

The Stay Safe and Well Curriculum* at HMS

Year 5, 6, 7 & 8

(Revised for September 2026)

Year 5	PSHE Lessons	Assemblies	Form Time	Events
September to October Year 5	Theme – Relationships linked to friendships and different cultures and managing hurtful behaviour. - How can my adult relationships affect my future? - How do words have power? - What are my personal boundaries? - What are online relationships?	- Safeguarding for students delivered by SLT. - Respect, Engage, Aspire – safe relationships within school community. - Character virtues including courage. - Emotion Coaching and Zones of Regulation introduction	- Introduction to skills builder – looking at transferable human skills. - Tutor reflections on concepts and applications of maintaining peace and the world around them. - Tutor task around West Northumberland Food Bank's role in the community; also linked to physical wellbeing and concepts of hunger. - Tutor task around Black history month and exploring significant figures and therefore positive characteristics of people throughout history. - Relating to World Mental Health Day - Relating to the nature of homelessness and basic needs. Debate – Parents/Carers are the most important adult in a child's life to affect their future. Agree or Disagree.	- Team Building Session exploring teamwork and relationships. - Forest School runs throughout the year for all year 5 groups. - Railway Safety Workshops - Be You Workshop – Friendship and Positive Relationships - Hello Yellow Day – Mental Health - Planned Fire Drill (no obstacles – announced) - Co Crew Bonanza Workshops – Carbon Monoxide poisoning. - Swimming lessons
November to December Year 5	Theme – Relationships linked to friendships and different cultures and managing hurtful behaviour. - What is grooming? - What is media influence? - What is peer pressure?	- Bonfire Safety - Building bridges not walls – peace and armistice day. - Anti-bullying week themes of personal wellbeing and safe relationships. - Having Gratitude – positive character virtues and wellbeing.	- Reflecting upon Remembrance Day building on the concept of war and peace. - Looking at the role of politicians and how they influence everyday life. - Wreath making which explores staying safe and well. Debate – media is greatest influence on a young person's life today. Agree or Disagree	- Children in Need Day - Forest School runs throughout the year for all year 5 groups. - Flu Vaccinations - Interfaith Week Workshops (PERS Curriculum) - Swimming lessons - Antibullying Talk – Dave Burns

January to February Year 5	Theme – Keeping safe - How can we keep our things safe? - How can we use our phones sensibly? - What are deep fakes?	- Planning Skills Builder Skill – exploring themes of aspiration and personal achievement. - Holocaust memorial – exploring discrimination and what to do. - Diversity and Inclusion LGBTQ+IA information and understanding. - Safer Internet Day – reminders of how to stay safe online.	- Discussion around sanctions within school. Links to respect and engage values from the school ethos. Debate – Artificial Intelligence should be embraced and it will improve our lives. Agree or disagree.	- Safer Internet Week - Forest School runs throughout the year for all year 5 groups. - First Aid Workshops – First Aid North East - World Religion Week – Workshops. TBC - Swimming Lessons
February to March Year 5	Theme – Keeping safe - What are the risks with money? - What do I know about drugs? - Why are our special people important?	Adapting Skills Builder Theme– themes exploring resilience and perseverance.	- Skills Builder looking at Adapting links to wellbeing. Debate – Young people should be encouraged to use more cash instead of cards. Agree or disagree?	- Pupil survey - Forest School runs throughout the year for all year 5 groups. - Comic Relief - Red Nose Day Event - Bikeability – cyclist safety on roads. TBC - Swimming Lessons
April to May Year 5	Theme – Understanding the Law. - How do rules help our community? - What can and can't I do on the internet? - What is gambling?	Protected characteristics – Age and Disability.	- Skills Builder linked to creativity and personal growth. - Skills Builder with focus on creativity and using these skills to overcome difficulties and challenges. - Tutor Task - Debate – the age to vote has been reduced to 16. This means that 16 year olds should be legally allowed to gamble. Agree or disagree.	- Stay safe around water form time focus week. - Forest School runs throughout the year for all year 5 groups. - Christianity Talk (PERS Curriculum) TBC - Swimming lessons
June to July	Theme – Wellbeing - How might puberty impact me? - How can drugs and alcohol make people feel? - How might being online impact the way I feel?	- Caring for others exploring themes of prejudice. - Being true to yourself – themes of personal	Tutor Task - Healthy Eating Week exploring healthy diets, nutrition and keeping fit and well. Links between physical health and mental health.	- Sports Day - Forest School runs throughout the year for all year 5 groups. - Swimming lessons

Year 5		development and self-fulfilment. • Staying safe online. • Transition and moving onto the next stage of education.	• Debate – all young people should have restricted online time enforced by the government. Agree or disagree.	
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Year 6	PSHE Lessons	Assemblies	Form Time	Events
September to October Year 6	Theme – relationships • How can I get ready for secondary relationships? • How can we be allies against racism? • How can we challenge sexism?	• Safeguarding for students delivered by SLT. • Respect, Engage, Aspire – safe relationships within school community. • Character virtues including courage. • Emotion Coaching and Zones of Regulation introduction	• Introduction to skills builder – looking at transferable human skills. • Tutor reflections on concepts and applications of maintaining peace and the world around them. • Tutor task around West Northumberland Food Bank’s role in the community; also linked to physical wellbeing and concepts of hunger. • Tutor task around Black history month and exploring significant figures and therefore positive characteristics of people throughout history. • Relating to World Mental Health Day • Relating to the nature of homelessness and basic needs. • Debate - Hexham is not a diverse community. More should be done to encourage or promote greater diversity/multiculturalism. Agree or disagree.	• Railway Safety Workshops • Hello Yellow Day – Mental Health • Planned Fire Drill (no obstacles – announced) • Swimming lessons (Catch Up sessions – JBA)
November to December Year 6	Theme – relationships • How can we respect different relationships? • What is a debate? • What is my relationship with authority? • Halloween and bonfire lesson.	• Bonfire Safety • Building bridges not walls – peace and armistice day. • Anti-bullying week themes of personal wellbeing and safe relationships. • Having Gratitude– positive character virtues and wellbeing.	• Reflecting upon Remembrance Day building on the concept of war and peace. • Looking at the role of politicians and how they influence everyday life. • Wreath making which explores staying safe and well.	• Children in Need Day • Flu Vaccinations ??? • Interfaith Week Workshops (PERS Curriculum) • Swimming lessons (catch up sessions – JBA)

			Debate - Firework displays should be replaced by drones for the sake of environment. Agree or disagree.	
January to February Year 6	Theme – Keeping Safe - How is my data shared? - What is spiking? - What is the issue with addiction (vaping/smoking)?	- Planning Skills Builder Skill – exploring themes of aspiration and personal achievement. - Holocaust memorial – exploring discrimination and what to do. - Diversity and Inclusion LGBTQ+IA information and understanding. - Safer Internet Day – reminders of how to stay safe online.	- Discussion around sanctions within school. Links to respect and engage values from the school ethos. Debate - Vaping should be sanctioned differently to smoking in school. Agree or disagree	- Safer Internet Week - Forest School runs throughout the year for all year 5 groups. - First Aid Workshops – First Aid North East - World Religion Week – Workshops. TBC - Swimming Lessons – catch ups
February to March Year 6	Theme – Understanding the Law - What different types of crime are there? - What does the law say about legal drugs? - What does the law say about marriage?	Adapting Skills Builder Theme– themes exploring resilience and perseverance.	- Skills Builder looking at Adapting links to wellbeing. - Debate around marriage – is it necessary in today's society?	- Pupil survey - Forest School runs throughout the year for all year 5 groups. - Comic Relief - Red Nose Day Event - Bikeability – cyclist safety on roads. TBC - Swimming Lessons – catch ups
April to May Year 6	- Theme – Understanding the law - What is a weapon? - What is anti-social behaviour? - What is shop theft?	Protected characteristics – Sex and Race	- Skills Builder linked to creativity and personal growth. - Skills Builder with focus on creativity and using these skills to overcome difficulties and challenges. - Tutor Task - Debate – There are no issues with anti-social behaviour in our school and wider community.	Stay safe around water form time focus week. SAFE Campaign – Stay away from Edge and Float to Live

June to July Year 6	Theme wellbeing - What does 30 look-like? - How can I reframe my thinking? - How can I seek support for my mental health?	- Caring for others exploring themes of prejudice. - Being true to yourself – themes of personal - Staying safe online.	Tutor Task - Healthy Eating Week exploring healthy diets, nutrition and keeping fit and well. Links between physical health and mental health.	- Sports Day - Staying Safe/Choices (including online) – Dave Burn Talk - Road Safety Workshop – Northumbria Police TBC - Safety Works – Benwell - Zoolab workshops
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		Transition and moving onto the next stage of education.	Debate – should you feel guilty about killing insects? Linked to personal development and empathy.	
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TBC: Height and Weight Checks

Year 7	PSHE Lessons	Assemblies	Form Time	Events
September to October Year 7	Theme – relationships - Is this banter or bullying? - What is child on child abuse? - How do I deal with conflict? - How can we deal with relationships breaking down? - Why is truth important?	- Safeguarding for students delivered by SLT. - Respect, Engage, Aspire – safe relationships within school community. - Character virtues including courage. - Emotion Coaching and Zones of Regulation introduction	- Introduction to skills builder – looking at transferable human skills. - Tutor reflections on concepts and applications of maintaining peace and the world around them. - Tutor task around West Northumberland Food Bank’s role in the community; also linked to physical wellbeing and concepts of hunger. - Tutor task around Black history month and exploring significant figures and therefore positive characteristics of people throughout history. - Relating to World Mental Health Day - Relating to the nature of homelessness and basic needs. Debate – Banter is an acceptable part of school culture. Agree or disagree.	- Hello Yellow Day – Mental Health - Planned Fire Drill (no obstacles – announced)

November to December Year 7	Theme – Physical Health (previous unit) - Physical and Mental Health Wellbeing - Self Care (NHS) - Building Connections (NHS) - First Aid – Basic Life Support (St. John’s Ambulance) - Dental Health (PSHE Association)	- Bonfire Safety - Building bridges not walls – peace and armistice day. - Anti-bullying week themes of personal wellbeing and safe relationships. Having Gratitude– positive character virtues and wellbeing.	- Reflecting upon Remembrance Day building on the concept of war and peace. - Looking at the role of politicians and how they influence everyday life. - Wreath making which explores staying safe and well. Debate - Diet is the most important thing to consider to improve your physical health. - Agree or Disagree	- Children in Need Day - Interfaith Week Workshops (PERS Curriculum) Swimming lessons (catch up sessions – JBA)
January to February Year 7	Theme – Keeping safe - How do we balance risk and independence? - How can we be responsible road users? - What is an addiction? - What is vaping all about? - How do I report concerns?	- Planning Skills Builder Skill – exploring themes of aspiration and personal achievement. - Holocaust memorial – exploring discrimination and what to do. - Diversity and Inclusion LGBTQ+IA information and understanding. - Safer Internet Day – reminders of how to stay safe online.	- Discussion around sanctions within school. Links to respect and engage values from the school ethos. Debate – We should more responsible as pedestrian road users to ensure everyone’s safety. Agree or disagree.	- Safer Internet Week - Be You Workshop – Sleep Hygiene - First Aid Workshops – First Aid North East - World Religion Week – Workshops
February to March Year 7	Theme – Understanding the law - What is the age of criminal responsibility? - What are protected characteristics? - What is hate crime? - What is racism? - What is homophobia? - How can it feel to witness a crime?	Adapting Skills Builder Theme– themes exploring resilience and perseverance.	- Skills Builder looking at Adapting links to wellbeing. Debate – Has Brexit (leaving the European Union) made the UK appear more xenophobic?	- Cannabis Awareness – Dave Burn Talk - Red Nose Day Event - Pupil Survey
April to May Year 7	Theme – Financial Literacy - Spending Decisions - Budgeting - Getting a Job - Inflation - The Critical Consumer - Budgeting for a holiday	Protected characteristics – Sexual orientation	- Skills Builder linked to creativity and personal growth. - Skills Builder with focus on creativity and using these skills to overcome difficulties and challenges. - Tutor Task - Debate - around concepts of wealth and philanthropy – links to safety around money.	- Stay safe around water form time focus week. - Sikhism Talk (PERS Curriculum) TBC

June to July Year 7	Theme – Relationships • How can we deal with relationships breaking down? • Why is truth important? • Puberty and Emotions • Menstrual Wellbeing • Introduction to consent	• Caring for others exploring themes of prejudice. • Being true to yourself – themes of personal	• Skills Builder linked to creativity and personal growth. • Skills Builder with focus on creativity and using these skills to overcome difficulties and challenges. • Debate – it is alright to tell lies to protect yourself or others. Agree or Disagree	• Sports Day
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TBC: Why Queue? – sustainable transport choices

Year 8	PSHE Lessons	Assemblies	Form Time	Events
September to October Year 8	Theme – Relationships - Are we responsible with social media? - How do I deal with unplanned encounters? - How can I deal with my friends using drugs and alcohol? - What are red flags in relationships (friendship and romantic)?	- Safeguarding for students delivered by SLT. - Respect, Engage, Aspire – safe relationships within school community. - Character virtues including courage. - Emotion Coaching and Zones of Regulation introduction	- Introduction to skills builder – looking at transferable human skills. - Tutor reflections on concepts and applications of maintaining peace and the world around them. - Tutor task around West Northumberland Food Bank’s role in the community; also linked to physical wellbeing and concepts of hunger. - Tutor task around Black history month and exploring significant figures and therefore positive characteristics of people throughout history. - Relating to World Mental Health Day - Relating to the nature of homelessness and basic needs. Debate – The term ‘Stranger Danger’ is not helpful in keeping young people safe. Agree or disagree	- Hello Yellow Day – Mental Health - Planned Fire Drill (no obstacles – announced)
November to December Year 8	Theme – Wellbeing - How can viewing violent content make us feel? - How does social media make me feel? - How can drugs and alcohol impact the way we feel? - What is anxiety? - What is depression?	- Bonfire Safety - Building bridges not walls – peace and armistice day. - Anti-bullying week themes of personal wellbeing and safe relationships. - Having Gratitude– positive character virtues and wellbeing.	- Reflecting upon Remembrance Day building on the concept of war and peace. - Looking at the role of politicians and how they influence everyday life. - Wreath making which explores staying safe and well. Debate – An alcohol-free childhood is the best advice. Do you agree or disagree?	- Children in Need Day - Interfaith Week Workshops (PERS Curriculum)
January to February Year 8	Theme – Keeping safe - What do we need to do in the event of a school lockdown? - How safe are legal drugs? - What is neglect? - What are deep fakes? - What are my algorithms?	- Planning Skills Builder Skill – exploring themes of aspiration and personal achievement. - Holocaust memorial – exploring discrimination and what to do. - Diversity and Inclusion LGBTQ+IA information and	- Discussion around sanctions within school. Links to respect and engage values from the school ethos. Debate - Deep fakes are a natural evolution of AI progression. We just need to accept	- Be You Workshops – Resilience - First Aid Workshops – First Aid North East - World Religion Week - Workshops

		understanding. Safer Internet Day – reminders of how to stay safe online.		
		Adapting Skills Builder Theme– themes exploring resilience and perseverance.	and live with this in modern society. Agree or disagree	Pupil survey
February to March Year 8	Theme – Understanding the law - What does the law say about the possession of drugs? - What is stop and search? - What are e-rides? - What is phishing and hacking? - What’s are threatening behaviours? - What’s is money laundering?		- Skills Builder looking at Adapting links to wellbeing. Debate – Police powers for Stop and Search are a key part of keeping young people safe. Do you agree or disagree?	- Red Nose Day Event - Grooming Workshop – Northumbria Police
April to May Year 8	Theme – Financial Education (FLiC) - Opening a bank account - Reading a bank statement - How to save money - Debit and credit cards - Managing debt – a guide to banking	Protected characteristics – Religion or Belief and Marriage/civil partnership	- Skills Builder linked to creativity and personal growth. - Skills Builder with focus on creativity and using these skills to overcome difficulties and challenges. - Tutor Task - Debate – Linked to Financial Literacy	- Stay safe around water form time focus week. - Islam Talk (PERS Curriculum)
June to July Year 8	Theme – Careers - Navigating work, study and careers – exploring careers and interests - Navigating work, study and careers – work patterns and places - North East Labour Market Information Theme – Relationships/Sex Education - Consent – avoiding assumptions - Introduction to contraception	- Caring for others exploring themes of prejudice. - Being true to yourself – - themes of personal	- Tutor Task - Healthy Eating Week exploring healthy diets, nutrition and keeping fit and well. Links between physical health and mental health. Debate – There are not enough good jobs in the North East and people will have to move away to find one.	- Sports Day (Physical and Mental Health) - Child Sexual Exploitation – Dave Burn Talk

*When incidents arise or contextual safeguarding is required to ensure safety, Heads of Key Stage/SLT deliver bespoke messages to all year groups. These have, in the past included, safety to and from school, scooter safety, water safety, reminders of online conduct, reminders of sharing images, reminders of building and maintaining positive relationships. This is not an exhaustive list.