Dear parents and carers,

Our school is using the Talking Points schemes of work to deliver the government guidance on Health and Relationships education. It uses picture books as a starting point to get children talking about their own health and mental wellbeing as well as addressing other issues such as managing money and understanding democracy. Its aim is to develop children’s understanding of themselves, their emotions and how to deal with others. It also teaches children how to stay safe in many situations and who to speak to if they are ever worried or concerned.

Each two-week Talking Point unit has a question attached and they are listed below with the book that the children will read as a starting point.

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|  | Talking Point Question | Book | Author |
| 1 | How should I manage my money? | A new coat for Anna | Anita Lobel |
| 2 | How do drugs damage my health? | My big sister takes drugs | Judith Vigna |
| 3 | What affects my mental health? | After the fall | Dan Santat |
| 4 | Will sad things happen to me? | The sea saw | Tom Percival |
| 5 | How do I break a habit? | But it's just a game | Julia Cook |
| 6 | Should I give in to peer pressure? | Little cloud | Anne Booth |
| 7 | Should I send/post something I’m not comfortable with? | #Goldilocks | Jeanne Willis |
| 8 | What if I get dared? | I dare you | Reece Wykes |
| 9 | If it happens all the time, does it mean its right? | Malala's magic pencil | Malala Yousafzai |
| 10 | What is puberty? | Tad | Benji Davies |
| 11 | How do humans reproduce? | Tango makes 3 | Justin Richardson and Peter Parnell |
| 12 | How do we look after ourselves? | The sleep book | Dr Suess |
| 13 | Are images in the media real? | Sam tells stories | Thierry Robberecht |
| 14 | Should I trust the media? | But I read it on the internet | Toni Buzzio |
| 15 | Should I join in an argument? | Why? | Nicholai Popov |
| 16 | Am I a cyber bully? | Troll stinks | Jeanne Willis |
| 17 | Have I trolled someone? | Bully | Patricia Polacco |
| 18 | What sort of person shall I be? | Julian is a mermaid | Jessica Love |

If you have any questions or concerns, please contact the school in writing.

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Thank you for your continued support