



Emmaus Primary School
Safe messages across the Curriculum



Mission Statement

We are friends journeying with Jesus in faith, hope and trust as we live, love and learn together.

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Please use this document and overviews of Jigsaw, Come and See, A journey in Love and Outsiders for a full picture of Safe messages in our whole curriculum.							
	Nursery & Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 2023	Firework Safety Talks in classroom and Assembly						
	Flu immunisation						
	Mindfulness and meditation						
	Relationships, Sex Education Meeting for parents						
	ROAR Mental Health						
	REACT anxiety group						
	ACES intervention						
	NSPCC Talk Pants						
	OSSME therapeutic intervention						



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ADHD therapeutic intervention						
YPAS therapeutic intervention						
Mental Health Team 1:1 and small group intervention						
Introduce school rules Feeling happy and safe in school (settling in) Making healthy choices at lunchtime Forest School Safety lessons Road safety - when crossing the road in the dark Firework Safety Stranger Danger Safe use of play equipment outside Handwashing	Internet Search engines – online safety talk Hygiene in schools – washing hands before eating and after the toilet Safety in the home – dangers around us PHSE Geography – Where do I live? Knowing address Science – Our body and how to keep safe	Talk from a nurse around the importance of good hygiene – links to Florence Nightingale Rules – RE Topic How does my school Keep me safe – PHSE Food Safety DT – Making pizzas	Online E Safety RSE – How do I keep myself safe topic Writing a Keeping Healthy Report in English	Netball – Safety – Keeping safe in sport lessons History – Roman Chester Safety in the modern-day workplace Rights of children today	Rocket resilience training Road Safety Religious Education topic – Life Choices DT – Safe food preparation, using knives and hygiene POWER training	Puberty talk Menstruation Body changes hygiene History – staying safe during World war 2 DT – Sewing – using equipment safely Science – Animals including humans (exercise, health, drugs, effects of alcohol etc)



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	Dental care						
	Mental Health awareness day						
	Outdoor PE – Keeping ourselves safe in school						



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	Nursery & Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Spring 23	Mindfulness and meditation						
	Sun Safe Schools Application						
	Safer Internet Day – Digital leaders						
	NSPCC Schools Visit						
	Mental Health week (7-14 Feb)						
	ROAR Mental Health						
	REACT anxiety group						
	OSSME therapeutic intervention						
	ADHD therapeutic intervention						



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Well-Being Intervention						
YPAS therapeutic intervention						
Mental Health Team 1:1 and small group intervention						
Bullybusters workshops						
My Personal Best – Sporting Achievements and Resilience						
Dylan's Reptiles/Chicks Handling Animals with care – Hand washing and hygiene Community Nurse visit Road Safety –	Road Safety – Keeping safe crossing the road		Water Safety at Ellergreen RSE – To recognise the need for personal privacy Sending Emails – Promoting online E safety Safe communication via the internet DT – food preparation making soup, knife	Water Safety at Ellergreen Respecting my body RSE	PALS training Religious Education – Freedom and Responsibility Water Safety at Ellergreen Bikeability	Ski Trip to Pendle and Italy – safe use of equipment and ourselves Water Safety at Ellergreen Science – Electricity and safety DT – cooking safely



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	Keeping safe crossing the road Safer Internet Day Child Mental Health week Peace out Meditation			safety, safe food preparation Keeping Healthy – Science Topic about the body Science – Light and Shadow – Sun Safety Light Safety Eclipses – Not looking at the sun			
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	Nursery & Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Summer 23	Mindfulness and meditation						
	School Sports Days – Healthy Body/keeping fit						
	Change For Life – What’s in your diet? What can you do?						
	ROAR Mental Health						
	ADHD therapeutic intervention						
	OSSME therapeutic intervention						
	Well-Being Intervention						
	YPAS therapeutic intervention						
	Mental Health Team 1:1 and small group intervention						
	Altru Drama Workshops – anxiety and bullying						
	Transition workshops						
	Transition assemblies						



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	Balance- ability Sun Safety talks and leaflets Mental Health awareness – connect with nature Visit from Fire Brigade – Fire Safety Police Dogs Visit – Animal Safety and Dog safety Yoga Bears Coping with change (Transition to Year 1) Sugar Smart – Oral Hygiene		Road Safety in the local area – Safe places to play. How to stay safe in the park; stranger danger. Linked to local area walk.	Bees – Science Basic First Aid	PGL Residential – Safety on equipment Safety Outdoors Electrical Safety	Residential to France Water Safety Road Safety Keeping Safe abroad	Road Safety / transition to high school Bus travel First aid – St John’s Ambulance Relationships, Sex Education (RSE) Science – Electricity safety DT - framed structures – safe use of equipment
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The tables below outline the Primary Relationships learning opportunities and messages which are taught through Jigsaw and Journey in Love

Families and people who care for me

Learning opportunity	Year groups
That families are important for children growing up because they can give love, security and stability	EYFS – YR2
The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives	EYFS
That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care	EYFS
That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up	YR4 YR5 YR6
That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong	YR6
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	YR2 YR5 YR6



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Caring friendships

How important friendships are in making us feel happy and secure, and how people choose and make friends	EYFS
The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	
That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded	EYFS YR2 YR4 YR5 YR6
That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right	Y2 -6
How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed	EYFS –YR2

Respectful relationships

The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	YR1
Practical steps they can take in a range of different contexts to improve or support respectful relationships	YR2
The conventions of courtesy and manners	YR2
The importance of self-respect and how this links to their own happiness	EYFS – YR6
That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority	EYFS – YR6



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About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	YR3 – YR6
What a stereotype is, and how stereotypes can be unfair, negative or destructive	YR3 YR5 YR6
The importance of permission-seeking and giving in relationships with friends, peers and adults	YR4 – YR6

Online relationships

That people sometimes behave differently online, including by pretending to be someone they are not	YR2 – YR6
That the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous	YR3 – YR6
The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them	YR3 – YR6
How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met	YR4 – YR6
How information and data is shared and used online	YR5 YR6

Being safe

What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)	YR1- YR6
About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe	EYFS – YR6



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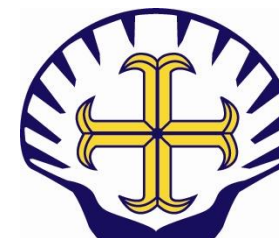
That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact	EYFS – YR6
How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	Yr1 – Yr6
How to recognise and report feelings of being unsafe or feeling bad about any adult	EYFS – YR6
How to ask for advice or help for themselves or others, and to keep trying until they are heard	EYFS – YR6
How to report concerns or abuse, and the vocabulary and confidence needed to do so	EYFS – YR6
Where to get advice from e.g. family, school and/or other sources	EYFS – YR6

Mental wellbeing

That mental wellbeing is a normal part of daily life, in the same way as physical health	YR2
That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations	EYFS – YR3
How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings	YR1 – YR3
How to judge whether what they are feeling and how they are behaving is appropriate and proportionate	YR1 – YR4



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The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness	YR2 – YR6
Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	ALL
Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support	YR3 – YR6
That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing	YR3 – YR6
Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)	YR4, YR5, YR6
It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough	YR5, YR6

Internet safety and harms

That for most people the internet is an integral part of life and has many benefits	EYFS – YR6
About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing	YR2 – YR6
How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private	YR3 – YR6
Why social media, some computer games and online gaming, for example, are age restricted	YR3 – YR6



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That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health	YR3 – YR6
How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted	YR3 – YR6
Where and how to report concerns and get support with issues online	YR2 – YR6

Physical health and fitness

The characteristics and mental and physical benefits of an active lifestyle	EYFS – YR6
The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise	EYFS – YR6
The risks associated with an inactive lifestyle (including obesity)	YR5 YR6
How and when to seek support including which adults to speak to in school if they are worried about their health	YR3 – YR6

Healthy eating

What constitutes a healthy diet (including understanding calories and other nutritional content)	YR2 YR5 YR6
The principles of planning and preparing a range of healthy meals	YR3 YR5 YR6
The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)	YR4 YR6



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Drugs, alcohol and tobacco-Taught in Science

The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking	YR6
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Health and prevention

How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body	YR6
About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer	EYFS – YR6
The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn	EYFS – YR6
About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	EYFS – YR4
About personal hygiene and germs including bacteria, viruses, how They are spread and treated, and the importance of handwashing	EYFS – YR6
The facts and science relating to allergies, immunisation and vaccination	YR5 YR6

Basic first aid

How to make a clear and efficient call to emergency services if necessary	EYFS – YR6
Concepts of basic first-aid, for example dealing with common injuries, including head injuries	YR3 – YR6

Changing adolescent body



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Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes	YR5 YR6
About menstrual wellbeing including the key facts about the menstrual cycle	YR5 YR6