide

Year 5

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
Autumn 1 Families and People Who Care for me School Value: Kindness British Value: Individual Liberty	Class contract – how we are going to treat each other this year; circle time game	Families and People who Care for Me Know 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.	Families and People who Care for Me Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	People who Care for Me at School 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. The importance of building and maintaining respectful relationships with adults at school.	Environmental/sustainability – how can we take care of the planet in our everyday life?	Positive Mental Health To know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefit of hobbies and interests October 10 th – World Mental Health Day	Trip – Visitors – Mental Health awareness team Performance – Harvest Festival; class assembly. Safety – around the school; safe behaviour. Charity – Richmond Foodbank helping the homeless. House Competition – Handwriting British Value – Individual liberty linked to The Lion, The Witch and The Wardrobe
Assemblies	New beginnings - a fresh start School values – kindness	The start of a new year – Judaism Rosh Hashanah The importance of manners	Judaism - Yom Kippur and Sukkot Behaviour for Learning	Religious texts – Bible/ Torah/ Qu-ran Gratitude – Harvest Festival	Black History Month – Rosa Parkes, Harriet Tubman	Black History Month – Martin Luther King, Malcom X and Cicil Rights Movement, Nelson Mandela (courage)	
Autumn 2 Caring friendships	Caring Friendships Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness,	Caring Friendships Know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness,	Anti-bullying week – standing up for yourself What we can do and say if someone is often	Anti-bullying week – standing up for others What we can do and say if someone is being	Environmental/sustainability – how can we make the school more environmentally friendly? Design an	Positive Mental Health About mental health; what it means and how we can take care of it	Trip – Globe theatre; science museum, Rose Theatre Visitors – London Air Ambulance; Road safety team; Network Rail station safety

School Value: Kindness British Value: Rule of Law	loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	being unkind or making us feel unhappy. What does bullying look like? When is it appropriate to talk to an adult?	unkind to someone else. What does bullying behaviour look like? When is it appropriate to talk to an adult?	invention to improve energy, water or litter waste.	See PSHE Association Lesson 1: Mental Health and keeping well plan	Performance – Shakespeare drama workshop; Christmas carol Concert Safety – anti-bullying; road safety; rail safety Charity – Children In Need fundraising House Competition - maths Theme Week – Diversity and Inclusion British Value – rule of law linked to Romeo and Juliet
Assemblies	Diwali – Festival of Light	Remembrance Day	Anti-Bullying – what to do if you think you are being bullied	Hinduism – Rama and Sita	St Andrew, Patron Saint of Scotland Hanukah	Christmas – Advent, other beliefs and helping others	Human Rights day – 10.12.21
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7 / Extras
Spring 1 Online relationships School Value: curiosity British Value: Democracy	New Year – turning over a new leaf What would you like to do differently? Goals to challenge yourself – at home and at school. Activity – helping at home	Drugs Alcohol & Tobacco 1 To explore a range of legal and illegal drugs, their risks and effects	Drugs Alcohol & Tobacco 2 To have considered the children's attitudes and beliefs about drug use and drug users	Drugs Alcohol & Tobacco 3 To have considered strategies to resist drug use	Online Relationships Know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	Positive Mental Health – the positives and negatives of screen time.	Trip – Visitors – Safer internet workshops, Police Performance – class assemblies; THS Has Talent Safety – Safer Internet Day; medicines Charity – local children's charity, UNICEF House Competition – talent show British Value – democracy linked to school council and Ancient Greece
Vocabulary		Legal, illegal, alcohol, medicine, nicotine, caffeine, solvents, volatile substance, cannabis, stimulant, depressant, hallucinogen, stereotypes					
Assemblies	Epiphany	New Year means a New You	Buddhism – the Buddhist new year	Being Curious & Taking Responsible Risks	Safer Internet Day	Chinese New Year	
Spring 2 Respectful relationships	Sex & Relationships 1 To explore the emotional and	Sex & Relationships 2 To understand male and female puberty	Sex & Relationships 3 To explore the impact of puberty on	Respectful Relationships Know the importance of self-respect and how	Environmental/ sustainability How can we be less wasteful?	Positive Mental Health To know where and how to seek support (including recognising	Trip – Religious Building (Sikh) Visitors – author workshop (WBD),

School Value: curiosity British Value: Rule of Law	physical changes occurring in puberty Activity – helping in the community	changes in more detail	the body and the importance of physical hygiene To explore ways to get support during puberty	this links to their own happiness		the triggers for seeking support), including who in school they should speak to if they're worried	Performance –catwalk assembly, Spring Concert Safety – Safe Relationships Charity – Red Nose Day/Sport Relief House Competition - sports Theme Week – Global Environment – THS Goes Green British Value – rule of law linked to Ancient Rome and Ancient Greece
Vocabulary	Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings						
Assemblies	Valentine's Day – show love by being kind to each other	Lent & Pancake Day	St David's Day – patron saint of Wales	World Book Day – sharing a love of reading	St Patrick's Day – patron saint of Ireland	Mother's Day – being kind to our mothers	The Easter Story
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7 / Extras
Summer 1 Being Safe School Value: Courage British Value: mutual tolerance and respect	Respectful Relationships Know what a stereotype is, and how stereotypes can be unfair, negative or destructive. Activity – learning a new skill	Making Good Choices – a healthy lifestyle To know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness Activity – learning a new skill	Being Safe Know 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. Know how to recognise and report feelings of being unsafe or feeling bad about any adult. Activity – learning a new skill	Values: Money and Me Do you need it? The implications of taking out loans https://www.valuesmoneyandme.co.uk/teachers/do-you-need-it-ks2 Activity – learning a new skill	Values: Money and Me Do you need it? The implications of taking out loans https://www.valuesmoneyandme.co.uk/teachers/do-you-need-it-ks2 Activity – learning a new skill	Positive Mental Health - What have you enjoyed most about Y5? A questionnaire to complete about what they have liked / disliked about Y5. What have they learnt? Which trip they enjoyed most etc. Activity – learning a new skill	Trip – Barnes Literary Festival, Residential Visitors – Performance - Safety – being safe Charity – global charitable fund-raising House Competition – spelling British Value - mutual tolerance and respect linked to Kensuke's Kingdom
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	
Summer 2 Transition	Health and Prevention	Health and Prevention	Equality Olive Morris	Transition to Y6	Transition to Y6	Positive Mental Health -Transition to Y6	Trip – Visitors – motivational sports personality

<p>School Value: Courage</p> <p>British Value: mutual tolerance and respect</p>	<p>To know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn</p> <p>Activity – looking after the environment by litter picking</p>	<p>To know about personal hygiene and germs including bacteria, viruses, how they're spread and treated, and the importance of handwashing</p> <p>Activity – looking after the environment by litter picking</p>	<p>https://www.theblackcurriculum.com/download</p> <p>Activity – looking after the environment by litter picking</p>	<p>What will I be learning in Y6?</p> <p>Democracy</p> <p>School Council – what does it do? How can I be a school councillor?</p> <p>Activity – looking after the environment by litter picking</p>	<p>Getting to know my new class.</p> <p>Meeting my new teacher and visiting my new classroom.</p> <p>Activity – looking after the environment by litter picking</p>	<p>Clearing up any misconceptions / worries about moving in to the new year group.</p> <p>Activity – looking after the environment by litter picking</p>	<p>Performance –Summer Concert, Sports Day</p> <p>Safety – picking up litter, World Environment Day</p> <p>Charity – global charitable fund-raising</p> <p>House Competition - sports day</p> <p>Theme Week - physical & mental well-being.</p> <p>British Value - mutual tolerance and respect</p>
<p>Assemblies</p>	<p>Looking forward to next year</p>	<p>Theme Week Launch</p>	<p>Father's Day – what our dads do for us</p>	<p>Moving On and Moving Up</p>	<p>Introducing & welcoming new teachers</p>	<p>Summer holidays – what to do</p>	