



**Wellbeing and Me** is a framework of primary school interventions that will embed wellbeing in the curriculum and makeup of the school. This can be through all subjects such as Jewish studies, Art, Sport and secular studies.



The Wellbeing and Me initiative is written to be delivered in conjunction with the [Heads Up Kids Social and Emotional Wellbeing](#) curriculum developed for and embedded in Jewish primary schools.

Our first delivery will be through the weekly *Parashah* lessons. The **Torah, Wellbeing & Me** curriculum builds on the *Parashat Hashavua* framework by offering resources and links to tie into the Wellbeing, PSHE and RSE frameworks.



### A holistic framework fusing Torah and Wellbeing

#### Introduction

The **Torah, Wellbeing & Me** curriculum is based on the PaJeS *Parashat Hashavua* curriculum for EYFS to Year 6 students and includes links and resources to tie wellbeing into the curriculum. **Torah, Wellbeing & Me** provides a framework for the teaching of the weekly *Torah* portion, linked to a specific *Middah* (value or character trait) or *Mitzvah* (commandment) for each year group every week. The framework provides this in the form of curriculum maps and topic grids for the five books of the *Torah*. Within this teachers are also provided with a list of suggested Hebrew key words central to the storyline for Early Years and Key Stage 1, and for Key Stage 2 reference to a key *Pasuk* (verse) or *Pesukim* (verses), with occasional classical commentaries. This enables spiral and progressional *Parashat Hashavua* delivery throughout the Primary school phases. More information about this curriculum can be found linked below.

The **Torah, Wellbeing & Me** curriculum builds on this by offering resources and links to tie into the Wellbeing, PSHE and RSE frameworks.



### Links to Wellbeing, PSHE and RSE

It is recognised that within each of the *Parshiot* there is an underlying core value message that is relevant and important for our wellbeing. This programme now offers Jewish Studies teachers the opportunity and resources to incorporate and embed these important values into the weekly Jewish Studies lessons to be reinforced by the class teacher, and/or for the class teacher to incorporate the *Parashah* message into wellbeing or PSHE sessions. We thus encourage teachers to use this framework as a trigger for rich conversation between themselves, pupils, and within the classroom.

Each week there is a relevant wellbeing powerpoint and suggested books, or links to videos, targeted at each year group. Powerpoints and video clips are all provided as hyperlinks within the curriculum document. These are linked to the PSHE and RSE requirements. (See below for links to further resources).

### Text Skills Enrichment



In addition to the above, links are now also provided within the **Torah, Wellbeing & Me** framework to *Chumash* learning, by using the key *Pesukim* within the *Parashat Hashavua* curriculum to build textual skills, knowledge of Hebrew keywords, and prefixes and suffixes. These links can be used to reinforce and complement the PaJeS Primary *Chumash* curriculum (see below link to *Chumash* skills spiral) or as a standalone programme for schools wishing to use *Parashat Hashavua* as a vehicle for deepening pupils' exposure to text.

### Additional notes:

- To maximise access to this framework, we have used Hebrew print for key words/prefixes and suffixes only, with all other Hebrew wording in English italics.
- RSE requirements  
<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>
- PSHE requirements  
<https://www.pshe-association.org.uk>
- The PaJeS *Parashat Hashavua* Framework can be found [here](#)
- The PaJeS Primary *Chumash* Skills Spiral can be found [here](#)

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