



Heartwood Church of England VC Primary and Nursery School

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Headteacher Mrs Rebecca Starman
Deputy Headteacher Mrs Kelsey McKenna

Life Skills in Mouse Class 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 Mouse Class for this year, as well as some useful links and stories overleaf to share with your children.

Mouse Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Who is special to me?	How can I be a respectful friend?	Understanding feelings	How do I look after my body?	How can we look after each other and our world?	What is the same and different about us?
Online safety: Self-identity and image	Online safety: Online relationships	Online safety: Online bullying	Online safety: Managing online information	Online safety: Health, wellbeing, and lifestyle	Online safety: Privacy and Security

In addition to the above we teach the 'PANTS' rule every half term.

If you would like to know more about any of the topics covered please speak to us or Mrs Starman, our Life Skills lead.

Kind Regards

Mrs Butters and Mrs Steel



'Live life in all its fullness'
John 10:10