



NST Faith Calendar 2023-2024

RHE and PHSE links have been added to further support schools to deliver the content for these particular areas of the curriculum. This will support teachers in making the links to faith and virtues with other parts of the curriculum.

Within this calendar there are references to family. This reference is not limited to relations but to our Nishkam Family, which will extend beyond the classroom and school building as our pupils become members of the global family, humanity.

Week Commencing	Calendar Events (Actual day)	Information about the event and link to resources	Virtues/vices and Signs of Success	Link with R.E. Virtues and vices (inner hurdles)	Links with RHE (Relationships, Health Education) Pupils should know		Links with PHSE (Personal, Health, Social Education) L – Living in the Wider World R – Relationships H – Health and Wellbeing	
					Link for objectives covered		Link for objectives covered	
			Red Passport (EYFS Years 1-2)	Yellow Passport (Years 3-13)	Primary	Secondary	Primary	Secondary
31st August	Man Neeva, Mat Uchi Language of Virtues and Vices	<p>Welcome all pupils back into school by sharing the expectations for the year and a reminder about being a multi-faith, Sikh ethos, virtues-led school and what that means. Remind pupils about the Nishkam Passport which contains the virtues and the vices which will be explored further throughout the course of the year.</p> <p>In addition, discuss the importance of the school motto and its meaning.</p> <p>School Motto.pptx</p>	<p>Patience I set goals and stick with them until they are completed.</p>	<p>Humility (Man Neeva) <i>Arrogance</i></p> <p>Wisdom (Mat Uchi)</p>	<p>Relationships Education can be underpinned by a wider, deliberate cultivation and practice of resilience and character in the individual. These should include character traits such as belief in achieving goals and persevering with tasks, as well as personal attributes such as honesty, integrity, courage and humility.</p>		<p>H24: problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools</p>	<p>H1. How we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing.</p>
4th September	The importance of being safe and happy.	<p>All pupils should know how to stay safe in the school environment and what they should do if they are not happy. This forms a part of the safeguarding and wellbeing agenda at the start of the academic year.</p>	<p>Peacefulness Peace in the world begins with peace in your heart.</p> <p><i>Rage</i></p>	<p>Accountability Accountability is being willing to take responsibility for your choices and actions. We all have a joint responsibility to create a safe and happy environment at school.</p> <p><i>Dishonesty</i> <i>Hypocrisy</i></p>	<p>Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</p>	<p>Practical steps they can take in a range of different contexts to improve or support respectful relationships</p>	<p>R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support</p>	<p>H30. how to identify risk and manage personal safety in increasingly independent situations, including online</p>
11th September	International Day of Democracy (15th September)	<p>The International Day of Democracy provides an opportunity to review the state of democracy in the world. Democracy is as much a process as a goal, and only with the full participation of and support by the international community, national governing bodies, civil society and individuals, can the ideal of democracy be made into a reality to be enjoyed by everyone, everywhere.</p>	<p>Courtesy I think about how my actions affect others.</p> <p><i>Arrogance</i></p>	<p>Justice Justice means that every person's rights are protected. I stand up for the rights of others and myself.</p> <p><i>Blame</i></p>	<p>R14. the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friendships, including online)</p>		<p>L2. to recognise there are human rights, that are there to protect everyone</p> <p>L3. about the relationship between rights and responsibilities</p>	<p>R9. To recognise, clarify and if necessary, challenge their own values and understand how their values influence their decisions, goals and behaviours</p> <p>R2. to recognise and challenge</p>

								prejudice and discrimination and understand rights and responsibilities with regard to inclusion
18 th September	United Nations International Day of Peace (21 st September)	Each year the International Day of Peace is observed around the world on 21 September. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.	Peacefulness I avoid harming anyone. Hate	Peacefulness I trust God to help create peace in my own heart. I know peace begins here and I can bring peace around me and towards others. Hate Blame	R8 and R18 how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	L2. to recognise there are human rights, that are there to protect everyone	L29. to recognise the shared responsibility to challenge extreme viewpoints that incite violence or hate and ways to respond to anything that causes anxiety or concern.	
25 th September	Grandparents' Day (Sunday 1st October)	To help pupils become aware of family love, wisdom and guidance from the older generation can offer. For those pupils who have grandparents or elder figures in their families, inviting them to the assembly allows an opportunity to strengthen bonds for pupils. National Grandparents Day is a holiday celebrated in various countries, with official recognition in some, and occurring on various days of the year,	Courtesy I show others that I value and respect them. Arrogance	Respect I am guided by my faith traditions to be receptive to the wisdom of elders. Belittling	Families are important for children growing up because they can give love, security and stability. Families of many forms provide a nurturing environment for children	R2. to identify the people who love and care for them and what they do to help them feel cared for	R1. How to articulate their relationship values and to apply them in different types of relationships.	
2nd October	World Vegetarian Day (Sunday 1st October)	What we eat impacts the well being of ourselves, animals and the planet. Home - World Vegetarian Day (navs-online.org) vegetarian-free-poster.jpg (706x912) (navs-online.org)	Compassion I can show compassion to myself, animals and the environment Greed	Moderation Creating balance in life. Having enough – not too little, not too much. Attachment	R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own R34. how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with	L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for other		
9th October	Hindu celebration of Navratri (15 th October)	Hindus come together during Navratri to celebrate Durga, the mother goddess. Durga is best known for killing an evil demon in a battle which lasted nine days and nights and that is why the festival lasts for nine days and nights as well! The festival ends with what's known as Dussehra, which is the celebration of good over evil. BBC - Religions - Hinduism: Navaratri (Navratri)	Patience Patience is being calm with difficult things happen. With patience we begin to recognise the lessons that come through waiting	Determination With God's grace I stay focussed in the most challenging of times and remain optimistic.	R33. To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own	H25. About personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)		
16 th October	Golden Thread I Love and Forgiveness vs Enmity/Hate	How can we always show love and forgive others when we are faced with feelings of hate or enmity in life? Where there is forgiveness there is God himself. <i>Look to exemplify the core virtues of Love and Forgiveness and to avoid the vices of enmity and hate.</i>	Forgiveness I show kindness instead of taking revenge. Negative judgement Blame	Love Love is treating other people just as you would like them to treat you – with care and respect. Hate	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	L4. The importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others		
6 th November	Bandi Chor Diwas / Diwali (12 th November)	For Sikhs, Bandi Chor Diwas (day of liberation) marks the release of Guru Hargobind Sahib Ji, the sixth Sikh Guru from many years of wrongful imprisonment. The Guru secured the release of 52 other prisoners who were also being wrongfully held.	Compassion I help people when they need it. Arrogance	Optimism We embrace challenges with confidence and vitality. I focus on solutions rather than problems.	R3. to recognise, respect and, if appropriate, challenge the ways different faith or cultural views influence relationships	H9. strategies to understand and build resilience, as well as how to respond to disappointments and setbacks		

		For Hindus, Diwali honours Lakshmi, the goddess of wealth. It also celebrates the triumph of good over evil marking the return of Rama and Sita after defeating the demon Ravana.		I do things whole heartedly.	R9. to recognise, clarify and if necessary challenge their own values and understand how their values influence their decisions, goals and behaviours	
13 th November	Anti Bullying Week (13th – 17th November) World Kindness Day (13th November)	Anti-Bullying Week is no different. Bullying has a long-lasting effect on those who experience and witness it. But by channelling our collective power, through shared efforts and shared ambitions, we can reduce bullying together.	Kindness I do things that make others happy. Hate Belittling	Tact Tact is thinking before you speak. I am sensitive to others' feelings. Hate Belittling	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.	R11. About how people may feel if they experience hurtful behaviour or bullying R38. To recognise bullying, and its impact, in all its forms; the skills and strategies to manage being targeted or witnessing others being bullied
20 th November	Peace Charter for Forgiveness and Reconciliation Also: World Science Day for Peace and Development (10 th November)	To understand the principles of the Peace Charter for Forgiveness and Reconciliation and the importance in the way we live our lives locally and globally. HOME – Peace Charter for Forgiveness and Reconciliation	Forgiveness I remember that everyone makes mistakes. Hate Arrogance Negative Judgement Blame	Forgiveness God is ever forgiving. Where there is forgiveness there is God himself. Hate Arrogance Negative Judgement Blame	The characteristics of positive and healthy friendships (in all contexts, including online) including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships	R17. That friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely R19. to develop conflict management skills and strategies to reconcile after disagreements
27 th November	Guru Nanak Dev Ji Gurburab (27th November)	Gurburab celebrating the coming into the world of Guru Nanak Dev Ji, the first Guru and founder of the Sikh Dharam (1439-1539). Key lifelong principles applied by all Sikhs today include living a truthful life by praying, working honestly and sharing with others.	Honesty Honesty is the foundation of my integrity. Dishonesty Hypocrisy	Truth and Honesty Living a Truthful life means living sincerely and honestly and putting God-given virtues into practice everyday. Dishonesty Hypocrisy	R32 • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
4 th December	Bodhi Day (8th December)	Bodhi Day commemorates the day that Buddha, Siddhartha Gautama (Shakyamuni), experienced enlightenment, also known as bodhi in Sanskrit and Pali. According to tradition, Siddhartha had recently forsaken years of extreme ascetic practices and resolved to sit under a peepal tree and simply meditate until he found the root of suffering, and how to liberate oneself from it.	Patience Patience means waiting. I have hope and trust.	Contemplation Contemplation is allowing God or what is sacred to help us to understand the world around us. Arrogance	R2 that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
11 th December	Guru Tegh Bahadur Ji (Shaheedi Gurburab) (17th December)	Commemoration of the supreme sacrifice made by Guru Tegh Bahadur Ji, the ninth Sikh Guru who gave up his life to help others, and to stand up for the religious freedom of all.	Compassion I help people when they need it. Arrogance	Righteousness I live by God's virtues, seeking to do the right thing for all of God's creation. Arrogance	R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
18 th December	Christmas (25th December)	Christmas Day celebrates the birth of Jesus, whom Christians believe to be the son of God. Advent is the period of preparation for celebrating Christmas. The story of Jesus's birth (also known as the nativity) is often retold in nativity plays. Christian church services at Christmas include carol singing. Some Christians start Christmas Day with a midnight communion service (also called a midnight mass). Christmas	Kindness Kindness means to show you care about others. Arrogance Greed	Prayerfulness I take time every day to pray and reflect. I count my blessings every day. Arrogance	R32 • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)

		dinners are also an important part of the celebrations. Families and friends will share food together.					
9 th January	Sacrifice of the 4 sons of Guru Gobind Singh Ji (10th Sikh Guru) (Elder Sahibzadas 21st December; Younger Sahibzadas 26th December.)	Mata Gujri Ji was the wife of Guru Tegh Bahadur Ji; mother of Guru Gobind Singh Ji; and the grand-mother of four amazing children who all sacrificed their lives in battle fighting against religious oppression at the ages of 6, 9, 14 and 18 years.	Patience Being calm when difficult things happen. Hope and trust that in the end everything will be alright.	Courage Courage is personal bravery in the face of fear.	R32 • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)	
15 th January	Guru Gobind Singh Ji's Gurburab (17th January)	Gurburab celebrating the coming into the world of Guru Gobind Singh Ji, the tenth Sikh Guru (1666-1708). Guru Gobind Singh Ji was the final Guru in human form and stated that after him, the eternal Guru for the Sikhs would be the sacred scripture, the Guru Granth Sahib Ji. <i>(Note on Vaisakhi: Guru Gobind Singh Ji is also known for the creation of the Khalsa (community of initiated Sikhs) and the Amrit Sanchar (Sikh initiation ceremony). This will be celebrated in April.)</i>	Peacefulness I have regular time to pray and reflect.	Reverence I have a regular practice of reflection or prayer. I treat sacred things such as holy scriptures with care and as very very special.	R32 • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)	
22 nd January	Golden Thread 2 – Peace/collaboration vs blame/conflict/war	Inner peace provides us with opportunities to live peaceful lives with those around us. Where there is conflict and disagreements, this has a huge impact on people's lives. <i>Explore opportunities where examples of decision making have led to living/working collaboratively/peacefully improving socio-economic, health, most importantly harmonious living leading to content communities and lives.</i> <i>Explore how the narrative may differ when there are strong disagreements leading to blame/conflict/tension/war and the impact on individual people's lives.</i>	Peacefulness I use peaceful language even when I am angry. Peacefulness helps me be calm. Rage	Discernment I am guided by God through prayer to find the wisest way forward. Arrogance Negative judgement	R32 • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others	
29 th January	United Nations World Interfaith Harmony Week (1st – 7th February)	World Interfaith Harmony Week was proclaimed by the General Assembly in 2010. In its resolution, the General Assembly, pointed out that mutual understanding and interreligious dialogue constitute important dimensions of a culture of peace and established World Interfaith Harmony Week as a way to promote harmony between all people regardless of their faith.	Peacefulness I appreciate differences Rage	Awe It is awe inspiring that there is unity in diversity. We have all been created by God and yet we are all Divinely unique. Arrogance	Families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.	L8. about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities	R1. The characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
5 th February	Safer Internet Day (6th February) and Children's Mental Health Week (5th-11th Feb)	Safer Internet Day aims to make a safer and better internet for everyone, especially children and young people. Home - Safer Internet Day About - Children's Mental Health Week (childrensmentalhealthweek.org.uk)	Compassion Understanding and caring for someone, including myself.	Resilience Resilience is the strength to cope with setbacks and the comfort and trust in God that all will be overcome.	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. Their rights, responsibilities, and opportunities online, including that the same expectations of behaviour apply in all contexts, including online	H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the	H30. How to identify risk and manage personal safety in increasingly independent situations, including online H5. the characteristics of

							importance of telling a trusted adult if they come across something that scares them	mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health
19 th February	Lent (14 th - February – 30 th March)	Lent is the period of 40 days which comes before Easter in the Christian calendar. Lent begins on Ash Wednesday and is a season of reflection and preparation before the celebrations of Easter. Lent allows Christians to remember Jesus's fasting in the desert. It is a time of giving things up and a test of self-discipline.	Patience I set goals and stick with them until they are completed.	Simplicity Simplicity is living reflectively and mindfully, aware of what is important and what is not. Envy Greed Attachment	R32 • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs		H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)	
26 th February	Empathy Week	'Empathy week' defines it as the skill to understand another person and the ability to create space for someone to reveal their authentic self whilst reserving judgement . If we can understand those around us, whether we agree with them or not, we have the ability to build better, more meaningful and fruitful relationships. That's the only way to truly positively change the world as well as our own personal and professional lives. 2023 resources (to be updated): Home Empathy Week 2023 (empathy-week.com) Schools Information Pack EW 2023 (empathy-week.com)	Compassion I consider others' needs as important as my own. Hate, arrogance	Compassion Compassion is being considerate and having regard for other people and their feelings. Compassion flows freely from your heart when you let go of judging others and seek to understand others. Hate, arrogance	R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty		H5. the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health	
4 th March	International Women's Day (8 th March) Also: World Book Day (7 th March)	Celebrating role models of women in faith (both Sikh and non-Sikh) in the present day and through history.	Creativity I take time for inspiration	Wise Leadership In wise leadership we have the courage to know that God is with us, to help us make decisions for the betterment of all rather than personal gain. Arrogance	R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background		H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)	R3. about the similarities, differences and diversity among people of different race, culture, ability, sex, gender identity, age and sexual orientation
	Mother's Day (Sunday 10 th March)	A celebration honouring mothers in families, as well as motherhood, maternal bonds, and the influence of mothers in society. Make reference to the Sikh prayer 'Pootha mata ki aasees'. Please be sensitive if pupils are from families where they may not have a mother figure.				That stable, caring relationships, which may be of different types, are at the heart of happy families	Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives R2. to identify the people who love and care for them and what they do to help them feel cared for
11 th March	Ramadan (10 th March – 8 th April)	During the month of Ramadan, Muslims won't eat or drink during the hours of daylight. This is called fasting . Ramadan remembers the month the Qur'an (the Muslim holy book) was first revealed to the Prophet Muhammad. Muslims try to give up bad habits during Ramadan. It is a time for prayer and good deeds. They will try to spend time with family and friends and help people in need. Many Muslims will attempt to read the whole of the Qur'an at least once during Ramadan. They	Peacefulness I have a regular time to pray and reflect	Self-Discipline Discipline means control. Self-discipline is self-control. With self-discipline you can be moderate.	R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background		H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)	

		will also attend special services in Mosques during which the Qur'an is read. What is Ramadan and when does Ramadan happen? - BBC Bitesize				
18 th March	Easter (Midlands Schools only) (31st March)	Easter celebrates Jesus rising from the dead, three days after he was executed by crucifixion. Christians remember Jesus's suffering and death on the cross, and believe that Jesus sacrificed his life for humankind. Jesus asked God to forgive those who were torturing him. Christians believe that, through his resurrection, Jesus overcame death and sin. Easter is representative of rebirth, renewal and starting afresh.	Forgiveness I remember that everyone makes mistakes. I pray for people that hurt me. Hate Rage	Sacrifice When we sacrifice for those we care about, it is not a deprivation but a love offering. I am thankful for the gift of sacrifice it makes my life sacred. Arrogance Attachment	R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
8 th April	Vaisakhi (14th April) Also: Eid Al Fitr (9 th -10 th April)	Vaisakhi celebrates the creation of the Khalsa community of initiated Sikhs, by the tenth Sikh Guru, Guru Gobind Singh Ji in 1699. Sikhs commit to God and the Guru's teachings and become members of the Khalsa by undergoing the initiation ceremony called the Amrit Sanchar. They pledge to wearing the Sikh articles of faith (Panj Kakars and Dastar) and live by certain rules. The story of Vaisakhi and the resurrection of the Panj Piaras who answered the Guru's call to give up their lives, like other springtime festivals, is also representative of rebirth, renewal and starting afresh. It is a time for Sikhs to think about commitment and connection to God.	Peacefulness I have a regular time to pray and reflect	Commitment My commitment to my faith strengthens my relationship with God and helps me progress on my spiritual journey.	R23. to recognise the ways in which they are the same and different to others	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
15 th April	International Microvolunteering Day (15th April)	Microvolunteering Day is recognised every year on April 15 th and promotes awareness of the microvolunteering concept and how it can enable worthy causes and individuals to better the world via bite-sized actions. It is a unique opportunity for dedicated microvolunteering platforms, volunteer-involving organisations and individuals to join together in a synchronised effort to promote their contributions and demonstrate the power and potential of the microvolunteering concept. Microvolunteering Day - About - Microvolunteering Day - 15th April, every year!	Kindness I give tender attention to others. I do things that make others happy.	Gratitude Gratitude is being thankful for the little things which happen around you and within you every day.	R25. how to talk about and share their opinions on things that matter to them	L29. that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid
22 nd April	International Mother Earth Day (22nd April)	On Mother Earth Day, it's a reminder to ourselves - more than ever - that we need a shift to a more sustainable economy that works for both people and the planet. <u>Let's promote harmony with nature and the Earth.</u>	Kindness I help the earth by recycling. Greed	Contentment Contentment is an awareness of sufficiency. Greed Moderation I am content with enough. Greed	R1. the characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality	L3. about things they can do to help look after their environment L5. ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)
29 th April	Passover (22nd – 30th April)	Passover (or Pesach in Hebrew) is one of the most important festivals in the Jewish year. Passover is a celebration of the story of Exodus . During Passover, Jews remember how their ancestors left slavery behind them when they were led out of	Patience Patience is being calm when difficult	Righteousness Being true to the teachings of your faith	(R23. to recognise the ways in which they are the same and different to others	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)

		Egypt by Moses to Mount Sinai, where God revealed the Ten Commandments. What is Passover? - BBC Bitesize	things happen. Patience is hope and trust that in the end everything will be alright.	and the deepest truth of your soul. I abide by spiritual laws. I live by my deepest virtues. I value my virtues as a trust from God.		
6 th May (bank holiday)	Democracy and School Elections	Pupils to know the place of democracy in British values and how democracy works. This week to tie in with national election week and the rule of law.	Honesty Honesty is being sincere, open, trustworthy and truthful. Dishonesty Hypocrisy	Reliability When you are practising reliability others can count on you to keep your commitment. Dishonesty Hypocrisy	Understanding of democracy, government and how laws are made and upheld R9. to recognise, clarify and if necessary challenge their own values and understand how their values influence their decisions, goals and behaviours	L2. to recognise there are human rights, that are there to protect everyone L3. about the relationship between rights and responsibilities R9. to recognise, clarify and if necessary challenge their own values and understand how their values influence their decisions, goals and behaviours
13 th May	Mental Health Awareness Week	To educate and increase awareness about mental illness. Mental Health Foundation Good mental health for all	Courtesy I value and respect myself, and show others that I value and respect them. I eat speak and move kindly. Belittling	Patience Patience helps me to stay peaceful. I accept things I cannot control with humour and grace.	How important friendships are in making us feel happy and secure That mental wellbeing is a normal part of daily life, in the same way as physical health.	H15. That mental health, just like physical health, is part of daily life; the importance of taking care of mental health H6. About change and its impact on mental health and wellbeing and to recognise the need for emotional support during life changes and/or difficult experiences
20 th May	Golden Thread 3 Trust In God	Putting our trust in God, knowing that God will guide us, deepens our faith in the Divine. <i>Look actively for opportunities of famous individuals (or situations) where their belief in God (and virtuous living) has influenced them.</i> <i>This is an opportunity to explore this golden thread in more detail with pupils of all ages.</i>	Peacefulness I give my worries to God and trust God to help.	Trust We are never alone and God is always with us. Trust is having faith, hope and a positive outlook.	Pupils should know the characteristics of friendships include trust, respect, honesty, kindness, loyalty Pupils should know the characteristics of positive and healthy relationships include trust, respect, honesty, kindness	R1. To recognise that there are different types of relationships
3 rd June	United Nations Environment Day (5 th June)	The UN Environment Programme (UNEP) annually organises events for World Environment Day, which encourages worldwide awareness and action for the protection of the environment. It is celebrated on 5 June in over 100 countries.	Cleanliness. I know it's important to take care of the earth. I keep my surroundings clean and beautiful.	Cleanliness You do your part to care for Mother Earth.	R14. the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friendships, including online)	L3. About things they can do to help look after their environment L5. Ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices) L19. that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)
10 th June	Guru Arjan Dev Ji (Shaheedi Gurburab) (16 th June)	Commemoration of the sacrifice made by Guru Arjan Dev Ji, the fifth Sikh Guru, who accepted God's Will under the most difficult circumstances, when the Mughal Emperor Jehangir ordered for his life to be ended.	Patience Patience is being calm when difficult things happen.	Detachment Detachment is choosing how you will act in a situation. Detachment helps me to make wise choices. Attachment	R9. to recognise, clarify and if necessary challenge their own values and understand how their values influence their decisions, goals and behaviours	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)

17 th June	Eid al Adha (16-17 th June)	Eid ul-Adha ('Festival of Sacrifice') remembers the prophet Ibrahim's willingness to sacrifice his son. Eid usually starts with Muslims going to the Mosque for prayers. They dress in their best clothes and thank Allah for all the blessings they have received. It is a time when they visit family and friends. Muslims will also give money to charity. Muslims celebrate Eid ul-Adha on the last day of the Hajj. The Hajj is pilgrimage to Makkah in Saudi Arabia. It occurs every year and is the Fifth Pillar of Islam. What is Eid-ul-Adha and when is it? - BBC Bitesize	Peacefulness Peacefulness is trusting that things will be alright. I give my worries to God and trust God to help.	Faith Faith is trust in God. Faith gives you the strength to endure hard times without giving in to doubt or fear. You are grateful for the gifts and lessons in whatever happens. You are open to accepting God's Will.	R3. to recognise, respect and, if appropriate, challenge the ways different faith or cultural views influence relationships	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)	
24 th June	Respectful Relationships	To recognise the importance of relationships. Recognising safe and unsafe behaviours.	Cleanliness I keep my body fresh and clean. I use clean language and have well-meaning thoughts.	Modesty Modesty is having a sense of self respect. I do not permit anyone to abuse my body. Arrogance Lust	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. That all aspects of health can be affected by choices they make in relationships, positively or negatively	R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another R1. about the roles different people (e.g., acquaintances, friends and relatives) play in our lives	R1. about different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect them R2. indicators of positive, healthy relationships and unhealthy relationships, including online
1 st July	New Beginnings (Transitions)	To commemorate the school year, and hard work in new learning, and to support all pupils with the next step, whether this is to the next school or the next year group. To consider how pupils may adapt to change and being optimistic about the future.	Creativity Creativity helps me to use the talents God gave me.	Confidence Confidence in God is a sense of trust that God loves you and watches over you as you go through life. Confidence gives me the courage to be myself.	Pupils should know the contribution that hobbies, interests and participation in their own communities can make to overall wellbeing.	H27. about preparing to move to a new class/year group H24. Problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools	H35. about the new opportunities and responsibilities that increasing independence may bring H36. strategies to manage transitions between classes and key stages
8 th July	UN Sustainable Goal 2 (Zero Hunger)	Sustainable Development Goal 2 is about creating a world free of hunger by 2030. Goal 2: Zero Hunger - United Nations Sustainable Development 2_Why-It-Matters-2020.pdf (un.org) (Poster) LNOB (un.org) (Infographic) Zero Hunger with Langar initiative website.	Helpfulness Helpfulness is serving someone. I serve without being asked.	Selflessness Selflessness is being kind, generous and loving to others without expecting any reward. Greed Arrogance	R9. to recognise, clarify and if necessary challenge their own values and understand how their values influence their decisions, goals and behaviours	L19. that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)	
15 th July	Award Ceremonies	Award ceremonies to take place to mark annual achievements – Baba Puran Singh Ji award and Terry Green awards to be awarded to nominated pupils for their contribution to service.	Creativity I discover the gifts I have and I work hard to grow my gifts.	Excellence With God's guidance I know I reap what I sow. The perfection of a seed is the fruit which grows from it.	Central to Relationships Curriculum is pupils' ability to believe that they can achieve goals, both academic and personal; to stick to tasks that will help them achieve those goals, even when the reward may be distant or uncertain; and to recover from knocks and challenging periods in their lives.	H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth	L9. The benefits of setting ambitious goals and being open to opportunities in all aspects of life

				Blame		
22 nd July 23 rd July	Virtues and Vices	The Nishkam Passport virtues are an extremely precious gift expressed through our faith traditions. Understanding and learning to practise these virtues and overcome vices, provides us with a toolkit for navigating through life. There will be inevitable mistakes we make along the way. However, these become golden opportunities to learn lessons from and remember to forgive ourselves as well as all those we have felt might have wronged us – just as God forgives us!	Creativity I think of new ways to make things work better.	Optimism We embrace challenges with confidence and vitality. I focus on solutions rather than problems. I do things whole heartedly.	R9. to clarify and develop personal values in friendships, love and relationships R9. to recognise, clarify and if necessary challenge their own values and understand how their values influence their decisions, goals and behaviours R1. how to articulate their relationship values and to apply them in different types of relationships	H9. strategies to understand and build resilience, as well as how to respond to disappointments and setbacks L2. To review their strengths, interests, skills, qualities and values and how to develop them L10. to develop their career identity, including values in relation to work, and how to maximise their chances when applying for education or employment opportunities

RSE objectives <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-and-sex-education-rse-secondary>

PHSE - <https://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1%E2%80%935>