

St George's Central CE Primary School and Nursery

Primary School Statutory Expectations: Health and Wellbeing

General Wellbeing

By the end of primary school children must learn:
1. The benefits of physical activity , time outdoors, and helping others for health , wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation.
2. The importance of promoting general wellbeing and physical health.
3. The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition.
4. How to recognise feelings and use varied vocabulary to talk about their own and others' feelings.
5. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
6. That isolation and loneliness can affect children, and the benefits of seeking support.
7. That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing and how to seek help for themselves or others.
8. That change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently.
9. Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
10. That it is common to experience mental health problems, and early support can help.

'Never settle for less than your best'

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Wellbeing Online

By the end of primary school children must learn:
1. That for almost everyone the internet is an integral part of life. Pupils should be supported to think about positive and negative aspects of the internet.
2. Pupils should be supported to discuss how online relationships can complement and support meaningful in-person relationships, but also how they might be in tension, and the reasons why online relationships are unlikely to be a good substitute for high quality in-person relationships, looking at the pros and cons of different ways of using online connection.
3. The benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
4. How to consider the impact of their online behaviour on others, and how to recognise and display respectful behaviour online.
5. Why social media, some apps , computer games and online gaming, including gambling sites , are age restricted.
6. The risks relating to online gaming, video game monetisation, scams, fraud and other financial harms, and that gaming can become addictive.
7. How to take a critical approach to what they see and read online and make responsible decisions about which content, including content on social media and apps, is appropriate for them.
8. That abuse, bullying and harassment can take place online and that this can impact wellbeing . How to seek support from trusted adults.
9. How to understand the information they find online, including from search engines, and know how information is selected and targeted.
10. That they have rights in relation to sharing personal data, privacy and consent.
11. Where and how to report concerns and get support with issues online.

Physical Health and Fitness

By the end of primary school children must learn:
1. The characteristics and mental and physical benefits of an active lifestyle.
2. The importance of building regular physical activity into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, moderate and/or vigorous physical activity .
3. The risks associated with an inactive lifestyle, including obesity.
4. How and when to seek support including which adults to speak to in school if they are worried about their health.

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Healthy Eating

By the end of primary school children **must** learn:

1. What constitutes a healthy diet (including understanding calories and other nutritional content).
2. **Understanding the importance of a healthy relationship with food.**
3. The principles of planning and preparing a range of healthy meals.
4. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Drugs, Alcohol, Tobacco and Vaping

By the end of primary school children **must** learn:

1. The facts about legal and illegal harmful substances and associated risks, including smoking, **vaping**, alcohol use and drug-taking. **This should include the risks of nicotine addiction, which are also caused by other nicotine products such as nicotine pouches.**

Health Protection and Prevention

By the end of primary school children **must** learn:

1. How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.
2. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
3. The importance of sufficient good quality sleep for health, **the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on** weight, mood and ability to learn.
4. About dental health and the benefits of good oral hygiene, including **brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and** regular check-ups at the dentist.
5. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
6. The facts and **scientific evidence** relating to vaccination and immunisation. **The introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils.**

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Personal Safety

By the end of primary school children **must** learn:

1. **About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks.**
2. **How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code.**

Basic First Aid

By the end of primary school children **must** learn:

1. How to make a clear and efficient call to emergency services if necessary, **including the importance of reporting incidents rather than filming them.**
2. Concepts of basic first aid, for example dealing with common injuries **and ailments**, including head injuries.

Developing Bodies

By the end of primary school children **must** learn:

1. **About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process.**
2. **The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all of these parts of the body are private and have skills to understand and express their own boundaries around these body parts.**
3. **The facts about the menstrual cycle, including physical and emotional changes, whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.**

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