



Heartwood CE VC Primary and Nursery School

White Cross Road, Swaffham, Norfolk, PE37 7RF
Tel 01760 721357

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Headteacher Mrs Rebecca Starman
Deputy Headteacher Mrs Kelsey McKenna

Life Skills in Reception at Heartwood

At Heartwood we are passionate about nurturing and growing hearts and minds, today, tomorrow, and for life. A major part of this is through our Life Skills curriculum. We strive to provide a rich variety of experiences so that all pupils are able to flourish and discover their unique strengths and talents in a safe environment. In the Early Years Life Skills teaching happens mostly 'in the moment' during busy time when helping children to resolve conflicts, trying again, building confidence to try new things, and building resilience. However, we are mindful that not all children have the same experiences; therefore, we have developed the Early Years curriculum to ensure that all children have access to Life Skills sessions throughout their time in the Early Years to develop their knowledge and skills to keep themselves safe, happy, and well.

Please see below our long term plans for Rabbit Class for this year, as well as some useful links and stories overleaf to share with your children.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
My Feelings	Families and people who are for me My body	Caring friendships My relationships	Respectful relationships My beliefs Health and germ prevention	Online safety My rights and responsibilities	Being safe Asking form help

Kind Regards

Miss Robbins



Learn to Love – Love to Learn!
'Live life in all its fullness.' John 10:10



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Useful links and stories:

<u>Resource</u>	<u>About</u>	<u>QR Code Link</u>
	<p><u>Pantosaurus</u> Pantosaurus teaches children the 'PANTS' rule and how to keep themselves and other safe.</p>	
	<p><u>NHS 10 minute shake up</u> Get the children moving with these fun games inspired by some of their favourite Disney characters. These boredom-busting activities will help them reach the 60 active minutes they need every day</p>	
	<p><u>The Colour Monster</u> This sensitive book encourages children to open up and discuss how they feel, even when their thoughts are confusing.</p>	
	<p><u>Smartie the Penguin</u> Join in with Mummy Penguin's song and follow the adventures of Smartie the Penguin as he learns how to be safe on the internet.</p>	
	<p><u>All Are Welcome</u> A bright and uplifting celebration of cultural diversity and belonging, where all children are welcome in the classroom.</p>	



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