



St. Peter's
Catholic Primary School

Wellbeing Week

Key Stage 1, Year A, Spring Term 1

1 week (NUTRITION FOCUS)



We put Jesus at the heart of everything that we do.

special kind unique inventive
generous awesome gentleness
purity helpful good positive
expressive enjoyable caring
adventurous bouncy zingy
fun truth colourful superb
confident polite compassion
friendly enthusiastic marvellous
comforting nice remarkable
happy magnificent great
meaningful forgiveness
exceptional joy wonderful
interesting creative hopeful
incredible spectacular
original brilliant peace
lovely service outstanding
dynamic amazing
dignity fabulous impressive
beautiful sacrifice
glorious fantastic tolerance
exciting terrific delicious
integrity cool considerate
phenomenal laughing funny
sharing humility loving
energetic smiling captivating
justice encouraging mercy
gracious faithful important
supporting delightful thankful
hard-working tremendous



The aims of our curriculum:

- We aim to be like Jesus the teacher, where all children learn to be good, inquisitive learners, capable of making our world a better place. Like Jesus our shepherd, no child will be left behind.
- We want our children to know more and remember more
- We aim to provide our children with a broad curriculum, rich with cultural capital.
- We aim to teach what is required from the National Curriculum as a minimum.
- We aim to create a curriculum that is teachable, clear and practical where possible.
- We want all of our children to progress so that they can tell us about their own progression in learning.
- We want our children to be able to tell us why they are learning what they are learning.

"I am come that they might have life, and that they might have it more abundantly."

John 10.10

Our Curriculum Drivers:

Catholic Social Teaching

Caritas in Action
The Dignity of work
We will recognize and help others to find their gift and share it.

Our Resilience

We will follow the:

- Think
- >
- Make
- >
- Break
- >

Repeat model in Design Technology so that instead of focusing on creating a final product quickly, we focus on making the best product that we can over time.

Our Community

We will welcome our parents in to class to share our spaghetti bolognaise meal with them.

We will welcome them, serve them together and remember to apply our table manners!

Sustainability

We will consider sourcing local produce so that we can reduce air miles of our food.

We will learn about the pros and cons of this, especially the cost implications.

In maths, we will compare shopping sustainably to shopping economically.

Diversity and inclusion

We will learn about how some people have serious restrictions on their diet. We will consider what these might be so that we make a meal that is accessible to as many people as possible. We will consider the reasons why people eat the way they do, both those that have the choice to do so and those who do not.

Wellbeing week:

As Scientists, we will:

- Become familiar with the human body and its life processes.
- We will learn the basic needs of animals, including humans for survival.
- We will learn about the importance of exercise, eating the right amounts of different types of food and about hygiene.

As Designers we will:

- As designers, we will take inspiration from existing products. We will think about a product's purpose, the users and how it is designed. We will use our knowledge of food to create a healthy meal that we can enjoy. We will ensure that the meal contains Carbohydrates for energy, protein for growth and vegetables for nutrition.