

Mindfulness/mindful texts – at the start/end of each session?

No Outsiders – Autumn 1 alongside HLS lessons

<u>Relationships</u>	<u>Living in a Wider World</u>	<u>Health and Wellbeing</u>
• New class • Families and friendships • Respecting ourselves and others - consent • Growth Mindset • Citizenship	• Community and the environment • Global warming • Online safety and resilience • Money and careers	• Physical and Mental Wellbeing; diet, exercise, sleep, cleanliness, sun safety • Growing and changing; feelings, bullying, change and being unique, physical body parts and moving class/year • Safety at school/home/out – emergency services • Drugs/alcohol

What is important for Hillstone – teachers views

- Discussing feelings and asking for help
- Internet safety
- Careers and aspirations
- Respecting ourselves and others
- Careers/money and savings

Why change Jigsaw?

- Not specific to our children, not as much opportunity to go through areas of mindfulness/reflecting on actions with the current scheme
- The order of topics seems disjointed
- Mindfulness as a means that goes throughout each lesson
- More focus on areas that are not covered via Jigsaw – cleanliness/drugs/internet safety
- More focus for teachers to plan individual lessons for their cohort, with focus from the long/medium term planning

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	Autumn Term: Relationships				Spring Term: Living in the Wider World			Summer Term: Health and Wellbeing		
	Autumn 1 Families and Friendships <u>Respecting Ourselves and Others – Citizenship</u> <u>Consent and acknowledging choice</u>		Autumn 2 Growth Mindset		Spring 1 Community and Belonging Media and digital resilience		Spring 2 Money and Careers – Link Natwest lessons	Summer 1 Physical and Mental Wellbeing Growing and Changing		Summer 2 Keeping Safe and Moving On
Year 1	<i>What makes us different?</i> Diversity of family and friends	Knowing who to trust, how to share views and staying safe – friends and family	Behaviour and being respectful		<i>How can we look after our world?</i> Caring for others and the environment	What is the internet	Why do we need money? Jobs in the community	Health – food and exercise	Growing from young to old – labelling genitals Safe relationships/permission giving	Rules for internet safety Sun safety What makes you unique? Moving to Y2
Year 2	<i>How can we be a good friend?</i> Making friends and how to get help	Recognising hurtful behaviour and knowing where to get help	Sharing opinions openly and working together		<i>What jobs can we do?</i> Roles and responsibilities in the community/looking after the environment	Why we need online information	Earning money - LGBT Professionals and focus on diversity and success	Sleep Medicine Teeth	Naming genitals Growing older	Risk and safety – emergencies Moving to Y3

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Year 3	<i>What makes a family?</i> Family features and accepting difference (diversity) and acknowledging grief	Personal boundaries and recognising hurtful behaviour Affirmations	Acknowledging respectful behaviour, being polite and importance of self-respect. Expressing and managing feelings		Environment and the impact of global warming in all forms	<i>How can we work together?</i> Rules and rights Freedom and responsibilities – Democracy	Different job roles – stereotypes/categories of jobs and aspirations to reach a job role (no Natwest lessons)	Healthy choices and habits Expressing and managing feelings	How babies grow Inside and outside changes	Stereotypes Risks and hazards – in unfamiliar places Moving to Y4
Year 4	<i>What are the features of family and friendship?</i> Positive friendships (including online)	Managing risks online/responding to hurtful behaviour	Respecting similarities and differences openly – aware of diversity		<i>What makes a community in different settings?</i> Shared responsibilities; - At home - At school - In the community	The pros and cons of the internet, sharing data and communication	How can money be kept safe and where to keep it	Balanced life style – smoking/alcohol Hygiene	Having a baby – genitalia Puberty – support	Medicines and households – understand risks Moving to Y5

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Year 5	<i>What makes your identity?</i> Friendships and influence	Physical contact and feeling safe	Recognising prejudice and discrimination (race/gender)		<i>How can we protect the environment?</i> Importance of compassion and circumstance	Different types of media and how it can be used in different ways	Key job roles and responsibilities	Effects of smoking/ alcohol Body image	Puberty for boys/ girls Conception	First aid and responding in emergencies Moving to Y6
Year 6	<i>How to keep a healthy relationship? - diversity</i> Partnerships, marriage and attraction Dealing with grief	Managing and recognising pressure – from society and from peers	Discussing topical issues – Respecting other points of view		<i>How can we value diversity?</i> Valuing diversity and recognising stereotypes (race/gender)	Evaluating media sources and safety of sharing things online and keeping personal information safe	Influences and attitudes to money, savings and careers	Ways to manage mental health	Conception – to birth	Moving to secondary school

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	Autumn Term: Relationships				Spring Term: Living in the Wider World			Summer Term: Health and Wellbeing		
	<u>Families and Friendships</u> <u>Safe Relationships</u> <u>Respecting Ourselves and Others – citizenship</u> <u>Autumn 1</u>			<u>Growth Mindset – Autumn 2</u>	<u>Community and Belonging</u> <u>Media and digital resilience – Spring 1</u>		<u>Money and Careers</u> <u>Spring 2</u>	<u>Physical and Mental Wellbeing</u> <u>Growing and Changing</u> <u>Summer 1</u>		<u>Keeping Safe and Moving On</u> <u>Summer 2</u>
Nursery	Our friends	Kind hands/feet – being a good friend	How am I feeling today		Our family – diversity Houses and homes	The world – looking after the planet	Jobs in the community – who keeps us safe How we can earn money	Healthy and unhealthy food Exercise Hygiene – teeth	Sleep Stranger danger - PANTS rule	Healthy and unhealthy food Best bits of Nursery
Reception	<i>Similarities and differences of our class and our family</i>	<i>Being a good friend</i>	How am I feeling today		Our family – diversity Houses and homes	The world – looking after the planet	Jobs in the community – who keeps us safe How we can earn money	Exercise Hygiene – teeth daily routine	Sleep Stranger danger - PANTS rule	Reflecting on Reception Moving to Y1 Respecting our body and looking after it with healthy/unhealthy food

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Book List – Nursery	No Outsiders – Red Rockets and Rainbow Jelly/You Choose <u>Autumn 1</u> Mr Panda’s Feelings – Steve Anthony The Colour Monster – Anna Llenas Little Quack’s New Friend – Louise Thompson How Do You Feel – Anthony Browne My World, Your World – Melanie Walsh Emily Makes A Friend – Deborah Chancellor <u>Autumn 2</u> Growth Mindset Lesson – Book List	No Outsiders – The Family Book/Mommy, Mama and Me <u>Spring 1</u> It’s okay to be different – Todd Parr Daddy, Papa and Me – Leslea Newman Handa’s Surprise - Eileen Browne Look after our planet – Charlie and Lola Clean Up – Nathan Byron <u>Spring 2</u> Lemonade in Winter – Emily Jenkins Follow the Money – Loreen Leedy Arthur’s Funny Money – Lillian Hoban Choose a selection of people who help us books/stories depending on children’s interests	<u>Spring 1</u> PANTS Rule – NSPCC lesson I Don’t Want to Wash My Hands – Tony Ross What Are Germs – Katie Daines (non-fiction) Brush Your Teeth, Please! Pig Takes a Bath <u>Spring 2</u> No Outsiders – Blue Chameleon I will Never, not ever eat a tomato – Lauren Child Every Night is Pizza Night – J Kenji Summer Supper – Pfeffer Green Eggs and Ham – Dr Suess Oliver’s Vegetables – Vivian French
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Book List - Reception	No Outsiders – Red Rockets and Rainbow Jelly/You Choose <u>Autumn 1</u> All Are Welcome – Alexandra Penfold Giraffe’s Can’t Dance – Andraeae The Animal Boogie – Debbie Harter Meesha Makes Friends – Tom Percival Not Your Typical Dragon – Darren Bar-el The Rainbow Fish – Marcus Pfister My Inside Weather – Jen Thorpe <u>Autumn 2</u> Growth Mindset – Set books for lessons	No Outsiders – The Family Book/Mommy, Mama and Me <u>Spring 1</u> It’s okay to be different – Todd Parr Daddy, Papa and Me – Leslea Newman Families, Families, Families – Suzanne Lang This is How We Do It – Matt Lamothe Look After our Planet – Charlie and Lola Clean Up – Nathan Byron <u>Spring 2</u> Lemonade in Winter – Emily Jenkins Follow the Money – Loreen Leedy Arthur’s Funny Money – Lillian Hoban Choose a selection of people who help us books/stories depending on children’s interests	<u>Spring 1</u> PANTS Rule – NSPCC Lesson Germs Are Not for Sharing – Elizabeth Verdick What Are Germs – Katie Daines (non-fiction) Brush, Brush, Brush! Time for a Bath <u>Spring 2</u> No Outsiders – Blue Chameleon The Ugly Vegetables – Grace Lin How Did That Get In My Lunchbox? – Christine Butterworth Gregory the Terrible Eater – Mitchell Sharmat Oliver’s Vegetables – Vivian French
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