

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.

	Talking Point Question	Book	Author
1	What can affect my health?	Gregory the terrible eater	Mitchell Sharmat
2	What's a balanced lifestyle?	Crab and Whale	Mark Pallis
3	What is Health and Safety?	Look out at home	Claire Llewellyn
4	How does smoking damage my health?	Smoking stinks	Kim Gosselin
5	Who can help me be safe?	Come and tell me	Helen Hollick
6	What is restorative justice?	Two monsters	David Mckee
7	What are my rights and responsibilities?	The day the crayons quit	Oliver Jeffers
8	What happens if I break a rule?	I did it, I'm sorry	Carolyn Buehner
9	Why should I tell the truth?	The boy who cried bigfoot	Scott Magoon
10	What does honesty really mean?	A bike like Sergio's	Maribeth Boelts
11	What do I do when my friend is sad?	The hug	Eoin McLaughlin
12	Who do my actions affect?	Fergal is fuming	Robert Starling
13	What are my relationship rights and responsibilities?	The Go Away bird	Julia Donaldson
14	How do I raise my concerns?	The Lion inside	Rachel Bright
15	What's a community?	In the swamp by the light of the moon	Frann Presten-Gannen
16	How can we be different?	Horace and Morris but mostly Deloris	James Howe
17	Who else lives in my region?	Through my window	Tony Bradman
18	Who else lives in the UK?	My two grannies	Floella Benjamin