



Thomson House School

Well-Being Programme Medium Term Guide

Year 6

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: Democracy	Class contract – how we are going to treat each other this year.	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 (Revision of Yr5)	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 (Revision of Yr5)	Families and People who Care for Me Know that marriage (opposite and same sex) represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	Environmental/ sustainability– how can we take care of the planet in our every day life?	Positive Mental Health About how feelings and emotions are affected and can be managed at changing, challenging or difficult times See PSHE Association Level 1: Managing challenges and change plan	Trip – Imperial War Museum; HMS Belfast Visitors – Police, School Nurse on Body Image; mental health team (assembly). Performance – applications for Year 6 roles Safety – Police talk to Y6; Walking to school. Charity – Richmond Foodbank helping the homeless. House Competition – handwriting British Value – democracy linked to WW2
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)	Leadership - Election of prefects, house captains, sports captains and music captains. Black History – Rosa Parkes, Harriet Tubman. Martin Luther King, Malcolm X and Nelson Mandela
Autumn 2 Caring friendships	Caring Friendships Know how to recognise who to trust and who not to trust, how to judge when a	Caring Friendships Know how to recognise who to trust and who not to trust, how to judge when a	Anti-bullying week – standing up for yourself	Anti-bullying week – standing up for others	Environmental/ sustainability – how can we make the school more	Positive Mental Health To understand that isolation and	Trip – St Leonard's Air Raid shelter, Museum of London, Rose Theatre Visitors – London Air Ambulance, Road safety

School Value: Kindness British Value: Rule of Law	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.	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.	What we can do and say if someone is often being unkind or making us feel unhappy. What does bullying look like? When is it appropriate to talk to an adult?	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?	environmentally friendly? Design an invention to improve energy, water or litter waste.	loneliness can affect children and that it's very important for children to discuss their feelings with an adult and seek support	team, Network Rail re station safety. Performance – Xmas Carol Concert Safety – anti-bullying Charity – Children In Need House Competition - Spelling Theme Week – Diversity and Inclusion British Value - rule of law linked to WW2
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: Individual Liberty	New Year – turning over a new leaf What would you like to do differently? Goals to challenge yourself – at home and at school.	Drugs Alcohol & Tobacco 1 To understand the effects, risks and law relating to cannabis	Drugs Alcohol & Tobacco 2 To understand the risk of volatile substance abuse (VSA)	Drugs Alcohol & Tobacco 3 To be aware of the options for getting help, advice and support	Online Relationships See NSPCC lesson plan Know how information and data is shared and used online. To know where and how to report concerns and get support with issues online	Positive Mental Health To know that the internet can be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health	Trip – Religious Building Visitors – Safer internet workshops, Police Performance – class assemblies; THS Has Got Talent Safety – Safer Internet Day; medicines Charity – local children's charity House Competition – THS Has Talent British Value - individual liberty linked to I Am Malala
Vocabulary		Cannabis, volatile substances, accident, dangerous, unconscious, breathing, choking, sniffing, inhaling, recovery, first aid, emergency					
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	Relationships & Sex Education 1	Relationships & Sex Education 2	Relationships & Sex Education 3	Relationships & Sex Education 4	Respectful Relationships	Positive Mental Health	Trip – Junior Citizen – Holly Lodge Visitors – author workshop (WBD),

Respectful Relationships School Value: curiosity British Value: Democracy	To consider puberty and reproduction See CWP Lesson plans	To explore the importance of communication and respect in relationships See CWP Lesson plans	To consider different ways people might start a family See CWP Lesson plans	To explore positive and negative ways of communicating in a relationship See CWP Lesson plans	Know 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. (Rights of a Child)	To know that it's common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough	Performance – catwalk assembly, Spring Concert Safety – Safe Relationships Charity – Red Nose Day/Sport Relief House Competition – Public Speaking Theme Week – Global Environment (THS goes Green) British Value - democracy linked to Benin
Vocabulary	Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy, communication, personal/private information, internet safety						
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 Study Skills School Value: Courage British Value: mutual tolerance and respect	Study Skills – what type of learner are you? 7 areas of learning Children to establish via a questionnaire whether they are a visual, auditory, kinaesthetic learner. How does this knowledge impact the way we work / learn / revise? Activity – learning a new skill	Study skills – different ways of learning / revising Know a variety of different strategies for retaining information. To understand that different children retain information in different ways – which way is best for you? Activity – learning a new skill	Values: Money and Me A Fair Day's pay https://www.valuesmoneyandme.co.uk/teachers/a-fair-days-pay-ks2 Activity – learning a new skill	Values: Money and Me A Fair Day's pay https://www.valuesmoneyandme.co.uk/teachers/a-fair-days-pay-ks2 Activity – learning a new skill	Environmental/ sustainability How can we lessen our carbon footprint? Activity – learning a new skill	Positive Mental Health - What have you enjoyed most about Y6? A questionnaire to complete about what they have liked / disliked about Y6. What have they learnt? Which trip they enjoyed most etc. Activity – learning a new skill	Trip – Barnes Lit Festival, Residential Visitors – speaker on study skills Performance - Safety – Basic First Aid Charity – global charitable fund-raising House Competition - maths British Value - mutual tolerance and respect
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	Health and Prevention / Being Safe	Being Safe – who to turn to for help	Transition to Y7 See NSPCC plan What to expect from Secondary School.	Transition to Y7 See NSPCC plan	Transition to Y7 See NSPCC plan	Positive Mental Health	Trip – End of Y6 celebration Visitors – motivational sports personality

Being Safe / Transition School Value: Courage British Value: mutual tolerance and respect	<p>To know the facts and science relating to immunisation and vaccination.</p> <p>To know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness</p> <p>Activity – looking after the environment by litter picking</p>	<p>Pupils to know who to turn to for support. Who are your trusted adults? Police / GP / School Nurse.</p> <p>Activity – looking after the environment by litter picking</p>	<p>What are the big differences between Year 6 and Year 7? What will I be learning in Y7?</p> <p>Activity – looking after the environment by litter picking</p>	<p>Coping with changing school in a positive way. Developing independence.</p> <p>Activity – looking after the environment by litter picking</p>	<p>Coping with changing school in a positive way. Developing resilience.</p> <p>Activity – looking after the environment by litter picking</p>	<p>About the feelings and common anxieties pupil face when moving to secondary school and ways of managing these feelings</p> <p>See PSHE Association Mental Health lesson plan 3</p> <p>Activity – looking after the environment by litter picking</p>	<p>Performance –Summer Concert, Sports Day; Y6 Production</p> <p>Safety – cycling proficiency, picking up litter; who to ask for help.</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>
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	