

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 | Can I set goals for me? | Harold and the purple crayon | Crockett Johnson |
| 2 | How does alcohol damage my health? | Daddy doesn't have to be a giant anymore | Jane Thomas |
| 3 | Can my mind get ill? | Silly Billy | Anthony Browne |
| 4 | How do I make a choice? | The storm whale | Benji Davies |
| 5 | Should my heart rule my head? | Oliver and Patch | Claire Freedman |
| 6 | Why is change so scary? | The Koala who could | Rachel Bright |
| 7 | What is peer pressure? | The story of Ferdinand | Munro Leaf |
| 8 | What if I'm uncomfortable? | Let the children march | Monica Clark-Robinson |
| 9 | What is loss? | Grandad's island | Benji Davies |
| 10 | Is my relationship unhealthy? | Just kidding | Trudy Ludwig |
| 11 | What's a relationship commitment? | King and King | Linda de Haan and Stern Nijland |
| 12 | What is a stereotype? | I'm a girl | Yasmeen Ismail |
| 13 | What is prejudice? | The sneetches | Dr Seuss |
| 14 | How do I challenge someone's views? | How to be a lion | Ed Vere |
| 15 | What is a debt? | Tight times | Barbara Shook Hazen |
| 16 | Who pays tax and what does it do? | Taxes Taxes | Nancy Loewen |
| 17 | Who chooses who runs our country? | Grandaddy's turn | Michael S Bandy |
| 18 | Can I save money and the environment? | Joseph had a little overcoat | Simms Taback |