

Inspirational people

School value – Positive – Malala Yousafzai

School value – Curious – Marie Curie



Personal Development – Cavendish Curriculum Long Term Plan

Spring 1

Theme – Healthy Body and Mind

Protected Characteristics  
 Inspirational people  
 EDB  
 The Story Project  
 Assemblies  
 Picture News  
 Pol'Ed resources  
 MHST sessions

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
PD assemblies	<b>NSPCC</b> 'Speak out Stay Safe'	<b>Introduction to Curiosity (School Value)</b>	<b>OPAL assembly</b>	<b>Introduction to Positive (School Value)</b>	<b>'Happy Mind, Happy You'</b> Pol-Ed Introduction to Children's Mental Health Week	<b>Children's Mental Health Week</b> 'The Story Project' 9 <sup>th</sup> – 15 <sup>th</sup> February
Cavendish Curriculum Sessions	<p><b><u>Pay Attention to the Moment</u></b></p> <p><b>EY/KS1</b> The great outdoors Outdoor Art journals, team work and mindful nature walks.</p> <p><b>LKS2</b> Bring back the nature - rejuvenating our pond area - plans</p> <p><b>Build a bug house for our orchard x2 weeks</b></p> <p><b>UKS2</b> 'Switch off' - The effect of screen time of sleep, routines and unhealthy habits</p>	<p><b><u>Pay Attention to the Moment</u></b></p> <p><b>EY/KS1</b> What is mindfulness? Mixed age work; poster making, colouring, sharing a story with KS1 children Cosmic Yoga</p> <p><b>LKS2</b> What is mindfulness? Mixed age work; poster making, colouring, sharing a story with EY children Cosmic Yoga</p> <p><b>UKS2</b> Yoga and relaxation techniques – soundscapes</p>	<p><b><u>Nutrition and Diet</u></b></p> <p><b>EY/KS1</b> Cooking* Eatwell plate and the different sections with health links</p> <p><b>LKS2</b> Cooking* What could I put in my lunchbox? <b>"Everything in moderation"</b></p> <p><b>UKS2</b> Body image – Dove resources and fake news eg celeb images online / AI <b>"Everything in moderation"</b> Cost of making a healthy meal vs ordering a takeaway</p>	<p><b><u>Physically Active</u></b></p> <p><b>EY/KS1</b> Working with UKS2 pupils who will be teaching them a new sporting activity to try.</p> <p><b>LKS2</b> Year 3 – Hanson sports x6 weeks</p> <p>Year 4 – Try a new sport! Trampoline experience (Benton Park)</p> <p><b>UKS2</b> Working with EY / KS1 to teach them a new sporting activity</p>	<p><b><u>Give to others</u></b></p> <p><b>EY/KS1</b> Community Project – Litter picking around the school grounds Year 2 – local walk litter picking (Our community matters)</p> <p><b>LKS2</b> Painting rocks - sending positive affirmations (Our community rocks)</p> <p><b>UKS2</b> Worry Worms / Macrame sending positive affirmations to deliver to the community. (Our community supports one another)</p>	<p><b><u>Connect</u></b></p> <p><b>EY/KS1</b> 'Spread the love' Valentines – crafts to share with the local community.</p> <p><b>LKS2</b> What does belonging mean and how do we belong at Cavendish? Class Mural – group piece of Art.</p> <p><b>UKS2</b> Year 6 – Andy's Man Club and the Stigma around asking for help.</p> <p>Year 5 – Enrichment link – NSPCC and the work they do. Raise the profile / bake sale</p>

Safeguarding Qs of the Week	<p><u>EY / KS1/ LKS2:</u> How can connecting with nature keep us healthy?</p> <p><u>UKS2:</u> How can good sleep routines help our mental health?</p>	<p><u>EY / KS1/ LKS2:</u> How can mindfulness help in difficult times?</p> <p><u>UKS2:</u> How does rest and relaxation help keep us healthy?</p>	<p><u>EY / KS1:</u> Why is it important to have a healthy diet?</p> <p><u>LKS2:</u> How can a nutritious diet keep our body and mind healthy?</p> <p><u>UKS2:</u> How can we develop positive body image in ourselves and others?</p>	<p><u>EY / KS1:</u> Why is it important to have physical exercise?</p> <p><u>KS2:</u> What are the positive effects of physical exercise on our mental health?</p>	<p><u>EY / KS1:</u> What is positive thinking?</p> <p><u>KS2:</u> Is it ok to feel sad and not know why?</p>	<p><u>EY/ KS1:</u> How does connecting with others make us feel?</p> <p><u>LKS2:</u> Why is it important to seek help about mental health?</p> <p><u>UKS2:</u> How can we remove any stigma around seeking help for mental health?</p>
	<p>NSPCC Workshops Years 2, 5 and 6</p>	<p>PC Sykes – Vaping, Smoking and drugs workshops UKS2</p>				<p>Lego Robotics – Bradford University Years 3 and 6</p> <p>Andy's Man Club – visitors</p>

Mental Health Team Focus – “Doing good, Feeling good”

Classroom Workshops Years 1 – 6

\*(run over 2 weeks if necessary)

Children's mental health day – February 2026

Refugees – 20<sup>th</sup> June – inspirational people – supplementary materials – Rachel's poem (backwards)