Cedar Park School & Nursery

Be kind ★ Be inspired ★ Believe

Safeguarding in the Curriculum

Overview

Safeguarding is at the heart of everything we do at Cedar Park. It features across the curriculum in a variety of subjects including PSHE, Science, PE, Computing and Geography. In addition to this, we cover how to stay safe through weekly assemblies, linked to the school behaviours and to the British Values. These behaviours and values are also featured in many of our enrichment days. The grid below explains where safeguarding can be seen at different points in the year.

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	PSHE: Being Me in My World • Self-identity • Understanding feelings • Being in a classroom • Being gentle • Rights and responsibilities	PSHE: Celebrating Differences • Identifying Talents • Being Special • Families • Where we live • Making friends • Standing up for yourself	PSHE: Dreams and Goals • Challenges • Perseverance • Goal-setting • Overcoming Obstacles • Seeking help • Jobs • Achieving goals Enrichment: • Being Different Being Equal Week	PSHE: Healthy Me • Exercising bodies • Physical Activity • Healthy food • Sleep • Keeping clean • Safety	PSHE: Relationships • Family life • Friendships • Breaking friendships • Falling out • Dealing with bullying • Being a good friend	PSHE: Changing Me • Bodies • Respecting my body • Growing up • Growth and change • Fun and fears • Celebrations Enrichment: • Trip to Natural History Museum (Tring) (Learning outside of school, safe adults, following instructions, first external trip) Geography: • National Field Work Week
Year 1	PSHE: Being Me in My World • Feeling special and safe • Being part of a class • Rights and responsibilities • Rewards and feeling proud • Consequences • Owning the learning charter E-safety: • Balance between being online and offline Geography: Local walk with safety aspects	PSHE: Celebrating Differences • Similarities and differences • Understanding bullying and knowing how to deal with it • Making new friends • Celebrating the differences in everyone	PSHE: Dreams and Goals • Setting goals • Identifying successes and achievements • Learning styles • Working well and celebrating achievement with a partner • Tackling new challenges • Identifying and overcoming obstacles • Feelings of success E-safety: • Transitioning between devices and in-person interactions Enrichment: • Being Different Being Equal Week	PSHE: Healthy Me • Keeping myself healthy • Healthier lifestyle choices • Keeping clean • Being safe • Medicine safety/ safety with household items • Road safety • Linking health and happiness Enrichment: • NSPCC PANTS Day (privates are private)	PSHE: Relationships • Belonging to a family • Making friends/being a good friend • Physical contact preferences • People who help us • Qualities as a friend and person • Self-acknowledgement • Being a good friend to myself • Celebrating special relationships E-safety: • 'Travelling' safely on the internet Enrichment: • Speak Out Stay Safe Day • Trip to Maidenhead Synagogue (Tolerance and Difference)	PSHE: Changing Me • Life cycles – animal and human • Changes in me • Changes since being a baby • Differences between female and male bodies (correct terminology) • Linking growing and learning • Coping with change • Transition Swimming: • Water safety • Life-saving skills Geography: • National Field Work Week

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Year 2	PSHE: Being Me in My World • Hopes and fears for the year • Rights and responsibilities • Rewards and consequences • Safe and fair learning environment • Valuing contributions • Choices • Recognising feelings E-safety: • How to be a responsible digital citizen	PSHE: Celebrating Differences • Assumptions and stereotypes about gender • Understanding bullying • Standing up for self and others • Making new friends • Diversity • Celebrating difference and remaining friends	PSHE: Dreams and Goals • Achieving realistic goals • Perseverance • Learning strengths • Learning with others • Group co-operation • Contributing to and sharing success E-safety: • Recognising feelings when using technology Enrichment: • Being Different Being Equal Week	PSHE: Healthy Me • Motivation • Healthier choices • Relaxation • Healthy eating and nutrition • Healthier snacks and sharing food Science: • Basic needs of survival • Healthy, balanced diet • Impact of exercise • Importance of hygiene Enrichment: • NSPCC PANTS Day (privates are private)	PSHE: Relationships • Different types of family • Physical contact boundaries • Friendship and conflict • Secrets • Trust and appreciation • Expressing appreciation for special relationships E-safety: • Identifying websites and apps that are age-appropriate and safe Enrichment: • Speak Out Stay Safe Day Swimming: • Water safety • Life-saving skills	PSHE: Changing Me • Life cycles in nature • Growing from young to old • Increasing independence • Differences in male and female bodies (correct terminology) • Assertiveness • Preparing for transition Science: • Stages of the human lifecycle Swimming: • Water safety • Life-saving skills Geography: • National Field Work Week
Year 3	PSHE: Being Me in My World • Setting personal goals • Self-identity and worth • Positivity in challenges • Rules, rights and responsibilities • Rewards and consequences • Responsible choices • Seeing things from others' perspectives E-safety: • How to be a responsible digital citizen	PSHE: Celebrating Differences • Families and their differences • Family conflict and how to manage it (child-centred) • Witnessing bullying and how to solve it • Recognising how words can be hurtful • Giving and receiving compliments E-safety: • Understanding the importance of having device-free moments	PSHE: Dreams and Goals • Difficult challenges and achieving success • Dreams and ambitions • New challenges • Motivation and enthusiasm • Recognising and trying to overcome obstacles • Evaluating learning processes • Managing feelings • Simple budgeting Science: • Nutrition and the 5 key food groups E-safety: • Recognising personal information should be kept private Enrichment: • Being Different Being Equal Week Swimming: • Water safety • Life-saving skills	PSHE: Healthy Me • Exercise • Fitness challenges • Food labelling and healthy swaps • Attitudes towards drugs • Keeping safe and why it's important online and offline scenarios • Respect for myself and others • Healthy and safe choices E-safety: • Digital footprints Enrichment: • Internet Safety Day Swimming: • Water safety • Life-saving skills	PSHE: Relationships • Family roles and responsibilities • Friendship and negotiation • Keeping safe online and who to go to for help • Being a global citizen • Being aware of how my choices affect others • Awareness of how other children have different lives • Expressing appreciation for family and friends E-safety: • Online communities Enrichment: • Speak Out Stay Safe Day	PSHE: Changing Me • To be reviewed E-safety: • Responding to negative online comments • Giving credit to others work Geography: • National Field Work Week

Year 4	PSHE: Being Me in My World • Being part of a class team • Being a school citizen • Rights, responsibilities and democracy (school council) • Rewards and consequences • Group decision-making • Having a voice • What motivates behaviour E-safety: • How digital citizens take responsibility for themselves, the community and the world.	PSHE: Celebrating Differences • Challenging assumptions • Judging by appearance • Accepting self and others • Understanding influences • Understanding bullying • Problem-solving • Identifying how special and unique everyone is • First impressions E-safety: • Recognising that a strong password protects privacy.	PSHE: Dreams and Goals • Hopes and dreams • Overcoming disappointment • Creating new, realistic dreams • Achieving goals • Working in a group • Celebrating contributions • Resilience • Positive attitudes Swimming: • Water safety • Life-saving skills E-safety: • How posting online affect their identity. Enrichment: • Being Different Being Equal Week	PSHE: Healthy Me • Healthier friendships • Group dynamics • Smoking • Alcohol and Vaping • Assertiveness • Peer pressure • Celebrating inner strength Science: • Electrical appliances and electrical safety Swimming: • Water safety • Life-saving skills E-safety: • Recognising that online communities can be used positively. Enrichment: • Internet Safety Day	PSHE: Relationships • Jealousy • Love and loss • Memories of loved ones • Getting on and falling out • Girlfriends and boyfriends • Showing appreciation to people and animals Science: • Human teeth and their function • Caring for teeth • Teeth decay and cavities E-safety: • Responding to mean and hurtful messages and language online. Enrichment: • Speak Out Stay Safe Day	PSHE: Changing Me • To be reviewed Science: • The impact of air pollution • The impact of water pollution Geography: • National Field Work Week E-safety: • Recognising that photos and videos can be digitally altered.
Year 5	PSHE: Being Me in My World • Planning the year ahead • Being a citizen • Rights and responsibilities • Rewards and consequences • How behaviour affects groups • Democracy, having a voice, participating Swimming: • Water safety • Life-saving skills E-safety: • How to make healthy media choices Enrichment: • Cycling Proficiency Course	PSHE: Celebrating Differences • Perceptions of normality • Understanding disability • Power struggles • Understanding bullying • Inclusion/ exclusion • Differences as conflict, difference as celebration • Empathy Swimming: • Water safety • Life-saving skills E-safety: • Recognising which information is safe to share online Enrichment: • First Aid Course	PSHE: Dreams and Goals • Future dreams • The importance of money • Jobs and careers • Dream job and how to get there • Goals in different cultures • Supporting others (charity) • Motivation E-safety: • Digital footprints Enrichment: • Being Different Being Equal Week	PSHE: Healthy Me • Smoking including vaping • Alcohol and vaping • Alcohol and anti-social behaviour • Emergency aid • Relationships with food • Healthy choices • Motivation and behaviour E-safety: • Be able to identify positive and negative interactions whilst playing online games Enrichment: • Internet Safety Day	PSHE: Relationships • Self-recognition and self-worth • Building self-esteem • Safer online communities • Rights and responsibilities online • Online gaming and gambling • Reducing screen time • Dangers of online grooming • SMARRT internet safety rules Science: • Lifecycles of mammals – including types of reproduction. E-safety: • To recognise cyberbullying and know how to be an upstander Enrichment: • Speak Out Stay Safe Day	PSHE: Changing Me • Self- and body image • Influence of online and media on body image • Puberty for girls • Puberty for boys • Conception (including IVF) • Growing responsibility • Coping with change • Preparing for transition Science: • Gestation periods • Foetal development • Changes during puberty • Changes during adulthood and old age Geography: • National Field Work Week E-safety: • To understand the rights and responsibilities of creators

Year 6	PSHE: Being Me in My World • Identifying goals for the year • Global citizenship • Children's universal rights • Feeling welcome and valued • Choices, consequences and rewards • Group dynamics • Democracy, having a voice • Anti-social behaviour • Role-modelling Swimming: • Water safety • Life-saving skills E-safety: • Understanding and creating media balance Enrichment: • Residential Trip to River Dart	PSHE: Celebrating Differences • Assertiveness • Prejudice and discrimination • My values and those of others • Challenging stereotypes • Discrimination in school • How prejudice and discrimination fuels bullying • Being inclusive Science: • The impact of diet, exercise, drugs and lifestyle on the function of the body • Impact of drugs and alcohol on the body Swimming: • Water safety • Life-saving skills E-safety: • Recognising clickbait and understanding how to avoid it	PSHE: Dreams and Goals • What are my dreams and goals? • Steps to success • Coping when things don't go to plan • Rewarding my dreams • Intrinsic and extrinsic motivation • Keeping my dreams alive • How dreams and goals change in response to life E-safety: • Knowing how gender stereotypes shape online experiences Enrichment: • Being Different Being Equal Week	PSHE: Healthy Me • Healthy choices about my emotional health • Managing stress • Managing my choices around substances • Managing my nutritional choices • Medicines and immunisation • Healthy choices about physical activity and rest/sleep Science: • Genetics of offspring E-safety: • Understanding online-only friendships Enrichment: • Internet Safety Day	PSHE: Relationships • My changing web of friendships • Support I need now and in the future • Developing positive relationships • What external factors affect relationships e.g. media influences? • Assertiveness in relationships • The changing roles of families E-safety: • Understanding cyberbullying and how to stop it Enrichment: • Speak Out Stay Safe Day	PSHE: Changing Me • My changing body and feelings • What is self-image? • Coping during times of change • My changing ways of thinking • Managing my changes in mood • Moving into my next year of education Geography: • National Field Work Week E-safety: • How to be a responsible digital citizen Enrichment: • School trip to Hazard Alley (how to deal with potentially dangerous scenarios)