



The Citizenship Programme is a series of 'daily discussions' that covers the knowledge, skills and understanding that our pupils need to play a full part in democratic society, as active and responsible citizens. Content comes from the five areas of personal development and Grades.



Staying Safe

Recognise and deal with risks to wellbeing, know about the support available and develop an understanding of healthy relationships.



Building Futures

Everything we do at school helps to shape our future.



British values

Ideas or thoughts which are considered important in helping us all to live happy, healthy and safe lives in Britain today.



Caring for the environment

Raises awareness of issues that have had an impact on our surroundings or conditions in which a person, animal, or plant lives.



Health and wellbeing

How to keep safe, comfortable, happy, feeling good about ourselves and ready to learn & develop.




Diversity

We recognise, respect and welcome everyone's differences.

Autumn 1



Week 2 (w/b 11.9.23)	Week 3 (w/b 18.9.23)	Week 4 (w/b 25.9.23)	Week 5 (w/b 2.10.23)	Week 6 (w/b 9.10.23)	Week 7 (w/b 16.10.23)
What is the Citizenship Programme? (slides 1 & 2)	What is climate change? (slide 9)	5 Trusted adults (Slides 15 & 16)	What are British Values? (slides 20 & 21)	Fire Safety (Slide 27)	Online Safety - meeting others online (Slide 35)
What is citizenship? (slide 4)	What is causing climate change? (Slide 10)	What is peer pressure? (Slide 17)	How can you show tolerance of different faiths? (slides 22 & 23)	How can I keep my mind healthy? (Slides 28 & 29)	 100 Club (Slide 36)
Why do we have school rules? (slides 5 to 8)	What is air pollution & how will the ULEZ help? (Slide 11 & 12)	PANTS (Slide 18)	What to do in an emergency? (Slide 24)	Why is healthy eating important? (Slides 30 to 32)	What is recycling? (Slide 37)
	Recognition board (Slides 13 & 14)	Why is sleep important? (Slide 19)	Cyberbullying (slides 25 & 26)	Why is exercising good for my body? (Slides 33 & 34)	Why is it important to save water? (Slides 38 & 39)

What is Citizenship?

Citizenship is the status a person has of belonging to a particular country, and their rights, duties and privileges of being a citizen.



[Click here to watch what it means to be a citizen in their community](#) (1:51)

Can you name 3 ways you can be a good citizen?

Can you explain what it means to be a good citizen?



Why do we have school rules?



happy

help us learn

Pillars



Keep us safe

Prepares us to be
good citizens



British Values

School Rules



West Drayton
Academy



Follow instructions

BELIEVE • EMPOWER • ACHIEVE

BV L2

School Rules



West Drayton
Academy



Keep hands, feet
and objects to
yourself

BELIEVE • EMPOWER • ACHIEVE

BV L2

School Rules



West Drayton
Academy



Use positive
language and actions

BELIEVE • EMPOWER • ACHIEVE

BV L2



What is climate change?

The weather around the world changes often. There could be sunshine, wind, rain or snow and this can change day by day and even hour by hour!

The climate doesn't change - it is the average temperature and conditions of a place over a long period of time and there are lots of different climates around the world. It should take hundreds, thousands or even millions of years for changes in the climate to occur. However, over the last 200 years, the temperature of Earth has increased and countries all around the world are getting warmer. This is known as global warming. Watch the video below to find out more about global warming and the impact it is having on Earth's climate.



Talk to your partner - What impact is global warming having on the climate and weather around the world?

Did you know?

Climates across the world can be very different - the climate in a desert is hot and dry, and the climate in some areas can be cold.





What is causing climate change?



Last time we learnt about global warming and how an increase in gases within our atmosphere is causing the Earth's temperature to rise and the climate to change quickly. In the video below we will learn more about what causes these gases and the impact it will have on the planet.



- What are the 3 main causes of climate change?
- What impact does this have on our planet?
- What impact does this have on animals and people?
- What can we do to help fight climate change?



What is air pollution and how will the ULEZ help?

What is air pollution?

Air pollution is when harmful gases or particles get into the air we breathe. There are lots of things which can make air 'dirty' - for example fumes from traffic and vehicles, power stations burning fossil fuels and people smoking. It can cause both short and long term effects on someone's health, especially for people with heart or lung conditions such as asthma.

Click the link to find out more about air pollution and what is being done so far to tackle this problem.

[What is Pollution?](#)





What is the ULEZ and how will this help?

ULEZ stands for Ultra Low Emission Zone. It's a transport scheme in London that is designed to reduce **air pollution** and clean up the air that Londoners breathe. Lorries, buses and cars which run on petrol and diesel give off fumes which can cause harm to people's health.

The UK government says air pollution is the biggest environmental risk to people's health.

Some vehicles give off more pollution than others, like older cars, or bigger vehicles. Vehicles that don't pass clean emission rules will have to pay to drive into London - £12.50 for older cars and £100 for some bigger vehicles. The ULEZ extended in August to cover all London boroughs, this now includes West Drayton.



Talk to your partner -
What can you do to help
improve the air quality in
your local area?

[Click here to find out more!](#)

Recognition board



The recognition board is designed for positive praise, and improving behaviours and actions we want in our classroom.

We will have a class focus that we all will be working to achieve.

Not only can the teachers nominate children who have achieved our goal but you can tell a teacher if you have seen another child achieving the behaviour and action we are looking for.

Ideas for the recognition board:

- Supporting others
 - Perseverance
 - Staying on task
- Having kind words
- Putting our hand up
- Showing kindness
- Showing forgiveness
- Listening carefully





Let's think about our classroom.

What ideas can we think of for our recognition board?
What behaviours and actions would we like to see in our classroom?

Ideas for the recognition board:

Silent voices when asked
People who haven't received a chance in the week
Polite words and actions
Helping children who are not feeling well
Improving their work
Being kind
People who have not received a card at breaktimes/lunchtime
Considerate when other children are speaking
Respectful
Listening when the teacher is speaking
Keep your hands still when being taught
Following instructions
Keeping our tables and classroom tidy.
No calling out





5 Trusted Adults

Everyone's trusted adult will be different because everyone is unique and has had different experiences.



A trusted adult is an adult you can trust.

An adult you can trust is someone you feel safe with, who makes you feel comfortable and who you can ask for help when you need it.

A trusted adult will listen to you when you need help or support and respect your thoughts, your feelings and your body.



Remember that trusted adults:

listen to your
worries, problems
and questions

respect you, your
body and your
space

give you the help
you need

make you feel safe
and cared for

answer your
questions and help
solve your
problems

care about what
you think and feel

If you need help, always ask a trusted adult. Keep asking until you get the help you need.



What is peer pressure?

Peer pressure is when a person or group of people, who are your peers, try to convince you to behave or act in a certain way.

Your peers are the people who are similar in age or background to you.



How should we deal with negative peer pressure?

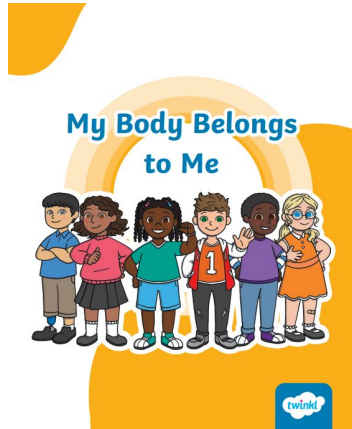
Negative peer pressure is when a peer, or a group of your peers, try to convince you to do the wrong thing or something bad or hurtful.

Peer pressure is not always a bad thing. For example, peers can lead kids to treat each other with kindness, fairness, and friendship. When enough kids get together, they can lead each other into doing what's right!

PANTS

READ:

Children to read in pairs



WATCH:

Natalie Dormer reads
Pantosaurus and the Power of
PANTS book

DISCUSS:



Why is sleep important?



Listen carefully to the video.

Can you remember why sleep is important?

What can impact us getting a good night's sleep?

What can we do to help us sleep better?

What are British values?

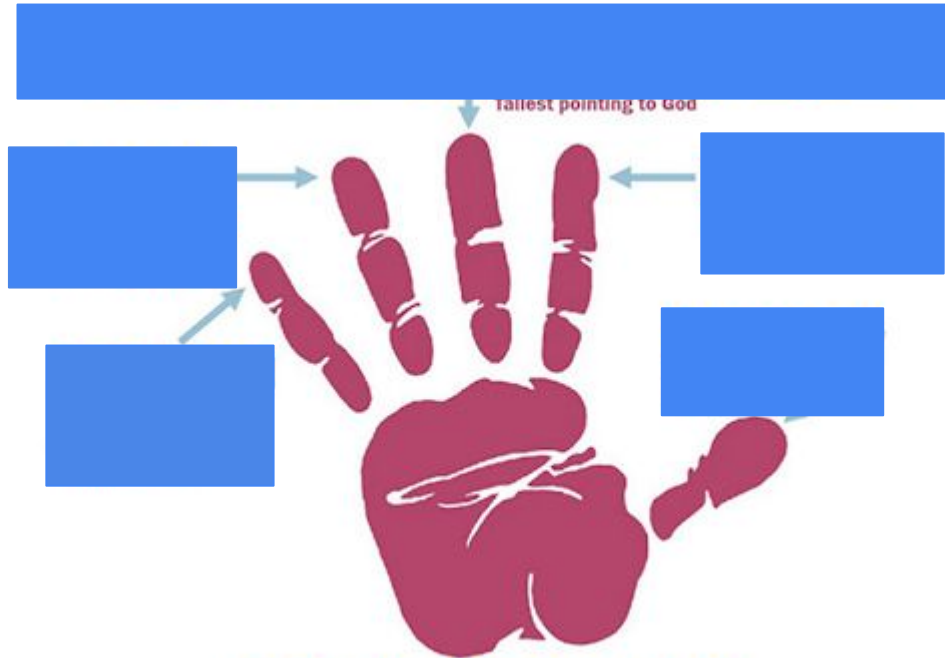
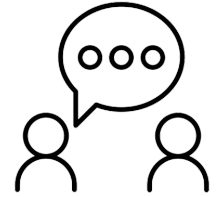


Click on the video to find out what the British Values are & what they mean (2:10)



What are British values?

Can you name the 5 British Values?



Fullest pointing to God

BRITISH VALUES

How can you show tolerance of different faiths & beliefs?



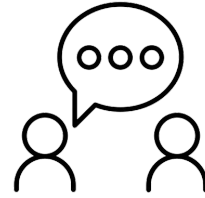
 Click on the video to find more about what is Religious Intolerance (2:30)



How can you show tolerance of different faiths & beliefs?



What can you do?



Talk to your partner about **how** you can show tolerance of different faiths & beliefs













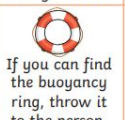


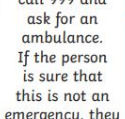



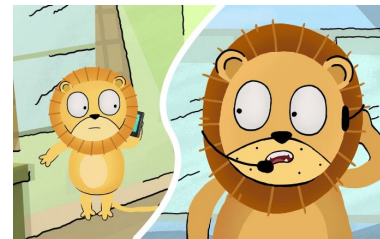
What to do in an emergency

What is an emergency?

An emergency is a situation where someone needs help quickly. That person may have been badly hurt in an accident, or they might be ill or unconscious

What to Do in an Emergency

 <p>There's a fire.</p>	 <p>Someone has been badly hurt.</p>	 <p>Someone cannot swim.</p>	 <p>A stranger begins talking to you.</p>
 <p>Walk away calmly. You do not need your belongings.</p>	 <p>Find a safe adult to tell if you are not already with one.</p>	 <p>Find a safe adult to tell if you are not already with one.</p>	 <p>No.</p> <p>Do not speak to the stranger.</p>
 <p>Find a safe adult to tell if you are not already with one.</p>	 <p>Someone should call 999 and ask for an ambulance. If the person is sure that this is not an emergency, they will dial 111.</p>	 <p>If you can find the buoyancy ring, throw it to the person. Do not go into the water.</p>	 <p>Walk away calmly. You do not need your belongings.</p>
 <p>Someone should call 999 and ask for the fire brigade.</p>	 <p>Call 999 and ask for the coastguard.</p>	 <p>Find a safe adult to tell if you are not already with one.</p>	



Lookout Lion calls 999



Cyberbullying

Online bullying or cyberbullying is bullying behaviour that takes place online or using technology.

An argument between two friends is not cyberbullying, but repeated name-calling, exclusion or other unkind messages could be.

Bullying in any form, online or offline, is never okay.



Talk About It:

“Another player in the game keeps targeting me over and over. They destroy the things I build and stop me from making any progress.”

What should I do?

Video - Cyberbullying is not always obvious

It is important to be nice to people so that you don't upset them. Remember to treat others how you would like to be treated.

How to deal with Cyberbullying



Try and remember these

Don't reply to any nasty messages you receive.

Keep the messages you have been sent so you can show someone.

Don't answer any calls from a blocked number, or from a number you

If it gets really bad, you could change your number.

If you change your number, only give out your number to close friends.

If the problem is serious, tell the police.

Don't keep it to yourself or try to deal with it alone.

Tell an adult you trust, like a parent, grandparent or teacher. It helps to talk.



Fire Safety

[London Fire Brigade: Fire Safety Video](#)

How can I keep my mind healthy?



Mental health is the way we think and feel about ourselves and the world around us. It can affect how we cope with life's challenges and stresses.

What good mental health in children looks like

If you have good mental health you feel loved, safe and secure in your environments. You will also feel happy and positive about yourself most of the time.

You're kind to yourself during tough times or when things don't go the way you expect. This means you feel OK about trying new or challenging things.

You enjoy life, learn well and get along well with family and friends.

And you can manage sad, worrying or angry feelings and bounce back from tough times.

Looking after yourself: why it's important to mental health



Looking after yourself helps you stay physically, mentally and emotionally well. This is good for you. When you're well, you're better able to grow and thrive.

Looking after yourself includes:

- Write things down this must include all of the good things too
- Get a good night's sleep
- making time for things you enjoy
- Having fun with friends or making new ones
- Speaking to people when we don't feel ok.



Why is healthy eating important?

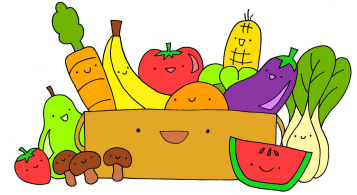


Food keeps us healthy and help us grow.

Food gives us energy to be able to do things during the day.

Without proper nutrition, your body can't survive.

When you eat a balanced diet, your body obtains the fuel and nutrients it needs to function properly.



For example:

Your body needs minerals to make hormones, build bones and regulate your heartbeat.

Water is needed to flush out toxins, transport nutrients to cells and perform other vital bodily processes.



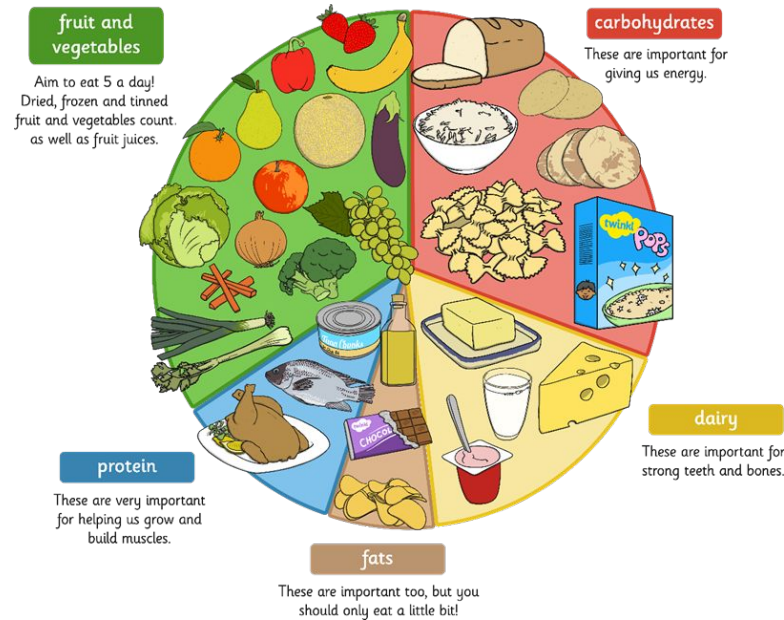


The 'Eat well Plate'.



To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

An average meal should be made up of one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat.



Why is exercising good for my body?



Being active is very important to everyone. Anything that makes you move your body, keeps you active.

Exercise is moving and being active. You might feel tired or a little warm after exercising.

You need energy to be active and exercise.



Exercise is extremely important for you because it keeps your body healthy.

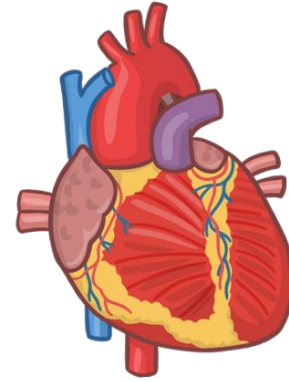
Another important reason exercise is important is because it makes you feel great! The more active you are, the more energy you will have. This energy will make you feel fantastic!



Exercise is also very important for the organs inside your body.

Your heart becomes very strong when you are active and exercise.

Your heart is a muscle. This means that the more active you are, the stronger your heart gets.



Exercise is also very important for the rest of the muscles in your body. There are over 650 muscles in your body!

With every exercise you do, each of your muscles get stronger.



Can you think of five ways of exercising you might do over this week?



Internet Safety - Be SMART Online!

Staying **SAFE** involves being careful and not giving out your name, address, phone number, school name or password to people online



MEET
NEVER arrange to meet someone who you have met online. Tell a trusted adult if you receive a message from someone you do not know.



ACCEPTING emails or opening files from people you don't really know or trust can get you into trouble - they may contain viruses or nasty messages!



RELIABLE
Someone online may be lying and not be who they say they are. If you feel uncomfortable end the conversation.



TELL your parent or carer if someone or something makes you feel uncomfortable or worried.

100 Club - review your passports!



What is the 100 Club?



**West Drayton
Academy**
Believe • Empower • Achieve

As part of the curriculum offered at WDA, the '100 Club' will provide you with 100 opportunities to engage in a range of experiences, develop essential life skills and further grow your knowledge.

When you take part in or complete a 100 club opportunity you will receive a stamp in your passport.

A logo for the 100 Club. It features the number '100' in large, white, bold, sans-serif font on a green background. Below the '100' is the word 'CLUB' in a smaller, black, bold, sans-serif font.



What is recycling?



What is recycling?

In the UK, we produce millions of tonnes of waste, from packaging to the food we throw away. The more we throw in the bin; the more precious materials and resources get wasted. Recycling helps us reuse these precious resources and prevents global warming from getting worse. Recycling means taking a material like the plastic in a plastic bottle or the metal in a drink can and putting it through a process so the material can be used again instead of being wasted. But it's not all about recycling, there are other ways that we can stop wasting so many materials and reuse them again.

Did you know?

In Hillingdon it is so easy to recycle!
All recyclable materials can go into
one bag and get collected weekly.
You can also get free food waste
bins and bags!
Do you recycle at home?





Why is it important to save water?

We need water to drink, wash, cook and flush the toilet. Farmers need it to grow our food. Factories need it to make the products (and their packaging) that we buy. Power stations need it to produce the energy we use - everything requires water! Watch the video below to find out more about where our water comes from and how we can help to save it!



Did you know?

Up to 2,700 litres of water are needed to produce one cotton T-shirt, and up to 12,760 litres for one smartphone!

Only a small amount of water on Earth is freshwater, we need to try our best to save as much as we can!



Talk to your partner - How can we save water at home and at school? The next slide shows 7 ways we can save water, can you think of any more?



Seven ways to save water

1. Turn off the tap. Don't leave the water running when you're not using it, for example when you're brushing your teeth.
2. Don't play with water. It's fun but it wastes a lot of water.
3. Take a shower instead of a bath. Baths use more water than showers. But try not to spend more than five minutes in the shower!
4. Water plants carefully and use water collected in a water butt rather than from the tap.
5. Don't waste food. If you make a meal, don't make too much, or eat the rest the next day!
6. Don't waste products. Reduce, reuse, recycle instead! Reduce the number of plastic bags you get. Reuse things like boxes and bottles. Recycle instead of throwing in the bin!
7. Don't waste energy. For example, turn off lights when you leave a room.



Autumn 2



Week 1 (w/b 30.10.23)	Week 2 (w/b 6.11.23)	Week 3 (w/b 13.11.23)	Week 4 (w/b 20.11.23)	Week 5 (w/b 27.11.23)	Week 6 (w/b 4.12.23)
What is the Citizenship Programme? (slides 1 & 2)	What are the houses of parliament? (Slides 44 & 45)	Anti-bullying (slides 49 & 50)	Road Safety (Slides 64 & 65)	What is LGBT? (Slide 69)	Online Safety - meeting others online (Slide 35)
Who is Greta Thunberg? (slide 41)	What is an MP? (Slide 46)	How to be a friend (Slides 51 to 54)	Staying safe in the community (Slide 66)	Learning disabilities (Slide 70)	100 Club (Slide 36)
Plastic pollution (Slide 42)	What is an election? (Slide 47)	Peace Plan / conflict resolution (Slides 55 to 60)	NSPCC (Slides 67 & 68)	Physical disabilities (Slide 71)	What is citizenship? (slide 4)
What is composting? (Slide 43)	Why is keeping promises important? (Slide 48)	How can I self regulate? (Slides 61 to 63)		Why is there a gender pay gap? (Slide 72)	



Who is Greta Thunberg?



Talk to your partner - What can you remember about climate change?

Greta Thunberg is an environmental activist who started the 'School Strike for Climate' protest in Sweden to raise awareness of global warming and to challenge politicians and world leaders to do something about it.



[Click here for more facts about Greta!](#)

How can you make a change?





Plastic pollution

What is plastic and why is it in our oceans? Watch this video to find out more about what plastic is and why there is so much of it!



Talk to your partner - how many different items can you identify in the picture below? How do you think those items got there?

[Click here to find out why these plastics end up in our ocean!](#) (play video)



What can we do to stop plastic pollution from damaging our oceans?



We use more than 35 million plastic bottles in the UK every day!

Did you know?

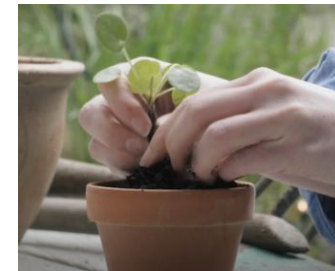
Plastic does not decompose. This means that all plastic that has ever been made and has ended up in the environment is still present there in one form or another.



What is composting?

Sometimes even if we try not to waste food, we are still left with scraps and leftovers that can't be eaten. Before we bin them and send them to landfill, we should stop and think...compost!

Composting is a natural process that breaks down rotting food and plants and turns it into soil. Compost bins can be as simple as a plastic bin with air holes in it. You can fill your compost bin with scraps of fruit, vegetables, cut grass and other garden waste. You can even compost tea bags and scrunched up paper. Over time the waste will break down and become nutrient-rich soil. This soil is perfect for helping new plants grow. You could use your compost to grow your own vegetables!



Watch this video for more information!



Did you know?

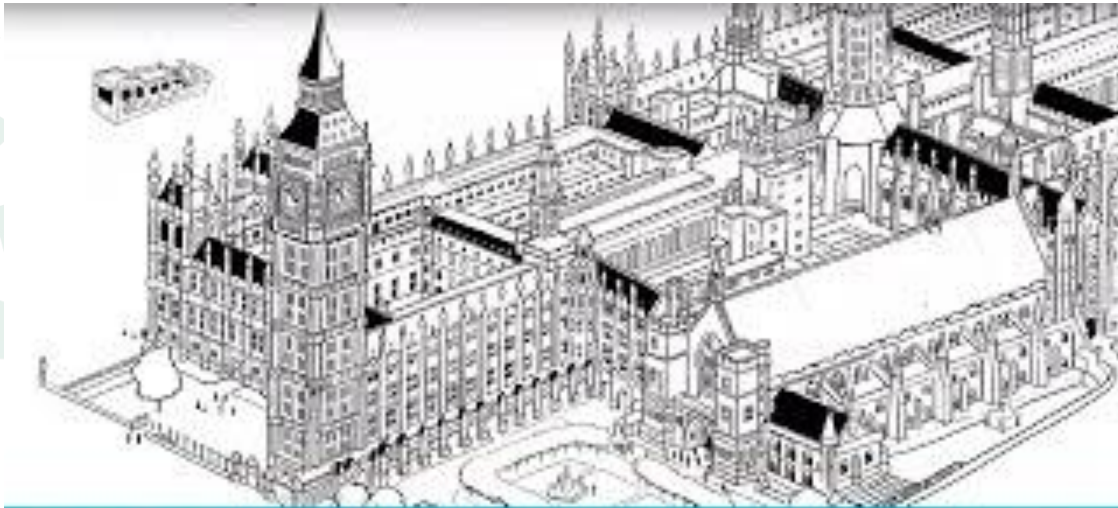
In Hillingdon you can collect your food waste throughout the week and it is then taken to a facility that transforms it into biogas and fertiliser! [Click here to watch a short clip to find out more!](#)



What are the Houses of Parliament?



Click on the video to find out more about the Houses of Parliament (1:30)



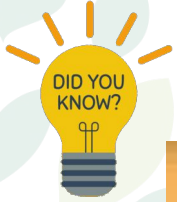
Learning

BV L5

Can you **describe one of the many jobs** the Houses of Parliament are responsible for?



What is an MP?



MP = Members of Parliament

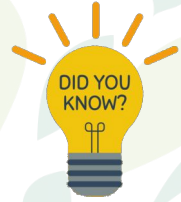


BV L6



Click on the video to find more about the structure of Parliament (stop at 2:55)

What is an election?



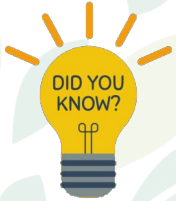
In the UK, we live in a democracy. This means people can have a say in how the country is run by **voting in elections**.



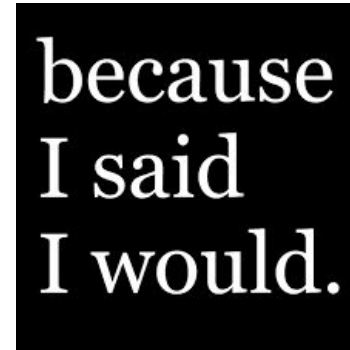
Click on the video to find more about elections (2:03)



Why is keeping promises important?



A promise is a verbal commitment by one person to another agreeing to do (or not to do something) in the future.



Talk to your partner about **why keeping promises are important** and **how it feels when someone breaks a promise they have made to you.**



Anti-bullying

Bullying is hurting someone on purpose, over and over again.

It can happen face to face with actions or with words, or it can happen online through a phone, tablet or computer.

#choosekindness during playtime

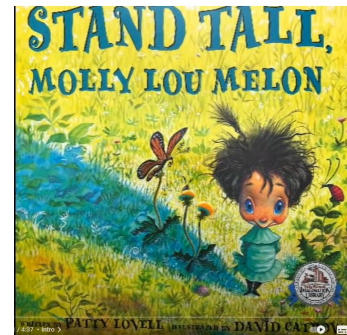
#choosekindness during playtime

Small Talk: Bullies

Read Aloud: Stand Tall, Molly Lou Melon

Questions to discuss:

- How does Molly feel about her voice and her looks (teeth/height)?
- Do you think Ronald Durkin is a bully? Why?
- How does Molly react to his behaviour?
- Why do you think Ronald changed his mind about Molly?
- How do our attitudes and feelings about ourselves affect how others feel about us?
- What can we learn from Molly?



Remember to...

High 5



1. Ignore



2. Talk Friendly



3. Walk Away



4. Talk Firmly



5. Report



Before you speak...

THINK

T - is it **t** true?

H - is it **h** helpful?

I - is it **i** inspiring?

N - is it **n** necessary?

K - is it **k** kind?



How to be a friend



Having good friends makes you happy, and being a good friend to others makes them happy, too. Think about your friendships - are you being a good friend?

Are your friends being a good friend to you?

With the person next to discuss what makes a good friend?

Being a good friend



Good friends make you feel good

Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.

Good friends support each other

If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.

Good friends listen

A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.

Good friends don't always have everything in common

Everyone is different, and has different hobbies and interests. Even if you're not into the exact same things, a good friend will encourage you rather than making you feel bad for liking a different band, activity, TV show or animal! A good friend understands that sometimes you do your own thing, and enjoys doing the things you have in common together.

Good friends are trustworthy

If you tell a good friend something, they won't share it with other children to make fun.

Being a good friend



Good friends handle conflict respectfully and respect boundaries

Sometimes you and your friend might disagree on something. Sometimes you might have said or done something that upset your friend. A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again.

Good friendships go both ways

It's not a good friendship if one of you is doing all the talking and the other is doing all the listening, all the time. Good friends make each other feel good, rather than one friend receiving all the compliments and the other giving them all the time.

Having a group of friends

Don't limit yourself by having just one "best friend". Your friendship is something special which you can share with everyone who needs a friend!

Now we know what it takes to be a good friend, what will you do this week to show that you are a good friend?



Peace Plan / Conflict Resolution

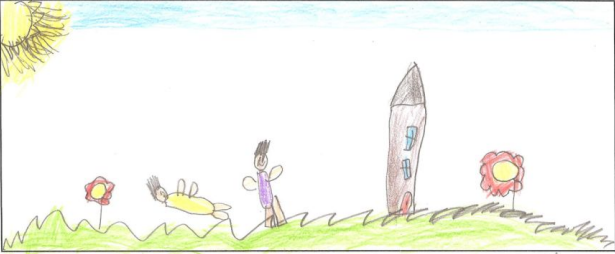


What is Peace?





28.02.13 Peace Week
We are learning to understand what peace is.




peace is helping my friends when they
need me. ✓

What beautiful ideas! 28.02.13 A2

Peace is helping my friends when they need me.

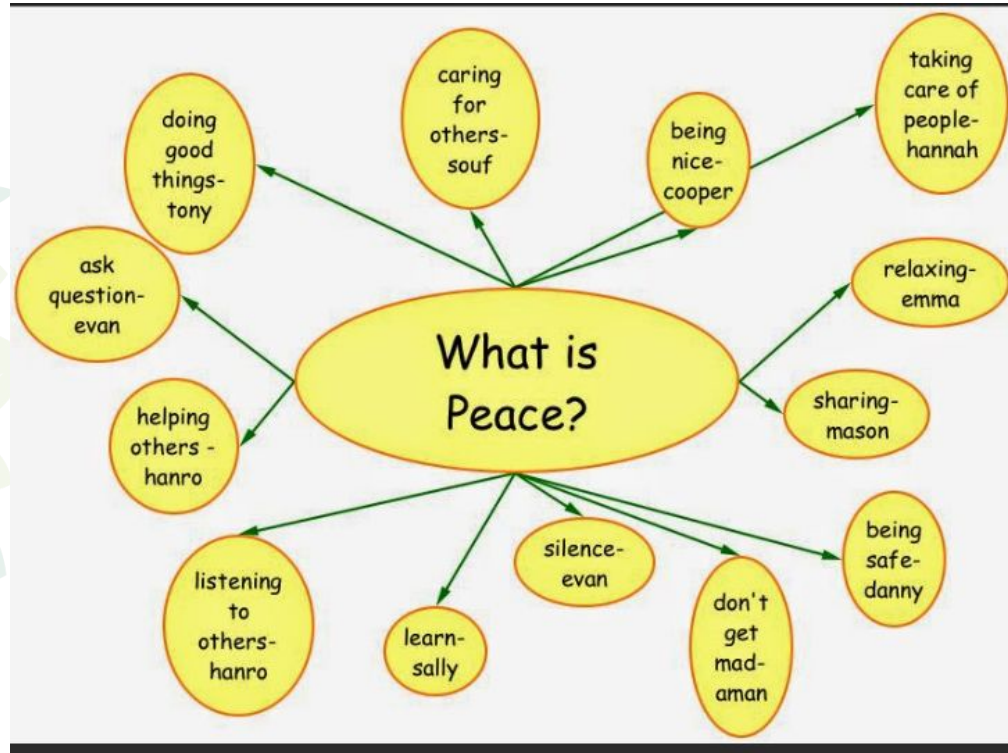
Peace is when everyone cooperates and listens to each other.

28.02.13 Peace Week
We are learning to understand what peace is.



Peace is when everyone co-operates and listens ✓
to each other.

Q 28.2



What is conflict?



Conflict can happen when we feel that something is unfair, something has been taken or broken that we value, someone is being mean, or that we're not getting a fair share.

Where does it happen?

When does it happen?

What do you do?

Does it happen again?

Peace Plan



Step 1: Stay Calm

Count to 10 or take deep breaths



Step 2: Tell how you feel AND why. "I" Message
I feel _____ when you _____ (because) _____.

Step 3: Think of a possible solution together

We could _____ or _____ or _____.



Step 4: Affirm, forgive, or thank.

Coping with Conflict

2. Someone in your class is ignoring you when you try to talk to them.



Coping with Conflict

5. You want to join in on a game that your friends are playing but won't let you join in.



Coping with Conflict

3. You see a classmate being shouted at by another classmate.



Coping with Conflict





1. Someone in your class calls you a cruel name.



How can I self regulate?



The ZONES of Regulation

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

Self regulation means to manage our thoughts, feelings and actions in adaptive and flexible ways across a range of situations.

How can I self regulate?



Remember there is no 'bad' Zone.

Everyone experiences all of the Zones at different times and in different circumstances.

- We can't always change the way we feel straight away BUT we can learn to manage our feelings and behaviours.

"It's OK to be angry but it is not OK to hit..."

You can be in more than one Zone at a time (eg. sad and angry).

How can I self regulate?



Blue Zone
Tools

Green Zone
Tools

Yellow Zone
Tools

Red Zone
Tools

What tools can you use to help you self regulate?

Blue Zone tools: help wake up our bodies, feel better and regain focus.

Green Zone tools: help us stay calm, focused and feeling good. These are often proactive strategies.

Yellow Zone tools: help us regain control and calm ourselves.

Red Zone tools: help us stay safe and start to calm down.



















Road Safety

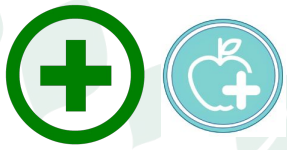
TOP TIPS: Staying Safe Near a Road

- ★ If you're in a car, always wear your seat belt
- ★ Look both ways before crossing the road
- ★ If you wear headphones, take them out so you can hear if there are any cars or bikes
- ★ Cross at a safe spot – a zebra crossing, a pedestrian crossing or where there is a lollipop person
- ★ Hold an adult's hand when crossing the road
- ★ Never cross the road in front of or behind a large vehicle like a lorry, bus or truck – this is because you can't see the other cars
- ★ If you're wearing a hood, take it down to cross the road – you can't always see with a hood on!
- ★ If you cycle or scoot when it's dark, wear something that is hi vis – these are bright and reflective so that cars and people can see you
- ★ Avoid looking at your phone
- ★ Don't ever play near a road



Road Safety: Safe or Unsafe?

	Safe	Unsafe		Safe	Unsafe		Safe	Unsafe		Safe	Unsafe
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Staying safe in the community

A stranger is someone that you or your family do not know. Anyone can be a stranger until you get to know them.

Strangers do not always look scary. Strangers can be nice and friendly.



If you cannot see a Safer stranger, look for a safer building to go into. Ask the people inside for help.



'Safer Stranger'

Safer strangers are people who you can talk to and they will help you if you get lost. Safer strangers wear a uniform and a badge.

[60 Second Security - Safer Stranger video](#)



NSPCC

The NSPCC (National Society for the Prevention of Cruelty to Children) is a charity which campaigns and works in child protection in the United Kingdom. The NSPCC works hard to keep children safe and prevent children from being exposed to dangerous situations.



Businessman, Thomas Agnew, founded the Liverpool Society for the Prevention of Cruelty to Children in 1883. This inspired other cities to follow suit. The London branch was renamed NSPCC in 1889.



How Does the NSPCC Help?

- The NSPCC has local service centres across the UK which help children, young people and families.
- NSPCC consultants help to train those who work with children and young people, such as schools and sports facilities.
- Volunteers visit schools around the UK to give children knowledge they need to stay safe from harm.
- The NSPCC has a helpline for people to call for advice. They also run ChildLine, a phone number children can call if they need confidential advice and support.



What is LGBT?



LGBT history month: Why is it so important? (Listen to the views of three LGBT icons)

LGBT History Month

Founded by:
**SCHOOLS
OUT**

1st Feb 24 -
29th Feb 24

LGBT History Month is an annual month-long observance of lesbian, gay, bisexual and transgender history, and the history of the gay rights. It was founded in 1994 by Missouri high-school history teacher Rodney Wilson. Wikipedia

The term “LGBT” technically stands for lesbian, gay, bisexual, and transgender. It includes both sexual orientation (LGB) and gender identity (T). But, it’s sometimes used as an umbrella term for anyone who does not identify as heterosexual.

What are learning disabilities?



**FAIR
SHOT
CAFÉ**

In December 2021, Fair Shot Café opened - it's located in the heart of London's Mayfair. It's not the customers, or the coffee that make it stand out, it's the staff. Fair shot is a social enterprise café, which is aiming to transform the lives of young adults with learning disabilities.



How do learning disabilities affect children?
What can we do to help children with learning disabilities?

What are physical disabilities?



A disability is any condition of the body or mind that makes it more difficult for the person with the condition to do certain activities and interact with the world around them.



Disability Pride, originating in the USA in 1990, is described as a month to "promote inclusion, awareness, and visibility of people with disabilities, and redefine public perception of disability".

It is a way of celebrating diversity and difference among the disabled community and highlighting ways to better understand and support disabled people in our community.

What is the gender pay gap?



THE GENDER PAY GAP

When people talk about the gender pay gap (or wage gap), they're referring to the difference in average earnings between men and women. The gap can be measured by average annual earnings, hourly wages, and part-time work. This gap helps reflect inequities in our society. Inequities that can last throughout a woman's life. That's because the gender pay gap is shown to be one of the main causes of poverty for women.




How Iceland is fighting the gender pay gap

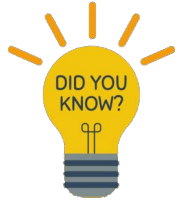
Why is there a gender pay gap?

Spring 1



Week 1 (w/b 8.1.24)	Week 2 (w/b 15.1.24)	Week 3 (w/b 22.1.24)	Week 4 (w/b 29.1.24)	Week 5 (w/b 5.2.24)	Week 6
What is the Citizenship Programme? (slides 1 & 2)	How can we save energy? (Slide 78)	How can we cut down on food waste? (Slides 81 & 82)	Should we always play by the rules? (slide 89)	It's good to be me (Slides 93 & 94)	Why is managing money important? (Slides 99 & 100)
How to be a good neighbour? (Slides 74 & 75)	What is renewable energy? (Slides 79 & 80)	Keeping clean (Slides 83 to 86)	Why should we take turns and share? (Slide 90)	It's ok not to be ok (Slides 95 to 97)	WDA Alumni. What are they doing now? (TBC)
Why do we need to forgive others? (Slide 76)		What's a healthy packed lunch? (Slides 87 & 88)	How do I introduce myself? (Slide 91)	Internet safety - digital footprint (Slide 98)	WDA Alumni. What are they doing now? (TBC)
How do we forgive others? (Slide 77)			What is a reputation? (Slide 92)	 100 Club (Slide 36)	What is citizenship? (slide 4)

How to be a good neighbour?



Good neighbours are **considerate, tolerant and understanding of others** and their **different lifestyles**, and they help **build successful communities**.



Talk your partner about what it means to **treat others the way you want to be treated**.

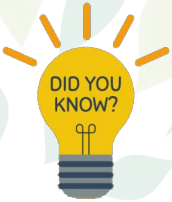
Treat others
the way
YOU
want to be
treated

How to be a good neighbour?



Click on the video to learn about steps for being a good neighbour (3:09)

Why do we need to forgive others?

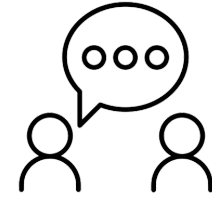


Forgiveness means you're letting go of feelings of resentment and vengeance. You're refocusing your thoughts on positive emotions; perhaps even feelings of understanding, empathy, and compassion toward the person who hurt you.



Click on the video to learn how show forgiveness (1:05)

How do we forgive others?



Talk Partners: Share ways in which you can show others you have forgiven them.



Click on the video to learn how show forgiveness (1:37)



BV L12



How can we save energy?

Every time we use energy for electricity, transport, heating or cooking, we are using up the natural resources - oil, gas and coal that are used to create it.

This is also harming the planet because of the gases that are produced in power stations when these resources are burned to make energy.

We need to try our best to save as much energy at school and at home as possible!



Talk to your partner - which of these do you think would work best? Could you use any at home or at school?

Don't leave the tap running while you wash your hands or brush your teeth.



Wear a jumper instead of turning the heating on.



Recycle as much as you can- this uses much less energy than making new materials.



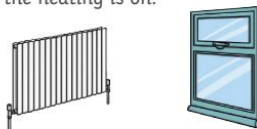
Walk or ride a bicycle to school instead of travelling in the car.



Never leave the fridge door open. Decide what you want before you open it.



Keep windows closed when the heating is on.



SWITCH IT OFF



UNPLUG IT



SAVE POWER

Always turn off lights, televisions, computers and games consoles when you are finished.



Read a book or play a board game instead of watching television.



Have short showers instead of baths.



Encourage your friends and families to help by sharing these tips with them!



Be an Energy Expert!





What is renewable energy?



Most of our energy comes from natural resources like gas, coal and oil that are mined from underground and burned in large power stations to produce electricity. Burning coal and oil is bad for the environment as it releases gas into the atmosphere and this contributes to global warming. This is non-renewable energy. Eventually, the gas, coal and oil will run out.

What do we use Energy For?

Gas is used to cook our food and to heat our homes and water.



We use electricity to power lots of things, such as lights, televisions and computers.



We need energy to power our cars. We use diesel, petrol or electricity for fuel.



Watch this video to find out more about renewable energy and some useful tips to help save energy at home!





What is renewable energy?

Have you seen a wind turbine? Watch this video for more information on how they produce renewable energy!



Renewable Energy

Wind Energy



Wind turbines are used to convert wind energy to electricity. The wind blows the blades around and this movement is converted into electricity. A group of wind turbines is called a wind farm.

Solar Energy

Solar energy comes from the sun. The sun can be used to give us heat energy. Solar panels are used to convert sunlight into electricity.



Geothermal Energy



It is always very warm underground, even if it is very cold on the surface. We can collect heat from underground and use it to heat our houses. The lava from volcanoes shows us how hot it is underground.

Biomass Energy

Biomass means 'natural material'. Energy can be obtained by burning natural waste materials such as scrap pieces of wood or dead trees and unused parts of crops. You can even burn the gas produced by cow manure to make energy.



Hydro Energy



Hydro energy is energy that comes from moving water. Water that flows down fast - flowing rivers is used to spin turbines that generate electricity. The movement of big waves at sea can also be used to generate electricity.



How can we cut down on food waste?



We all love eating food yet each year there is a huge amount of edible food thrown away in the UK.

Food waste is bad for the planet.

Wasted food is often sent to landfill, where it rots and releases methane into the environment. Methane is a greenhouse gas.

Producing, transporting and cooking food uses fuel. Burning fuel releases greenhouse gases, such as carbon dioxide, which contribute to climate change. When food is wasted, these greenhouse gases are unnecessarily released into the atmosphere.

Large amounts of land is needed to produce food. Wasted food means wasted land.

The production of food uses a great deal of water. Food requires a lot of water to grow and produce it. By wasting food, we are wasting water supplies.

Did you know?

If the UK stopped wasting food, 17 million less tonnes of carbon dioxide would be released into the atmosphere. This is the equivalent of there being a fifth less cars in the UK.

Every year, the equivalent of 40 million wheelie bins full of food that could still be eaten are thrown away. That's the same as nearly 100 concert stadiums full!



How can we cut down on food waste?



What can you and your family do to help manage food waste in your home?

Monitor the food you throw away for a week. Notice if there is anything you throw away a lot of, such as bread or fruit, and use this information to change your shopping or cooking habits.



Know the difference between 'use by' and 'best before'. 'Use by' means you should discard anything that is past the date and should not be consumed. 'Best before' is a recommendation; trust your judgement - if it looks and smells OK, it is OK!



Use as much of a fruit or vegetable as possible. Leave the skins on potatoes, cucumber, carrots and apples, and use the stems as well as the florets when cooking with broccoli or cauliflower. Bonus: this means you are getting more nutrients as well.



Freeze leftovers, such as casseroles and pasta sauces. There may not be enough left for the whole family, so have a 'freezer tapas' night every so often. Take out and reheat all the leftovers, serve along with accompaniments, such as bread, pasta or potatoes, and let people help themselves to a bit of everything.



Plan your menus on a weekly basis and take a shopping list to the supermarket so that you only buy what you need.



Think about portion size. Research how much of different foods is considered a portion for men, women and children, and serve accordingly. This could benefit your health too.



Think about how you store food, making sure that you are keeping it as fresh as possible; for example, by using airtight containers to store crackers or biscuits.



Talk to your partner - which of these do you think would work best?
Could you use any at home or at school?

Keeping clean



Personal Hygiene is how we look after our bodies. Keeping ourselves clean and tidy makes us feel better about ourselves and also keeps us, and those around us, healthier!

Can you think what might be included in personal hygiene?

Brushing our teeth

Washing our hands

Wearing clean clothes

Showering or bathing regularly

Keeping fresh and clean

Minimising the spread of germs where we can!



Brushing our teeth

It is recommended that we brush our teeth twice a day, for around 2 minutes.

We should visit the dentist every 6 months for a check up.

Brushing properly removes plaque which can cause cavities, toothache, gum disease and even our teeth falling out!

It also gives us lovely fresh breath!



Washing our hands

Washing our hands is one of the simplest ways we can keep ourselves and those around us healthy. Think about everything your hands touch in a day... Think about how many other people have touched these things too!

When we touch things we pick up germs, which we can then spread by rubbing our eyes, putting things into our mouths, etc. We can even spread them to our friends and family without realising. Some germs can make us unwell, spreading everything from a cold to stomach bugs (and much more).

Washing our hands with clean, warm water and soap will kill off the germs and keep our hands clean.



Can you think of times when it's really important to wash your hands?

Showering or bathing regularly

During the day we are moving around a lot and this can cause us to sweat, especially as we get older. Showering or having a bath can help clean away stale sweat.



Washing our hair

Different types of hair needs caring for in different ways. Some hair types need washing regularly whereas others don't need washing as much. Your parents will know what is the best hair care routine for your hair type.

When we wash our hair, shampoo can be used to clean our scalp. To help prevent tangles, some people also choose to use conditioner.

Clean clothes

It is really important to wear clean clothes. If we wore the same thing all the time they would get dirty and start to smell. Even if it is the most fashionable thing you own...it will still need to be washed!

You don't need to wear fresh, clean clothes every day, but if, for example, you wear the same trousers to school for a few days - make sure that you take them off as soon as you get home and let them air out for a while!

However, remember to change your socks and underwear every day! And put the dirty ones in the dirty washing basket - don't leave them on your bedroom floor.

Keeping our noses clean



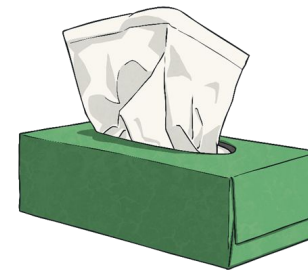
Have you ever had a really runny nose? Or has it been really blocked and you feel like you can't breathe through it?

The only acceptable way of dealing with this is a tissue.

Bring a small packet of tissues with you to school. If you have a really bad cold, they can even stay at your desk!

However:

- Dirty tissues must be binned or flushed down a toilet straight away;
- don't share used tissues with others;
- wash your hands after using a tissue.



Spreading germs


Germs and bacteria spread. It's a fact and we can't stop it, but we can try to minimise their spread. Following the tissue rules and washing our hands are really easy ways to minimise the germs we spread.

Can you think of any other ways?

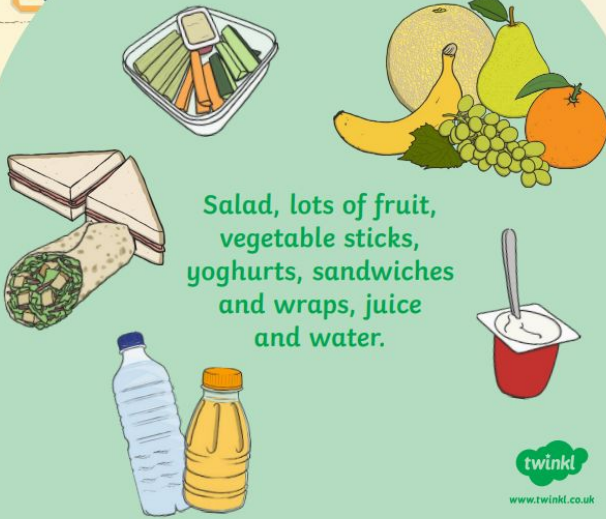
What's a healthy packed lunch?



Healthy Lunchbox!



Healthy things



Salad, lots of fruit, vegetable sticks, yoghurts, sandwiches and wraps, juice and water.



www.twinkl.co.uk

Things to avoid



Biscuits, chocolate, cakes, fizzy drinks, salted nuts and crisps.



We remember the Eatwell Plate



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugar 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower
in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses. 2 portions of sustainably sourced fish per week, one of which is oily.
Eat less red and processed meat.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Dairy and alternatives
Choose lower fat and lower sugar options

Oil & spreads

Choose unsaturated oils and use in small amounts

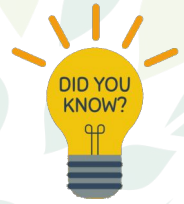
Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Using the Eatwell plate can you and your partner come up with a healthy lunch option.

For example.

- Chicken salad wrap

Should we always play by the rules?



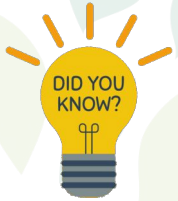
Rules provide an agreement of understanding to competition. In sports, rules define what is allowed or not allowed to occur during situations on and off the field/court. Rules govern anything from wearing proper uniforms to how to keep score during games of different levels of competition. The rules of a game apply to players, coaches and officials, and vary among different sports and age groups.



Talk Partners: Why is playing by the rules important? What would happen if there were NO rules for players to play by?



Why should we take turns and share?



Sharing is when you let others use something that is yours.

Sharing is when you all use something together taking turns.

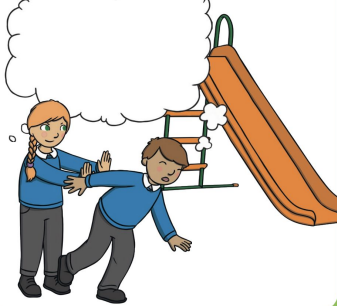
I didn't wait my turn when playing with Jemma. She was taking ages!

Jemma's thoughts:



Kam was taking ages on the slide. I pushed him out of the way so I could have a turn. The slide is so much fun!

Kam's thoughts:



I shared my device with Stanley because he didn't have a device.

Stanley's thoughts:



I wanted a turn on the swing. But Umar got to the swings before I did. I let Umar have the first turn.

Umar's thoughts:



Talk Partners: Discuss the scenarios.
What was the other person thinking and feeling?



How do I introduce myself?



You may feel nervous when meeting new people, but there's really no need to be! With a little instruction and practice, you can be sure that you will feel confident when meeting and greeting and always **make a great first impression**.

A recipe for a great introduction:

Ingredient 1: Stand up

Standing shows respect and that you're truly interested in the person you're meeting and greeting. Be sure to stand with good posture.

Ingredient 2: Eye Contact

Looking someone in the eye when you're meeting them is important to show that you're paying attention and you are respectful.

Ingredient 3: Smile!

Your smile breaks the ice and puts the person you're meeting at ease.

Ingredient 4: Introduce yourself

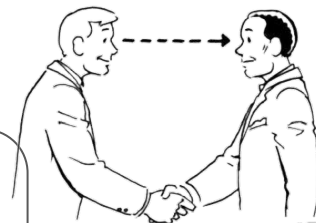
Now it's time to use some words and speak. Simply say: "Hello, my name is Maggie." or "Good morning, I'm John"

Ingredient 5: Confident Voice

This is a very important ingredient! Speak loud enough to be heard and clearly, so you can be understood.

Ingredient 6: Handshake

- Stand parallel to each other. Stand a comfortable distance apart.
- Extend your right hand. Have a firm, comfortable grip.
- A handshake is just 2-3 shakes and then you drop hands.



**Make a
good first
impression**

Practise
introducing
yourself to your
classmates
following these
top tips!

What is a reputation?



Do we have the power to shape and change our **reputation**?

It's good to be me



Self- acceptance means feeling ok about yourself, even when it is hard. One great way to feel good about yourself everyday is to find something you're proud of yourself for. It could be small or big, funny or serious.

It's good to be me because...

Six yellow stars arranged in two rows. The top row has three stars and the bottom row has three stars. Each star contains a sentence of self-praise.

I am a kind friend

I am good at sport.

I am important in my family.

I tried my best today.

I am good at baking.

I am proud of my heritage.

Can you name 3 things that you are proud of?



It's ok not to be ok



Feelings

Human beings can have loads of different feelings, and another word for feelings is emotions.

Sometimes emotions change because of the things going on around us, and sometimes they change because of our own thoughts.

Sometimes emotions can feel small and quiet or big and loud. Some feelings feel good and some feel bad.

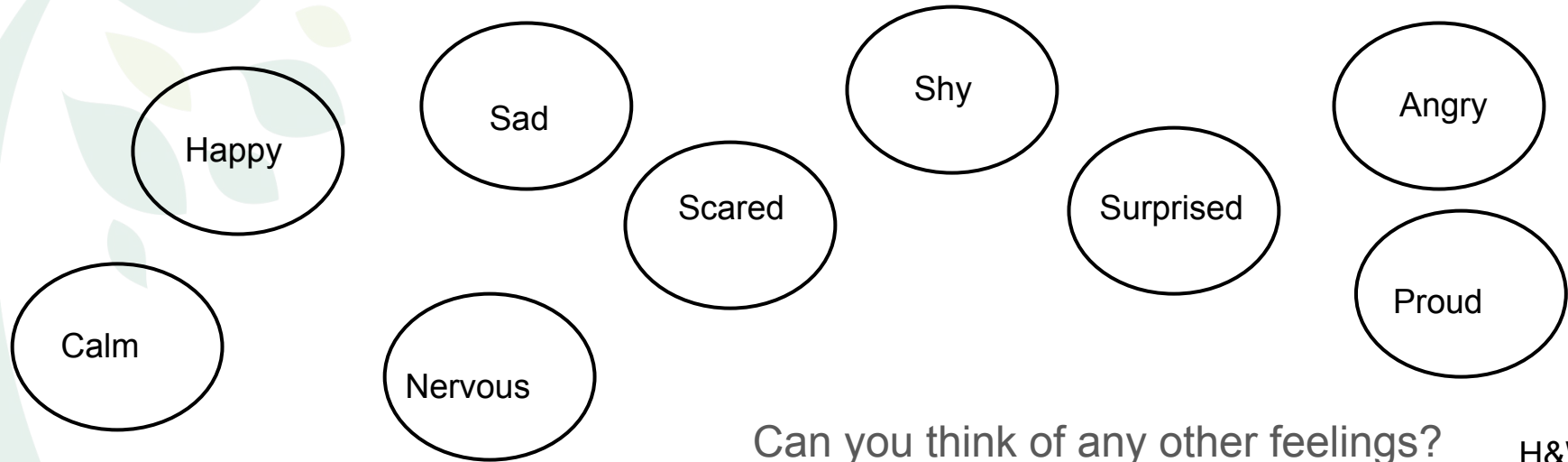
Everyone around you has feelings- even your teachers, and you can't always tell what someone is feeling just by looking at them.



When you are feeling an emotion, it can feel like the emotion is taking over your whole body, which can lead to you having emotions and thoughts that are not very nice.

It's OK to feel whatever you are feeling. It's OK to not be OK. Even if one of those emotions doesn't feel very nice, like sadness or anger.

We give names to different ways that we feel inside so we can talk about them with others.



Can you think of any other feelings?



It is important that we listen to our feelings and respond to them appropriately, especially if they are negative feelings.

Here are some things that you can do:

- Write about your feelings
- Speak to a trusted adult or friend
- Ask for help
- Focus on your breathing if you are feeling overwhelmed or anxious



With the person next to you, think of another idea to help manage your feelings?



Internet Safety - digital footprint

A digital footprint is a trail of 'footprints' that you leave behind every time you go online.

Most of the websites you visit will record your visit by taking a note of your IP (internet protocol) address. This is a set of numbers which is unique to your device.

[Video: Digital Footprint explained](#)



[Your Digital Footprint](#)

Talk to your partner!



Compare your digital footprint with a friend.

- How are they the same?
- How are they different?
- Why is it important to know about your digital footprint?



WHY IS MANAGING MONEY IMPORTANT? (KS1)



Lara has been using all her pocket money to buy stickers for her album each week. She suddenly remembers that it's her mum's birthday in four weeks' time. She hasn't saved any money yet to buy her a present.



Amir drops his bike on the floor and the bell breaks. Amir has been saving some of his pocket money each week. He has nearly enough money to buy a new bell.



How do you think they feel?



Worried

Excited

Sad

Disappointed

Tearful

Happy

Hopeless





WHY IS MANAGING MONEY IMPORTANT? (KS2)



Meet the Williams family

Mrs Williams works as an office manager and travels to work on the train.

Mr Williams has his own business as an electrician.

Their son, **Liam**, has football lessons each week and their daughter, **Georgia**, learns karate. The family have two pets – a cat and a dog.

They enjoy doing fun things together as a family.

BUT... they want to make sure that they're not spending more money than they earn each month.



How could the family do this?
Why is it important for them to fo this?

Spring 2

Week 1 (w/b 19.2.24)	Week 2 (w/b 26.2.24)	Week 3 (w/b 4.3.24)	Week 4 (w/b 11.3.24)	Week 5 (w/b 18.3.24)	Week 6 (25.3.24)
What is the Citizenship Programme? (slides 1 & 2)	5 Trusted adults (Slides 14 & 15)	What do you want to be when you grow up? (Slide 102)	What makes a good interview? (TBC)	How litter impacts our local environment. (TBC)	Online Safety - meeting others online (Slide 35)
What is citizenship? (slide 4)	What is peer pressure? (Slides 16 & 17)	What is a career? (Slides 103 & 104)	What are British Values? (slides 20 & 21)	How can I keep my mind healthy? (Slides 28 & 29)	100 Club (Slide 36)
Why do we have school rules? (slides 5 to 8)	PANTS (Slide 18)	What is University? (Slide 105)	How can you show tolerance of different faiths? (slides 22 & 23)	Why is healthy eating important? (Slides 30 to 32)	What is recycling? (Slide 37)
Recognition board (Slides 13 & 14)	Why is sleep important? (Slide 19)	What is a CV? (Slide 106)	What to do in an emergency? (Slide 24)	Why is exercising good for my body? (Slides 33 & 34)	Why is it important to save water? (Slides 38 & 39)



What do you want to be when you grow up?

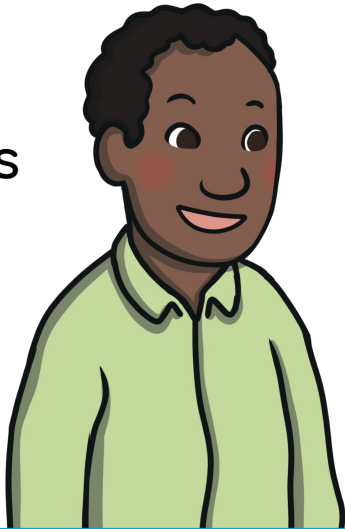


What does this mean?

Life is full of endless possibilities, it's up to you to make it possible.



What is a career? (KS1)



Are some jobs for
some people and
not others?

A career is a job that adults dedicate their life to doing. Many people decide what career to pursue based on their interests and skills. Lots of training is required to pursue a career.



police officer



firefighter



teacher



doctor



dentist



What is a career? (KS2)



What is a job?

A job is work you perform to earn money to support your basic needs. It can be a full-time or part-time job and may be short-term. You might earn an hourly wage or a set paycheck rather than a [salary with benefits](#). You might need to learn certain skills connected with that role, but not all jobs require a specialized degree or advanced training.

[Watch this video](#)



What is a career?

A career is a long-term professional journey you may determine based on [your passions](#). It is the path you embark upon to fulfill your professional goals and ambitions. You may require a certain level of education or training to achieve these goals. Individuals pursuing careers often have set salaries with benefits such as [stock options](#), retirement plans, [pensions](#) and [bonuses](#). They also gain benefits beyond money, such as personal pride, work satisfaction and self-worth.

What is the difference between a job and a career?

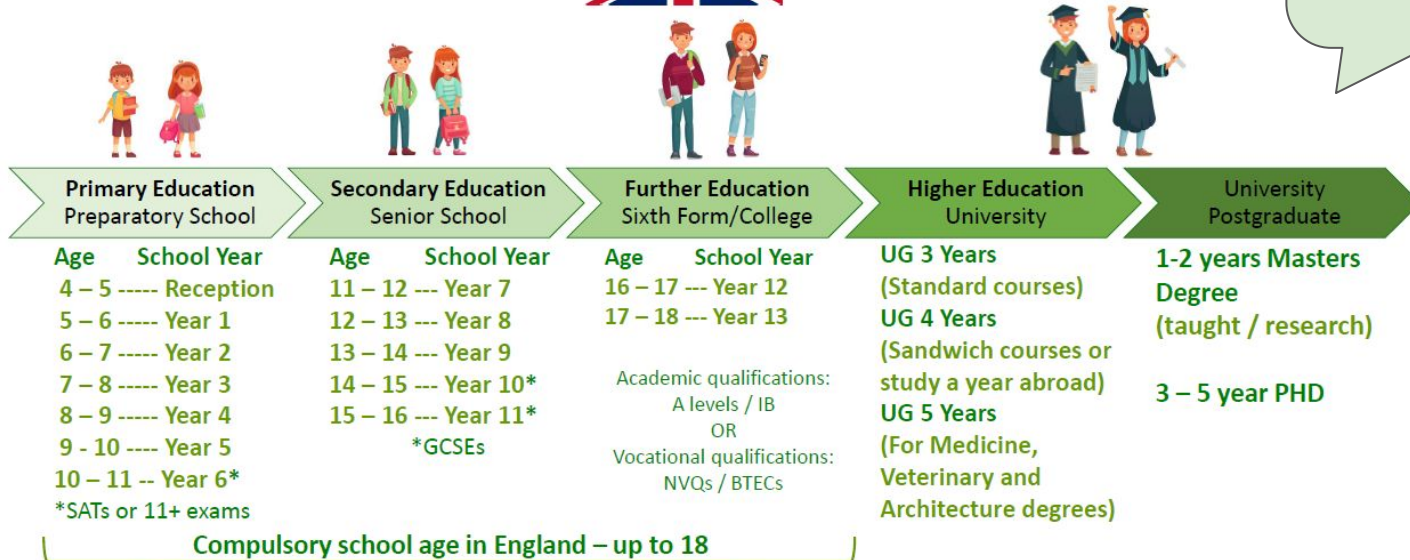


What is university?

UK Education System



Can anybody go to university?



Students often choose to study at higher education level to further an interest in a particular subject, or in a particular vocation. Some careers, such as those in medicine, nursing, architecture, law and pharmacy, cannot be practised without a particular vocational degree.



What is a CV?

[Click here](#) for examples of good and bad CVs.
Discuss what makes them good or bad.



What is a C.V.?

A C.V. is a formal document used to detail a person's skills, qualifications and experience.

What does it stand for?

C.V. stands for Curriculum Vitae. This is a Latin expression, which can be roughly translated as 'the course of my life'.

What else does it include?

Usually, a C.V. will include a summary of personal information such as name, address and contact details. It will also detail any educational background, such as schools, college or university attended.

When would you use a C.V.?

The main occasion for using a C.V. is when applying for a new job or position. The C.V. is a way of describing and promoting yourself and your relevant details in the best possible way to an employer.



Why do you think having good CV is important?

Just like an interview,
your CV helps you to
stand out from the other
applicants.

Summer 1



Week 1 (15.4.24)	Week 2 (22.4.24)	Week 3 (29.4.24)	Week 4 (6.5.24)	Week 5 (13.5.24)	Week 6 (20.5.24)
What is the Citizenship Programme? (slides 1 & 2)	How can I self regulate? (Slides 61 to 63)	Sun Safety (Slide 108)	What is LGBT? (Slide 69)	What are the houses of parliament? (Slides 44 & 45)	Online Safety - meeting others online (Slide 35)
Anti-bullying (slides 49 & 50)	Road Safety (Slides 64 & 65)	What is climate change? (slide 9)	Learning disabilities (Slide 70)	What is an MP? (Slide 46)	100 Club (Slide 36)
How to be a friend (Slides 51 to 54)	Staying safe in the community (Slide 66)	What is causing climate change? (Slide 10)	Physical disabilities (Slide 71)	What is an election? (Slide 47)	Plastic pollution (Slide 42)
Peace Plan / conflict resolution (Slides 55 to 60)	NSPCC (Slides 67 & 68)			Why is keeping promises important? (Slide 48)	What is composting? (Slide 43)



Sun Safety

Why is Sun Safety so important?



*Sun Safety Song:
Bring out the
suncream*



Splat!

Splat on some sun cream!

Wear sun cream on any bits of skin that are not covered, including your face, nose, ears, neck, arms and legs.

Remember to reapply the cream every 1 to 2 hours.

Make sure it is SPF 30 or more.

Summer 2

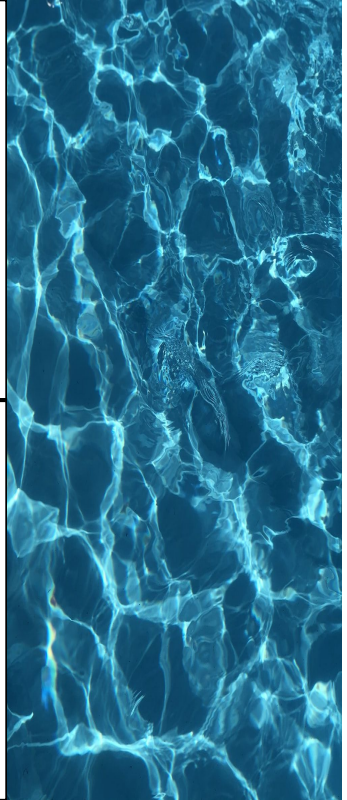
Week 1 (w/b 3.6.24)	Week 2 (w/b 10.6.24)	Week 3 (w/b 17.6.24)	Week 4 (w/b 24.6.24)	Week 5 (w/b 1.7.24)	Week 6 (8.7.24)
What is the Citizenship Programme? (slides 1 & 2)	How can we save energy? (Slide 78)	Water safety (Slide 110)	Railway safety (Slide 111)	It's good to be me (Slides 93 & 94)	Why is managing money important? (Slides 99 & 100)
What is citizenship? (slide 4)	What is renewable energy? (Slides 79 & 80)	How can we cut down on food waste? (Slides 81 & 82)	Should we always play by the rules? (slide 89)	It's ok not to be ok (Slides 95 to 97)	WDA Alumni. What are they doing now? (TBC)
Why do we need to forgive others? (Slide 76)		Keeping clean (Slides 83 to 86)	Why should we take turns and share? (Slide 90)	Internet safety - digital footprint (Slide 98)	WDA Alumni. What are they doing now? (TBC)
How do we forgive others? (Slide 77)		What's a healthy packed lunch? (Slides 87 & 88)	How do I introduce myself? (Slide 91)	 100 Club (Slide 36)	What is citizenship? (slide 4)

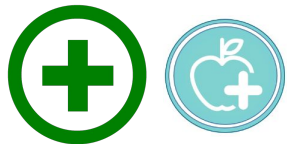


Water Safety

[Safety on the Beach - RNLI](#)

[KS2 Video - Canal & River Trust
Summer Water Safety Message](#)





Railway Safety

STOP behind the line.

LOOK both ways for trains.

LISTEN for trains coming.

THINK “Is it safe to cross?”



Network Rail Safety Rap

Video 1: Follow link in notes to access



Network Rail Staying Safe on the Railway

Primary school

Video 2: Follow link in notes to access

