Growing our Community Together: Love, Courage, Community

St Mary's Safeguarding Curriculum

	Online Safety	Keeping safe	Keeping Healthy including Mental Health	RSE	Tolerance including Prevent
Reception - Safeguarding Curriculum	• Information given to parents to support 'forming healthy habits online' at the meet the teacher meeting (and on school's website) • Children taught where to go for help/who to tell about concerns online about: - content on the internet - contact on the internet or other online technologies ***'Safer Internet Day' - Whole School Focus***	• Fire Alarm Practice half-termly • Playground rules and code of conduct • PANTS rule (NSPCC resources) • People who help us focus (visitors to class) **KAPOW Unit:** • Self-regulation: Listening and following instructions	• Toilets and washing hands • Children's Mental Health Week Worship and whole school focus • Other worship with a focus on promoting positive mental health **KAPOW Units:** • Self-regulation: My feelings • Managing self: My wellbeing	**KAPOW Units** • Building relationships: My friends and family • Building relationships: special relationships	• Collective worship – focus on celebrating diversity • Collective worship – focus on inclusion

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Year 1 – Safeguarding Curriculum	• Information given to parents to support 'forming healthy habits online' at the meet the teacher meeting (and on school's website) • Children taught where to go for help/who to tell about concerns online about: - content on the internet - contact on the internet or other online technologies **PSHE units:** **Online Safety:** making safe choices ***'Safer Internet Day' - Whole School Focus***	• Fire Alarm Practice half-termly • Playground rules and 'Code of Conduct • PANTS rule (NSPCC resources) **PSHE units:** • *Safety at Home* (home hazards, risk awareness, household products, and medicines). • *Being Healthy* (sun safety, sleep, hygiene, handwashing, and dental health).	• Toilets and washing hands • Children's Mental Health Week Worship and whole school focus • Other worship with a focus on promoting positive mental health **PSHE Units:** • *Mental Health and Wellbeing* (noticing feelings, helpful/unhelpful thoughts, self-regulation). • *Showing Kindness to Ourselves and Others* (emotions, self-care, and kindness). • Healthy lifestyles, including sleep routines, healthy food and drink choices, and regular physical activity. • Hygiene routines, including handwashing and dental health (teeth brushing). • Sun safety	**PSHE unit:** • *Making Friends: Playing and Learning Together* (cooperation, listening, asking for permission/consent). • *Celebrating Me, You and Our Families* (family diversity, care, love, and individual differences).	• World Religions units JUDAISM: What is the Torah and why is it so important Jewish families? ISLAM: Who is Allah and how do Muslims worship him? • Collective worship – focus on celebrating diversity • Collective worship – focus on inclusion **PSHE unit** • *Celebrating Me, You and Our Families* (understanding sameness and difference, personal identity).

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Year 2 – Safeguarding Curriculum	• Information given to parents to support 'forming healthy habits online' at the meet the teacher meeting (and on school's website) • Learn to keep personal information private • Use technology respectfully • Children taught how to ask for help/who to tell about concerns online: - content on the internet - contact on the internet or other online technologies **PSHEUnit:** • *Keeping Safe Online* (impact of online content on feelings, watching/sharing media safely, protecting personal information, viewing choices). ***'Safer Internet Day' - Whole School Focus***	• Fire Alarm Practice half-termly • Playground rules and 'Code of Conduct' • PANTS rule (NSPCC resources) • Using public transport safely **PSHE Units:** • *Keeping Safe Outside the Home* (road safety, rail safety, environmental care, emergencies, and calling 999).	• Toilets and washing hands • Children's Mental Health Week Worship and whole school focus • Other worship with a focus on promoting positive mental health **PSHE Unit:** ***Mental Health and Wellbeing*** - • Understanding feelings, emotional wellbeing, and managing reactions/unhelpful thoughts. ***Me, My Body and Staying Safe*** • Physical development and the human life cycle (growing from young to old). ***Money and Work*** • *Building Healthy Habits* - Distinguishing needs vs. wants to support personal wellbeing	**PSHE Unit:** • *Me, My Body and Staying Safe* (human life cycle, special people, naming private body parts including genitalia, Talk PANTS rules).	• World Religions unit: JUDAISM: Why do Jewish families celebrate the gift of Shabbat? ISLAM: What is important for Muslim families? • Collective worship – focus on celebrating diversity • Collective worship – focus on inclusion **PSHE unit** *Me, My Friends and Belonging* (belonging to a community, respecting differences).

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Year 3 – Safeguarding Curriculum	• Information given to parents to support 'forming healthy habits online' at the meet the teacher meeting (and on school's website) • Consider issues of trust and privacy when sharing information. **PSHE Unit:** • *Making Choices Online* (protecting information online, device passwords, CyberSprinters, age ratings, and film/media choices). ***'Safer Internet Day' - Whole School Focus***	• Fire Alarm Practice half-termly • Playground rules and 'Code of Conduct' • Using public transport safely **PSHE units:** *Keeping Safe Out and About* (sun safety, risk management, canal, river, and water safety). *Looking Out for Each Other* (first aid basics, allergies, bites and stings, calling emergency services)	• Children's Mental Health Week Worship and whole school focus • Other worship with a focus on promoting positive mental health **PSHE Unit:** • *Mental Health and Wellbeing* (expanding self-regulation strategies, managing worries, distraction, and reactions). ***Building Healthy Habits***: • Healthier eating and drinking habits (choices and influences]. • Maintaining dental health. • Regular physical activity. ***Keeping Safe Out and About***: • Managing risks and staying safe in the sun	**PSHE Unit:** • *Me, My Friends and Belonging* (personal identity, positive friendships, falling out, inclusion).	• World Religions unit: ISLAM: How does 'ibadah' (worship) show what's important to Muslims? JUDAISM - What are important times for Jews? • Collective worship – focus on celebrating diversity • Collective worship – focus on inclusion **PSHE Unit:** • *Me, My Friends and Belonging / Belonging and Community* (making others feel welcome, belonging to a community).

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Year 4 – Safeguarding Curriculum	• Information given to parents to support 'forming healthy habits online' at the meet the teacher meeting (and on school's website) • Comment on the posts of others appropriately • Develop a critical, reflective view of a range of media, including text. What do you do with a message that you think is not appropriate? **PSHEUnit:** • *Money Matters and News Literacy* (news literacy, fake vs. real news, questioning online images). ***'Safer Internet Day' - Whole School Focus***	• Fire Alarm Practice half-termly • Playground rules and 'Code of Conduct' • Using public transport safely **PSHE Unit:** • *Exploring Ways to Manage Risk* (assessing risk, firework safety, home safety, peer influence, drug education, vapes, alcohol, and gambling risk). • *Me, My Body and Growing Up* (Talk PANTS rules).	• Children's Mental Health Week Worship and whole school focus • Other worship with a focus on promoting positive mental health **PSHE Unit:** • *Mental Health and Wellbeing* (factors supporting mental wellbeing, thinking habits, managing worries, strategies for calm). ***Mental Health and Wellbeing***: • Factors that support physical and mental wellbeing, including thinking habits and strategies for calm. ***Exploring Ways to Manage Risk***: • Health risks related to household products, medicines, smoking, vaping, and alcohol. ***Me, My Body and Growing Up***: • Physical and emotional changes during puberty (including menstruation and wet dreams). • Personal hygiene routines	**PSHE Unit:** • *Forming Respectful Relationships* (valuing friendships, resolving conflict, responding to bullying). • *Me, My Body and Growing Up* (puberty, physical/emotional changes, menstruation, wet dreams, personal hygiene). • *Families and Growing Together* (diverse family structures, family changes, marriage, and partnerships).	• World Religions unit: SIKHISM: What do Sikhs value? HUMANISM: How do non-religious people celebrate new life? • Collective worship – focus on celebrating diversity • Collective worship – focus on inclusion **PSHE Unit:** • *Forming Respectful Relationships* & *Families and Growing Together* (challenging discrimination, valuing diverse families).

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Year 5 – Safeguarding Curriculum	• Information given to parents to support 'forming healthy habits online' at the meet the teacher meeting (and on school's website) • Staying safe online - talk from community police • Understand the need for private information to be encrypted • Appreciate the need to use complex passwords and to keep them secure **PSHE Unit:** • *Safe Connections* (staying safe while socialising online, managing online risks, cybercrime/CyberChoices). ***'Safer Internet Day' - Whole School Focus***	• Fire Alarm Practice half-termly • Playground rules and 'Code of Conduct' • Using public transport safely • Bikeability **PSHE unit:** *Respecting Boundaries* (Female Genital Mutilation / FGM awareness). *Embedding Healthy Habits and Learning First Aid* (sun safety, first aid for asthma and head injuries).	• Children's Mental Health Week Worship and whole school focus • Other worship with a focus on promoting positive mental health **PSHE Unit:** • *Mental Health and Wellbeing* (shifting habitual thoughts/emotions, rumination, reactivity, and managing mental health). ***Mental Health and Wellbeing***: • Shifting habitual thoughts/emotions and managing reactivity/rumination to protect mental health. ***Embedding Healthy Habits and Learning First Aid***: • Benefits of healthy habits, including sun safety, regular exercise, and setting personal fitness/health goals. • First aid basics (managing asthma attacks and head injuries).	**PSHE Unit:** • *Friendships, Stereotypes and Bullying* (positive, respectful friendships and bullying impact). • *Respecting Boundaries* (personal space, giving and seeking consent/permission, appropriate and inappropriate touch, Talk PANTS).	• World Religions unit: HINDU (SANATANA) DHARMA: What helps Hindus (Santanis) to worship? JUDAISM: What does it mean to be part of a synagogue community? • Collective worship – focus on celebrating diversity • Collective worship – focus on inclusion **PSHE unit:** • *Friendships, Stereotypes and Bullying* (recognising and challenging stereotypes, prejudiced views, and addressing extremism). • *Positively Engaging with Our World* (empathy, community connection, media bias/targeted news).

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Year 6 – Safeguarding Curriculum	• Information given to parents to support 'forming healthy habits online' at the meet the teacher meeting (and on school's website) • Staying safe online - talk from community police • Source digital media while demonstrating safe, respectful and responsible use • Know appropriate rules or guidelines for an online discussion • Know some strategies for dealing with online bullying • Regular letters provided to support consistent messaging between school and home **PSHE Unit:** • *Developing Our AI Literacy* (AI chatbots, image ethics, deepfakes, digital deception, online rights, and sharing photos safely). • *Making Choices Online / Safe Connections Online* (managing online relationships, digital footprint, privacy, and online pressure). • ***'Safer Internet Day' - Whole School Focus***	• Fire Alarm Practice half-termly • Playground rules and 'Code of Conduct' • Using public transport safely • Keeping safe when moving around the local area – talk from community police • Junior Citizen Event **PSHE Unit:** • *Drug Education: Assessing Risk and Managing Influences* (legal and illegal drugs, risk assessment, peer pressure). • *Keeping Safe Out and About* (independent travel safety, emergency situations).	• Children's Mental Health Week Worship and whole school focus • Other worship with a focus on promoting positive mental health • 'Wellfest' for Y6 Positive Relationships Mentors **PSHE Unit:** • *Mental Health and Wellbeing* (emotional literacy, coping mechanisms, managing stress, transition anxiety, and mental health maintenance). ***Changes in Puberty (and Sex Education)***: • Managing ongoing physical changes during puberty, increased independence, and the importance of healthy sleep patterns. ***Drug Education: Assessing Risk and Managing Influences***: • Health effects and risks associated with legal and illegal drugs, tobacco, vaping, and alcohol	• 'Talk Consent' workshop for Year 6 **PSHE Unit:** • *Changes in Puberty (and Sex Education)* (conception, human reproduction, physical/emotional changes, relationship dynamics). • *Forming Respectful Relationships* (assertiveness, personal boundaries, healthy relationship characteristics).	• World Religions unit: BUDDHISM: What is the Buddhist way of life? HIDUISM: Why should Hindus live a good life? • Collective worship – focus on celebrating diversity • Collective worship – focus on inclusion **PSHE Unit:** • *Developing Our AI Literacy / Wider World Units* (critically evaluating information online, challenging misinformation and extremism). • *Looking to the Future* (valuing diversity, transition skills, self-worth, and respect across communities).