

Our Safety and Wellbeing Curriculum (2025-26)

Our Safety and Wellbeing Curriculum is broad in scope yet tailored to the particular needs of our children and our school community. We provide plentiful opportunities within our curriculum for children to learn how to keep themselves safe in school, at home, and in the wider community.

Below is an overview of our Safety and Wellbeing Curriculum. It draws from our comprehensive PSHE curriculum, taught weekly in class from Reception to Year 6, and is further supplemented by a wide range of extra-curricular assemblies, workshops and expert visitors.

Safety and Wellbeing Curriculum

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Healthy relationships	Our special people What makes a good friend What makes us unique and valued Other people's feelings	Different families Addressing friendship problems	Respecting different families Addressing friendship problems Feelings of loss and change	Family problems Trusting others Resolving friendship problems Stereotyping	Physical and emotional boundaries in friendships Bullying	Feeling safe in families Impact of bullying Making assumptions based on looks	Conflict, negotiation and compromise Importance of respect Challenging stereotypes
Being safe, including online	Being safe near roads Crossing roads safely with adults	Inappropriate physical contact	Privacy and online safety Secrets or surprises The PANTS rule	Cyberbullying Responsible digital citizens Road safety	Sharing information safely online	Safe online relationships	Being respectful and supportive online
Drugs, alcohol and tobacco		What is safe and unsafe for my body	Using medicines safely	Confident choices and decisions	Smoking and tobacco risks	Weighing up decisions	Alcohol risks and misuse
The changing body			Naming the parts of my body, including my private parts		My changing body and feelings	Puberty	Puberty
Basic first aid		The emergency services Practising making an emergency telephone call		What to do in a medical emergency Practising making an emergency telephone call		How to help someone who is bleeding	The recovery position

Enhanced curriculum events and activities

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Fluoride application (Oral Health Team)	Hand Hygiene	Mental Health Week	Fluoride application (Oral Health Team)	Emotional Wellbeing (Workshop)	
			Online Safety (Assembly)	Height & Weight check		
Year 1	Fluoride application (Oral Health Team)	Hand Hygiene	Mental Health Week	Fluoride application (Oral Health Team)		Road Safety (session)
	Balance Bike skills		Online Safety (Assembly)			Emotional Wellbeing – My Feelings (workshop)
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Year 2	Emotional Wellbeing – My Feelings (workshop)		Speak Out, Stay Safe (NSPCC)	Emotional Wellbeing (workshop)	Emotional Wellbeing (Workshop)	Road Safety (session)
			Mental Health Week			Emotional Wellbeing – Friendship (workshop)
			Online Safety (Assembly)			
Year 3	Emotional Wellbeing – Coping with change (workshop)	Bonfire Safety (PCSO Assembly)	Speak Out, Stay Safe (NSPCC)	Road Safety (workshop)		
		Online Safety (PCSO workshop)	Mental Health Week	Making Positive Choices		
Year 4	Emotional Wellbeing – Negative Thinking (workshop)	Bonfire Safety (PCSO Assembly)	Speak Out, Stay Safe (NSPCC)	Road Safety (workshop)	Emotional Wellbeing – Friendship (workshop)	Road Safety (session)
		Online Safety (PCSO workshop)	Mental Health Week			
Year 5	Emotional Wellbeing – Looking after my own Wellbeing (workshop)	Bonfire Safety (PCSO Assembly)	Speak Out, Stay Safe (NSPCC)		Emotional Wellbeing – Managing change (workshop)	Bikeability
		Online Safety (PCSO workshop)	Mental Health Week			Road Safety (session)
Year 6	Height & Weight check	Bonfire Safety (PCSO Assembly)	Speak Out, Stay Safe (NSPCC)	Road Safety (workshop)		Road Safety (session)
	Emotional Wellbeing – Self Esteem (Workshop)	Online Safety (PCSO workshop)	Mental Health Week	Tobacco Risks & Misuse		Emotional Wellbeing – Transitions (workshop)