

Year 4 - Families and relationships

| | |
|-----------------|---|
| Act of kindness | Doing something nice for someone. |
| Authority | A person with high status and decision making power. |
| Bereavement | Mourning or grieving somebody who has died. |
| Bullying | To cause repeated physical or emotional pain to somebody. |
| Bystander | Someone who watches something happening without getting involved. |
| Manners | A way of behaving that shows respect for other people. |
| Permission | Allowing someone to do something once they have asked first. |
| Respect | Being thoughtful and polite towards other people. |
| Stereotype | A view or idea about something, often someone, which is often untrue. |

Key facts

Different manners are needed in different situations.

Everyone should be respected, especially people who have a position of authority such as police and teachers.



People have different boundaries and we should respect these.

Your body belongs to you and you have the right to decide what happens to it.



Gender stereotypes can have an impact on how people see themselves and what they think they can do.

Families in different parts of the world have different ways of living.

There are different ways we can help people when someone close to them has died.

Getting help

Talk to an adult you trust either at school or at home.

Contact: Childline
www.childline.org | 0800 1111
 Calls DO NOT show on the phone bill



How we behave can have a positive impact on other people, for example saying something kind or helping them.



How we behave can have a negative impact on other people, for example saying nasty things or not letting them join in.

Year 5 - Health and wellbeing

| | |
|----------------|---|
| Fail | To be unsuccessful in achieving a goal. |
| Goal | Something you want to achieve. |
| Protect | To keep someone safe from something. |
| Relaxation | Doing calming activities such as having a bath or reading a book. |
| Responsibility | Being in charge of our own actions. |
| Steps | To do what is necessary to reach a goal. |

Health tips



Establish good habits for sleeping.



Remember: "If at first you don't succeed, try, try and try again".



Write down your goals and the steps you need to get there.



Try to have a balance of food groups in each meal or across the day.

Getting help

If you are worried about your health, talk to an adult you trust or your doctor.

Contact: Childline
www.childline.org | 0800 1111
 Calls DO NOT show on the phone bill

Key facts



There are things we can do to look after our mental health, such as yoga.



Sleep is an important part of keeping healthy.

As we get older, we take on more responsibility for our own health.

Finding things hard and failing can feel uncomfortable but they are part of learning.



Having goals can help us achieve things and we will sometimes need to break these down into steps.

We all experience different feelings and we can decide how we are going to react to them.



When we plan a meal, we need to try and include all the food groups which keep us healthy.



UV rays from the sun can damage our skin if we don't protect ourselves.

| | |
|---------------------|--|
| age restriction | A rule that says you can only do or use something when you are a certain age. |
| asthma | A common lung condition that causes breathing problems. If someone is having an asthma attack, keep them calm and help them to use their inhaler. |
| law | Rules enforced by the government that define what we can and cannot do. |
| tobacco and smoking | Tobacco is a plant used to make cigarettes. Smoking tobacco can harm your lungs, heart and body. It also contains nicotine, which makes it hard to stop smoking. |
| genitals | The external sex organs. This word is used for both males and females. |
| hygiene | Keeping clean helps people stay healthy and feel fresh. |
| puberty | The physical and emotional changes a child goes through to become an adult. |

Age restrictions are there to protect children.

Some adults choose to smoke tobacco and this can harm their bodies.



Surprises are positive as they are usually something nice. Secrets are often negative as they are things people want to hide.



Search engines do not always list the most useful or reliable websites first.

Sharing information and images on the internet can be risky.

When you look for information online, think about whether the website is reliable.

Getting help

If you are worried about something, talk to an adult you trust.

In an emergency, call 111 or 999.

Contact: Childline www.childline.org | 0800 1111

Calls **do not** show on the phone bill.



Remember the **PANTS** rule:

- P - Privates are private.
- A - Always remember your body belongs to you.
- N - No means no.
- T - Talk about secrets that upset you.
- S - Speak up - someone can help.

| | |
|---------------------------|--|
| defendant | Person accused of committing a crime. |
| environment | The local surroundings or place a person lives or works in. |
| Freedom of Expression | The right to express thoughts and opinions and to access all kinds of information, as long as it is within the law. |
| government | The elected party who govern and make decisions for the country. |
| House of Commons | Where the Members of Parliament debate laws and issues that relate to our country. |
| human rights | Specific rights that belong to every person. |
| judge | In charge of the hearing in court and makes sure everyone is treated fairly and listened to. They decide what a guilty defendant's punishment should be. |
| jury | A group of twelve people, chosen at random, who listen to all the evidence in a court hearing and then decide if the defendant is guilty or not guilty. |
| Member of Parliament (MP) | A person who has been elected by vote to represent people from a specific area in the House of Commons. |
| Parliament | Where the laws of our country are decided. It is made up of the House of Lords and the House of Commons. |
| pressure group | Aim to change the opinions or activities of people and try to influence government policy or legislation. |
| Prime Minister | Leads the government. |
| trial | The examination of evidence by a judge and usually a jury, in order to decide whether or not the defendant is guilty or not. |

Laws are decided in Parliament and are there to help the country run smoothly.

People who break the law are dealt with by the police and may go to court for trial.

We have the right to express our opinions but we also have a responsibility not to upset or harm other people.



Parliament is made up of the House of Commons, House of Lords and the Monarch.



The Government are elected by people and they decide how the country will be run and make laws.



Pressure groups are formed by people who feel strongly about an issue and want to make changes.

It is important that pressure groups use legal methods to bring about change, for example sharing information and talking to politicians.

- Reuse
- Reduce
- Recycle

The waste hierarchy shows that reducing our use of materials and energy is the best thing for the environment.

Some individuals make a significant contribution to the local community and this can be recognised in a number of ways.

Year 4 - Economic Wellbeing

| | |
|----------------|--|
| Banks balance | How much money is in an account after money has been put in and taken out |
| Bank statement | Regular update on the money which has gone in and out of a bank account and shows your bank balance. |
| Career | A job in one area of work that is undertaken for a long period of time |
| Debit card | A card used to buy things where the money is taken straight from the bank account |

Key facts

Personal Budget

| | | | | | | | | | | | | | | | | | | | | |
|-------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| Starting Balance | 15 000 | | | | | | | | | | | | | | | | | | | |
| Total Income | 4 230 | 3 880 | 3 880 | 3 830 | 4 330 | 4 330 | 4 430 | 3 930 | 3 930 | 5 400 | 4 950 | 4 400 | 4 400 | 4 400 | 4 400 | 4 400 | 4 400 | 4 400 | 4 400 | 4 400 |
| Total Expenses | 1 600 | 1 660 | 1 515 | 2 010 | 1 720 | 1 440 | 1 715 | 1 823 | 1 880 | 2 210 | 1 720 | 1 600 | 1 600 | 1 600 | 1 600 | 1 600 | 1 600 | 1 600 | 1 600 | 1 600 |
| NET (Income - Expenses) | 2 630 | 2 220 | 2 365 | 1 820 | 2 610 | 2 890 | 2 715 | 2 107 | 2 050 | 3 190 | 3 230 | 2 800 | 2 800 | 2 800 | 2 800 | 2 800 | 2 800 | 2 800 | 2 800 | 2 800 |
| Projected End Balance | 17 630 | 19 850 | 22 215 | 24 035 | 26 645 | 29 535 | 32 250 | 34 357 | 36 407 | 39 597 | 42 827 | 45 027 | 47 227 | 49 427 | 51 627 | 53 827 | 56 027 | 58 227 | 60 427 | 62 627 |

Keeping track of money is important to make sure you have enough money for what you need.

People think about different things when deciding if something is good value for money, such as how much it costs, how long it will last for and the impact on the environment.



Mentors
Experience
Career Advisors
Salary
Social background

Friends and family
Live style
Education
Culture background

Lots of different things can influence the job or career someone chooses.