

# RHE/PSHCE & cultural calendar long term overview

2025-2026

EYFS					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<ul style="list-style-type: none"> <li>To learn the rules of circle time. <i>Now</i></li> <li><b>Safeguarding</b> - Staying safe in school and knowing who trusted adults are in school. <i>now</i></li> <li>How can I be a good friend? How can I be kind to others?</li> <li>How to share.</li> <li><b>Safeguarding-</b> Stranger danger <i>now</i> (taught in preparation for Stokesley show)</li> <li>How do I feel? <i>now</i></li> <li>How is harvest celebrated around the world? <i>Wow</i></li> </ul>	<ul style="list-style-type: none"> <li>What is Remembrance Day? How do we remember and show respect? <i>ow</i></li> <li>How are we the same and how are we different? <i>wow</i></li> <li>What is St. Andrew's day? <i>wow</i></li> <li><b>Safeguarding</b> - Road Safety <i>now</i></li> <li>How is Christmas celebrated around the world? <b>British values- mutual respect &amp; tolerance</b> <i>wow</i></li> <li>Nativity practise</li> <li>Nativity <i>wow</i></li> </ul>	<ul style="list-style-type: none"> <li>How can we make a positive new year's resolution? How can I be positive? (Growth mindset)</li> <li>What does 'family' look like?</li> <li>How can I stay healthy? <i>wow</i></li> <li>What should I do if I am worried? <i>Now &amp; ow</i></li> <li>What is Chinese New Year? How is it celebrated? <i>Wow</i></li> <li><b>Safeguarding</b> - Screen Time (and staying safe on computers/ipads) &amp; online safety <i>now</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Safeguarding</b> - medicines <i>now</i></li> <li>What is St. David's day? How is it celebrated? <i>wow</i></li> <li>What is St. Patrick's day? How is it celebrated? <i>wow</i></li> <li>Why &amp; How do we celebrate Easter? <i>ow</i> (sensory story)</li> <li>Easter service practice</li> </ul>	<ul style="list-style-type: none"> <li>What is St. George's day? How is it celebrated? <i>wow</i></li> <li><b>Safeguarding-</b> Sun safety. <i>now</i></li> <li>Which parts of a church are used for a Christening/wedding?</li> <li>Why do we have a Christening/wedding? How are they celebrated?</li> <li>How do we prepare for it?</li> <li>Experience a Christening/wedding <i>wow</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Safeguarding-</b> Beach and water safety <i>now</i></li> <li>What is mindfulness? <i>now</i></li> <li>Teeth</li> <li>What am I grateful for?</li> <li>What have I enjoyed doing/learning in Reception about this year? <i>now</i></li> <li>What am I looking forward to in Year 1? <i>now</i></li> <li>Final circle time</li> </ul>
<b>Year 1</b>					

<p>Autumn 1 <b>Big question:</b> What is the same &amp; different about us? <i>Now</i> What makes a good friend? <i>now</i></p>	<p>Autumn 2 <b>Big question:</b> What helps us stay healthy? <i>now</i></p>	<p>Spring 1 <b>Big question:</b> What is 'good' mental health? <i>now</i></p>	<p>Spring 2 <b>Big question:</b> Who is special to us? <i>now</i></p>	<p>Summer 1 <b>Big question:</b> How can we look after each other &amp; the world? <i>Ow &amp; now</i></p>	<p>Summer 2 <b>Big question:</b> Who helps to keep us safe?</p>
<p>Texts: 'Elmer' series 'Happy in our skin' 'The colour monster'</p> <ul style="list-style-type: none"> <li>• <b>Safeguarding-</b> how can we stay safe in school &amp; playground? (R5, R20, R24, L1) <b>British values- rule of law</b></li> <li>• <b>Safeguarding -</b> How do we stay safe online? (H34) (Taught through ICT curriculum in e-safety)</li> <li>• <b>Foundations for wellbeing - #1</b> noticing feelings.</li> <li>• How are we different and unique? (H21, H22, R23) <b>British</b></li> </ul>	<p>Texts: 'Eat your greens Goldilocks' &amp; 'Get some rest sleeping beauty'</p> <ul style="list-style-type: none"> <li>• How can I show respect? (R22) <b>British values- mutual respect</b> (In preparation for Remembrance Day)</li> <li>• What helps us stay healthy? (H1, H5) (Hand washing &amp; 'catch it, bin it, kill it')</li> <li>• <b>Safeguarding -</b> How does medicine help? (H6)</li> <li>• Friendship week (whole school)</li> <li>• What does friendship look like? (R6, R21, R9) <i>now</i> <b>British values- mutual respect &amp; tolerance</b> How can we resolve arguments? (R8, R11) <i>Now</i></li> </ul>	<p>Texts: 'Snow White and the very angry dwarf' 'The lamb who came for dinner'</p> <ul style="list-style-type: none"> <li>• <b>Safeguarding-</b>What do I do if I'm worried about something? What is mental health and how can we look after it? (National children's mental health week -whole school) (R5, R20, H18, H24) <i>ow</i></li> <li>• <b>Foundations for wellbeing - #3</b> pay attention to pleasant feelings.</li> <li>• <b>Foundations for wellbeing - #4</b> helpful and unhelpful thoughts.</li> <li>• What does lonely look like? (R7) <i>ow</i></li> <li>• How is Chinese New Year celebrated? <i>wow</i></li> </ul>	<p>Texts: 'The Worrysaurus' 'Brontorina'</p> <ul style="list-style-type: none"> <li>• <b>Safeguarding-</b> What is private? (R13, R16) &amp; PANTS rule <b>British values-rule of law</b></li> <li>• Who is special to us? (R1, R2)</li> <li>• What does family look like? (R3, R4)</li> <li>• How is St David's day is celebrated? (taught through worship &amp; geography)</li> <li>• How is St Patrick's Day celebrated? (taught through worship &amp; geography)</li> <li>• How is Holi celebrated? <b>British values-mutual respect</b></li> </ul>	<p>Texts: Charlie &amp; Lola series 'Look after your planet' &amp; 'Here we are'</p> <ul style="list-style-type: none"> <li>• How can we look after the environment? (L2, L3) <b>Earth Day</b> <b>British values-mutual respect</b></li> <li>• Practical activity to look after the environment (litter picking) (L2, L3)</li> <li>• How can we look after each other? (H26) (including the difference between needs &amp; wants) <b>British values-mutual respect</b></li> <li>• How is St George's day celebrated? (taught through worship &amp; geography)</li> </ul>	<p>Texts: 'Little chick and the secret of sleep'</p> <ul style="list-style-type: none"> <li>• Who helps to keep us safe &amp; healthy? (H32, H33, H10, L5)</li> <li>• <b>Safeguarding-</b> How do we get help in an emergency? (H35, H36- When and how to get help in an emergency (how to dial 999 and what to say).</li> <li>• Sports week (whole school/Tour De Yorkshire)</li> <li>• How do people get money? (earned, won,</li> </ul>

<p><b>values-mutual respect</b></p> <ul style="list-style-type: none"> <li>• What are my strengths? (H23, L14)</li> <li>• How do I share my opinion? (R25)</li> <li>• <b>British values-individual liberty</b></li> <li>• <b>Safeguarding-</b> Stranger danger (R15)</li> <li>• How is Diwali celebrated? <b>British values-tolerance</b> (c/c DT Diwali lamps)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Foundations for wellbeing - #2</b> distractions.</li> <li>• How is St. Andrew's day celebrated? (30<sup>th</sup> Nov) (taught through worship &amp; geography)</li> <li>• Christmas around the world (Hanukkah, etc.)</li> <li>• Nativity practise</li> <li>• Nativity</li> </ul>			<ul style="list-style-type: none"> <li>• <b>Foundations for wellbeing - #5</b> Reactions</li> <li>• <b>Safeguarding</b> -How can I stay safe in summer? (beach &amp; sun safety) (H32)</li> <li>• Why do we use the internet? (L7, L8) (Taught through ICT curriculum/e-safety)</li> </ul>	<p>borrowed, presents) What can we do with money? (spending, saving)</p> <ul style="list-style-type: none"> <li>• What are our memories of the year? What are we looking forward to next year? (H27)</li> <li>• Leaver's service practice</li> </ul>
--	---	--	--	--	--

**\*Please note-internet safety is to be taught through 'safer internet day' and ICT lessons.**

**Year 2**

<b>Autumn 1 (Young Leaders Award-Kindness)</b>	<b>Autumn 2 (Young Leaders Award-Kindness)</b>	<b>Spring 1 (Young Leaders Award - Perseverance)</b>	<b>Spring 2 (Young Leaders Award -Teamwork)</b>	<b>Summer 1 (Young Leaders Award - Action)</b>	<b>Summer 2 (My Future!)</b>
<ul style="list-style-type: none"> <li>• <b>Safeguarding-</b> How can I stay safe? (H28) about rules and age restrictions that</li> </ul>	<ul style="list-style-type: none"> <li>• (H29) to recognise risk in simple everyday situations and what action to take to minimise harm. <b>Stranger danger (R15) now</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Safeguarding-</b>NSPCC PANTS rule (R16) about how to respond if physical contact makes them feel uncomfortable or unsafe. <i>Now</i></li> </ul>	<ul style="list-style-type: none"> <li>• L5. about the different roles and responsibilities people have in their community.</li> </ul>	<p><b>What help us to grow and stay healthy?</b></p>	<ul style="list-style-type: none"> <li>• <b>Safeguarding</b> - How can I stay safe in summer? (beach &amp; sun safety) (H8) how to</li> </ul>

<p>keep us safe. (L1) about what rules are, why they are needed, and why different rules are needed for different situations. <i>Now</i></p> <ul style="list-style-type: none"> <li>• <b>Introduction to YLA-What is kindness?</b> (YLA Kindness L1) (R21) about what is kind and unkind behaviour, and how this can affect others. <i>Now</i></li> <li>• <b>Foundations for wellbeing-Noticing and naming feelings - #1</b> (YLA Kindness L2) (H11) about different feelings that humans can experience. (H12) how to recognise and name different feelings. (H14) how to recognise what others might be feeling.</li> <li>• (YLA Kindness L3 &amp; 4) (H16) about ways</li> </ul>	<ul style="list-style-type: none"> <li>• Friendship week (whole school) (R10) that bodies and feelings can be hurt by words and actions; that people can say hurtful things online. (R11) about how people may feel if they experience hurtful behaviour or bullying. <i>now &amp; ow</i></li> <li>• <b>Remembrance Day</b> (c/c history) <i>ow</i></li> <li>• Money- (L10) what money is; forms that money comes in; that money comes from different sources L11. that people make different choices about how to save and spend money.</li> <li>• <b>Foundations for wellbeing-#2</b> Different distractions</li> </ul>	<ul style="list-style-type: none"> <li>• Money-(L12) about the difference between needs and wants; that sometimes people may not always be able to have the things they want (L13) that money needs to be looked after; different ways of doing this.</li> <li>• H24. how to manage when finding things difficult. <i>Ow</i> (H18) different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good. H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it. <i>Now &amp; ow</i> (Children's mental health week)</li> <li>• <b>Foundations for wellbeing-#3</b> Changing thoughts and feelings (National children's mental health week -whole school)</li> <li>• <b>Foundations for wellbeing-#4</b> Managing unhelpful thoughts</li> </ul>	<ul style="list-style-type: none"> <li>• R22. about how to treat themselves and others with respect; how to be polite and courteous. <i>now</i></li> <li>• (R24) how to listen to other people and play and work cooperatively. (R25) how to talk about and share their opinions on things that matter to them.</li> <li>• <b>Foundations for wellbeing-#5</b> Reactions and responses.</li> <li>• <b>Safeguarding</b>-How do we get help in an emergency? <i>now &amp; ow</i></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Safeguarding</b>-how to use medicine safely. <i>now &amp; ow</i></li> <li>• (H1) about what keeping healthy means; different ways to keep healthy. (H2) about foods that support good health and the risks of eating too much sugar. (World Food Day)</li> <li>• H3 about how physical activity helps us to stay healthy and ways to be physically active every day. <i>wow</i> (taught through science)</li> <li>• H4 about why sleep is important and different ways to rest and relax.</li> <li>• Practical activity to look after the environment (litter picking)</li> </ul>	<p>keep safe in the sun and protect skin from sun damage. <i>now</i> (taught in science)</p> <ul style="list-style-type: none"> <li>• H27. about preparing to move to a new class/year group. <i>now</i></li> <li>• R12. that hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult. <i>ow</i></li> </ul>
---	---	---	---	---	---

<p>of sharing feelings; a range of words to describe feelings. (H17) about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep).</p> <ul style="list-style-type: none"><li>• (YLA Kindness L5) Kindness experiment (with bible story)</li><li>• (YLA Kindness L7- Florence Nightingale) (H20) about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better. <i>Ow</i></li><li>• (H13) how feelings can affect people's bodies and how they behave. (H15) to recognise that not everyone feels the same at the same time, or feels the same about the same things. <i>Now</i></li></ul>					
---	--	--	--	--	--

<ul style="list-style-type: none"> <li><b>Safeguarding</b>-how can we play safely? <i>now</i> (H9) about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV. <i>Now</i></li> <li>Harvest practice</li> </ul>					
---	--	--	--	--	--

**\*Please note-internet safety is to be taught through 'safer internet day' and ICT lessons.**

**Cultural calendar 24-25**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Autumn 1 (1<sup>st</sup> Sept-24<sup>th</sup> Oct)</b> <b>September</b> NY-New beginnings/ Class/golden rules</p> <p>22<sup>nd</sup> - 28<sup>th</sup> - Recycle week 3<sup>rd</sup> -National poetry day 22<sup>nd</sup> - 5<sup>th</sup> Oct - Fairtrade fortnight 21<sup>st</sup> -International Day of Peace 22<sup>nd</sup> - 24<sup>th</sup> -*Rosh Hashanah</p> <p><b>October</b> Begins 4<sup>th</sup> - Harvest Black history month</p>	<p><b>Autumn 2 (3<sup>rd</sup> Nov-19<sup>th</sup> Dec)</b> <b>November</b> All Saints Day (1<sup>st</sup> Nov) All soul's day (2<sup>nd</sup> Nov) Bonfire night (5<sup>th</sup> Nov) Remembrance Day (11<sup>th</sup> Nov) 14<sup>th</sup> - World Diabetes Day 15<sup>th</sup> - Children in need 10<sup>th</sup>-14<sup>th</sup> - Friendship week 17<sup>th</sup> - 23<sup>rd</sup> - Road safety week Thurs 27<sup>th</sup> - Thanksgiving 30<sup>th</sup> - St Andrews</p> <p><b>December</b> 11<sup>th</sup> Dec-National Christmas jumper day Nativity 24<sup>th</sup> - Christmas eve 25<sup>th</sup> - Christmas 26<sup>th</sup> - Boxing Day</p>	<p><b>Spring 1 (5<sup>th</sup> Jan-13<sup>th</sup> Feb)</b> <b>January</b> 1<sup>st</sup> - New Years' Day &amp; resolutions NY-Going for Goals 6<sup>th</sup> Jan - Epiphany 15<sup>th</sup> - Martin Luther King Jr. Day 25<sup>th</sup> Jan-Burn's night 7<sup>th</sup> Jan- 14<sup>th</sup> Feb - RSPB's Big school's birdwatch 23<sup>rd</sup> - 25<sup>th</sup> - Big garden birdwatch</p> <p><b>February</b> 11<sup>th</sup> - Safer internet day 9<sup>th</sup> - 15<sup>th</sup> - Children's Mental Health Week <a href="https://www.childrensmentalhealthweek.org.uk/">https://www.childrensmentalhealthweek.org.uk/</a> 14<sup>th</sup> - Valentines' Day 15<sup>th</sup> - 20<sup>th</sup> Random acts of kindness week 17<sup>th</sup> - Shrove Tuesday 18<sup>th</sup> - Ash Wednesday</p>	<p><b>Spring 2 (23<sup>rd</sup> Feb-27<sup>th</sup> March)</b> <b>February</b> 28<sup>th</sup> Feb - 1<sup>st</sup> March - *Ramadan</p> <p><b>March</b> 1<sup>st</sup> - St. David's Day 3<sup>rd</sup> - World wildlife day 4<sup>th</sup> - *Holi 6<sup>th</sup> - World book day 8<sup>th</sup> - International Women's Day 6<sup>th</sup> - 15<sup>th</sup> - British Science Week 15<sup>th</sup> - Red Nose Day 17<sup>th</sup> - St Patrick's Day 19<sup>th</sup> - Eid-al-Fitr 20<sup>th</sup> - spring solstice</p>	<p><b>Summer 1 (13<sup>th</sup> April-22<sup>nd</sup> May)</b> <b>April</b> 18<sup>th</sup> - Good Friday 12<sup>th</sup> - 20<sup>th</sup> - Passover 20<sup>th</sup>/21<sup>st</sup> - Easter Sun/Mon 22<sup>nd</sup>-Earth Day 23<sup>rd</sup> - St George's Day</p> <p><b>May</b> 13<sup>th</sup> - National Numeracy Day 11<sup>th</sup> - 17<sup>th</sup> Mental Health awareness week Walk to school week 20<sup>th</sup> - World Bee Day</p> <p><i>Half term (25<sup>th</sup> - 29<sup>th</sup> May)</i></p>	<p><b>Summer 2 (1<sup>st</sup> June-20<sup>th</sup> July)</b> <b>June</b> 21<sup>st</sup> - Father's Day National School Sports week 29<sup>th</sup> June - 12<sup>th</sup> July - Wimbledon</p> <p><b>July</b> 4<sup>th</sup> - 26<sup>th</sup> - Tour de France 4<sup>th</sup> - American Independence Day</p> <p><b>August</b> Big butterfly count</p> <p><i>Break up (21<sup>st</sup> July)</i></p>

<p>1<sup>st</sup> -2<sup>nd</sup> *Yom Kippur  6<sup>th</sup>-13<sup>th</sup> *Sukkot  31<sup>st</sup> - Halloween  20<sup>th</sup> Oct - *Diwali  Harvest of the oceans  Harvest of the land</p> <p><i>Half term (27<sup>th</sup> Oct-  31<sup>st</sup> Oct)</i></p>	<p>14<sup>th</sup> - 22<sup>nd</sup> Dec *Hanukkah</p> <p><i>Break up (19<sup>th</sup> Dec)</i></p>	<p>17<sup>th</sup> Feb - 3<sup>rd</sup> March - *Chinese New Year  (Year of the Horse)  17<sup>th</sup> Feb - 18<sup>th</sup> March - *Ramadan</p> <p><i>Half term (16<sup>th</sup> - 20<sup>th</sup> Feb)</i></p>	<p>15<sup>th</sup> - Mother's Day</p> <p><i>Break up (27<sup>th</sup> March)</i></p>		
---	---	--	--	--	--