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 | 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 |

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

Stephen.Tapley@william-alvey.lincs.sch.uk

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Thank you for your continued support