

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

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