

PSHCE (including RSE delivery) Curriculum Long Term Plan

RECEPTION SCHEME OF WORK

PSHCE is delivered through a range of discrete taught and topic-based sessions. This plan has been developed with careful consideration for links to other curriculum areas including PE, science and RE.

Autumn Term 1	Autumn Term 2
<p>Myself and My Relationships 1 (Autumn 1) Beginning and Belonging</p> <ul style="list-style-type: none"> • How am I special and what is special about other people in my class? • What have I learnt to do and what would I like to learn next? • How do we welcome new people to our class? • What can I do to make the classroom a safe and happy place? • How can I play and work well with others? • How can I respect the needs of others? • How does my behaviour make other people feel? <p>Healthy and Safer Lifestyles 3 (Autumn 1) Healthy Lifestyles</p> <ul style="list-style-type: none"> • What things can I do when I feel good and healthy? • What can't I do when I am feeling ill or not so healthy? • What can I do to help keep my body healthy? • Do I understand why food and drink are good for us? • Do I understand what exercise is and why it is good for us? • Do I understand why rest and sleep are good for us? 	<p>Myself and My Relationships 2 (Autumn 2) My Family and Friends - Including Anti-bullying</p> <ul style="list-style-type: none"> • Who are my special people and why are they special to me? • Who is my family and how do we care for each other? • What is a friend? • How can I be a good friend? • How do I make new friends? • How can I make up with friends when I have fallen out with them? • How does what I do affect others? • Do I know what to do if someone is unkind to me? <p>Myself and My Relationships 3 (Autumn 2) My Emotions</p> <ul style="list-style-type: none"> • Can I recognise and show my emotions? • Can I recognise emotions in other people and say how they are feeling? • Do I know what causes different emotions in myself and other people? • How do I and others feel when things change? • Do I know simple ways to make myself feel better? • How can I help to make other people feel better?
<p>Everyone Welcome Text: <i>Blue Chameleon</i></p>	<p>Everyone Welcome Text: <i>Mommy, Mama and Me</i></p>
Spring Term	Summer Term
<p>Citizenship 1 (Spring 1) Identities and Diversity</p> <ul style="list-style-type: none"> • Who are the people in my class and how are we similar to and different from each other? • Who are the different people who make up a family? • What things are especially important to my family and me? • What are some of the similarities and differences in the way people including families live their lives? • How can we value different types of people including what they believe in and how they live their lives? • How do we celebrate what we believe in and how is this different for different people? 	<p>Citizenship 2 (Summer 1) Me and My World</p> <ul style="list-style-type: none"> • Who are the people who help to look after me and my school? • How can I help to look after my school? • How can I help to care for my things at home? • Where do I live and what are the different places and features in my neighbourhood? • Who are the people who live and work in my neighbourhood including people who help me? • How can we look after the local neighbourhood and keep it special for everybody? • What do animals and plants need to live and how can I help to take care of them? • What is money and why do we need it? • How do we save money?
<p>Everyone Welcome Text: <i>The Family Book</i></p>	<p>Everyone Welcome Text: <i>Red Rockets and Rainbow Jellyfish</i></p>
<p>Healthy and Safer Lifestyles 2 (Summer 2) Keeping Safe (Including Drug Education)</p> <ul style="list-style-type: none"> • What do I think I have to keep safe from? • How do I know if something is safe or unsafe? • Do I understand simple safety rules for when I am at home, at school and when I am out and about? • Can I say 'No!' if I feel unsure about something and it does not feel safe or good? • Can I ask for help and tell people who care for me if I am worried or upset? • Who are the people who help to keep me safe? • What goes on to and into my body and who puts it there? • Why do people use medicines? • What are the safety rules relating to medicines and who helps me with these? 	<p>Healthy and Safer Lifestyles 1 (Spring 2) My Body and Growing Up</p> <ul style="list-style-type: none"> • What does my body look like? • How has my body changed as it has grown? • What can my body do? • What differences and similarities are there between our bodies? • How can I look after my body and keep it clean? • How am I learning to take care of myself and what do I still need help with? • Who are the members of my family and trusted people who look after me? • How do I feel about growing up?
<p>Everyone Welcome Text: <i>You Choose</i></p>	<p>Everyone Welcome Text: <i>Hello Hello</i></p>

Autumn Term 1st Half	Spring Term 1st Half	Summer Term 1st Half
<p>Myself and My Relationships 4 Beginning and Belonging What can I do to help make the school and classroom a safer and fair place? How can I get to know other children in my class? How do I feel when I am doing something new? How can I make someone feel welcome? How can I help other people to feel better? What do I know about how to solve problems?</p>	<p>Citizenship 4 Diversity and Communities What are some of the similarities between me and others? What do I understand about my culture and beliefs and those of other people? Who are the people who help me, and what do they do? What does 'my community' mean and what do people do there? How do we care for animals and plants? How can I help look after the school environment?</p>	<p>Healthy and Safer Lifestyles 9 Personal Safety Can I describe my home and neighbourhood? Who are the people who help keep me safe? Who could I talk to if I felt unsafe or unsure? Do I understand what good or bad secrets might be? What can I do if someone tries to persuade me? Can I recognise and describe 'yes' and 'no' feelings and 'I am not sure' feelings? How can I get the attention of an adult if I need to?</p>
<p>Everyone Welcome Text: <i>Ten little pirates</i></p>	<p>Everyone Welcome Text: <i>My world your world</i></p>	<p>Everyone Welcome Text: <i>Can I join your club?</i></p>
Autumn Term 2nd Half	Spring Term 2nd Half	Summer Term 2nd Half
<p>Myself and My Relationships 6 Friends and Family Can I describe what a friend is and does? How do I make new friends? How do I keep friends? How can I make up with my friends when things go wrong? Who is in my family, and how do we care for each other? Who are my special people and what makes them special to me? How am I similar to and different from other people? Who do I get support from when I need it? Myself and My Relationships 7 Anti-Bullying Can I recognise behaviour that is bullying? Do I understand some of the reasons why bullying happens? How does bullying make people feel? Do I know what to do if I am being bullied? How does my school help positive and safe relationships? Where might bullying happen in my school?</p>	<p>Healthy and Safer Lifestyles 8 Drug Education What happens when things enter the body? What are medicines and why do some people use them? What do I understand about the roles of doctors, nurses and hospitals? What can I do if I feel poorly? What are the potentially risky substances at home and at school? How can I keep safe from harm if I come across risky substances? What is it like to be persuaded? Healthy and Safer Lifestyles 6 Relationships Education What are the names of the main parts of the body? What can my body do? When am I in charge of my actions and my body? Do I understand how amazing my body is? How can I keep my body clean? How can I stop common illnesses and diseases spreading?</p>	<p>Myself and My Relationships 8 Managing Change How am I changing as I grow up? How are my achievements, skills and responsibilities changing? How can I change my behaviour when something goes wrong? How do I cope when friendships change? How do I feel and how do I cope when I lose something special to me? What helps me to feel better when I am hurt? When can I make choices about changes?</p>
<p>Everyone Welcome Text: <i>Want to play trucks?</i></p>	<p>Everyone Welcome Text: <i>The great big book of families</i></p>	<p>Everyone Welcome Text: <i>Elmer</i></p>

YEAR 1/2 PSHCE SCHEME OF WORK (YEAR 2)

Autumn Term 1st Half	Spring Term 1st Half	Summer Term 1st Half
<p>Citizenship 5 Rights, Rules and Responsibilities How do rules make me feel happy and safe? How do I take part in making rules? Who looks after me and what are their responsibilities? What jobs and responsibilities do I have in school and at home? Can I listen to other people, share my views and take turns? Can I take part in discussions and decisions in class?</p>	<p>Citizenship 3 Working Together What am I and other people good at? What new skills would I like to develop? How can I listen well to other people? How can I work well in a group? Why is it important to take turns? How can I negotiate to sort out disagreements? How are my skills useful in a group? What is a useful evaluation? Economic Wellbeing 1 Financial Capability Where does money come from and where does it go when we 'use' it? How might I get money and what can I do with it? How do we pay for things? What does it mean to have more or less money than you need? How do I feel about money? How do my choices affect me, my family, others? What is a charity?</p>	<p>Healthy and Safer Lifestyles 4 Managing Risk What are risky situations and how can I keep myself safer? How do I feel in risky situations? What is my name, address and phone number and when might I need to give them? What is an emergency and who helps? How can I help in an emergency?</p> <p>Healthy and Safer Lifestyles 5 Safety Contexts Where are the safer places I can play? What are the risks for me using the roads, and how can I stay safe? What are the risks for me near water and how can I stay safe? What are the risks for me if I am lost and how can I stay safe? What are the best ways to keep safe from accidents?</p>
<p>Everyone Welcome Text: <i>Going to the volcano</i></p>	<p>Everyone Welcome Text: <i>Errol's Garden</i></p>	<p>Everyone Welcome Text: <i>What the Jackdaw Saw</i></p>
Autumn Term 2nd Half	Spring Term 2nd Half	Summer Term 2nd Half
<p>Myself and My Relationships 5 My Emotions Can I name some different feelings? Do I know what makes me feel happy, sad, cross etc? How do my feelings and actions affect others? How do I manage some of my emotions? What helps me to feel relaxed? How can I control my behaviour? Who do I share my feelings with? How can I stand up for myself?</p> <p>Myself and My Relationships 7 Anti-Bullying (This unit is continued from Year 1) Can I recognise behaviour that is bullying?</p>	<p>Healthy and Safer Lifestyles 8 Drug Education (This unit is continued from Year 1) What happens when things enter the body? What are medicines and why do some people use them? What do I understand about the roles of doctors, nurses and hospitals? What can I do if I feel poorly? What are the potentially risky substances at home and at school? How can I keep safe from harm if I come across risky substances? What is it like to be persuaded? Healthy and Safer Lifestyles 10 RS2 2020 Relationships Education How do babies change and grow?</p>	<p>Healthy and Safer Lifestyles 7 Healthy Lifestyles How can I stay healthy? What does it feel like to be healthy? What does healthy eating mean and why is it important? Why is it important to be active? What foods do I like and dislike and why? What can help us eat healthily? Why do we need food? What healthy choices can I make?</p>

<p>Do I understand some of the reasons why bullying happens? How does bullying make people feel? Do I know what to do if I am being bullied? How does my school help positive and safe relationships? Where might bullying happen in my school?</p>	<p>How have I changed since I was a baby? What do babies and children need? What are my responsibilities now I am older?</p>	
<p><u>Everyone Welcome Text:</u> <i>How to be a lion</i></p>	<p><u>Everyone Welcome Text:</u> <i>All are Welcome</i></p>	<p><u>Everyone Welcome Text:</u> <i>Amazing</i></p>

YEAR 3/4 PSHE SCHEME OF WORK (YEAR 1)

Autumn Term 1st Half	Spring Term 1st Half	Summer Term 1st Half
<p>Myself and My Relationships 9 Beginning and Belonging What does it feel like to be new or to start something new? What helps me to feel like I belong and am valued in school? How can I make other people feel welcome? What will help us to feel safer and to learn well in our class and school? What different rules do we sometimes need in different places? How can I manage my feelings and calm them down if necessary? Who can I talk to when I need help?</p> <p>Healthy and Safer Lifestyles 12 Safety Contexts How are roads risky and how can I reduce the risks? How is fire risky and how can I reduce the risks? How is water risky and how can I reduce the risks? How do I keep myself safe during activities and visits? How can I stop accidents happening?</p>	<p>Citizenship 6 Working Together What am I good at and what are others good at? What new skills would I like or need to develop? How well can I listen to other people? How do I ask open questions? How can I share my views and opinions effectively? How can different people contribute to a group task? How can I persevere and overcome obstacles to my learning? How can I work well in a group? What is useful evaluation? How do I give constructive feedback and receive it from others?</p> <p>Healthy and Safer Lifestyles 11 Managing Risk What risks are there to my safety, my friendships and feelings? How might my friends affect my decisions about risk? How do I feel and how does my body react in risky situations? Can I make decisions in risky situations? Who would I ask for help if things went wrong? What action is it okay for me to take in an emergency?</p>	<p>Economic Wellbeing 2 Financial Capability What different ways are there to earn and spend money? What do savings, spending and budgeting mean to me? How can I decide what to spend my money on and choose the best way to pay? What might my family have to spend money on? What is 'value for money'? How do my feelings about money change? How do my choices affect my family, the community, the world and me?</p> <p>Myself and My Relationships 13 Managing Change What changes have I already experienced and might I experience in the future? What changes might other people be going through? What is it like to be separated from a special person? How do people feel when things change or people or pets die? What emotions might I feel at times of loss and change? How might I behave when I feel these emotions? What can I do to make the best of new situations?</p>
<p>Everyone Welcome Text: Dogs don't do ballet</p>	<p>Everyone Welcome Text: Aalfred and Aalbert</p>	<p>Everyone Welcome Text: This is our House</p>
Autumn Term 2nd Half	Spring Term 2nd Half	Summer Term 2nd Half
<p>Healthy and Safer Lifestyles 14 Healthy Lifestyles How can I have a healthy lifestyle? How do nutrition and physical activity work together? What does healthy eating and a balanced diet mean? How can I plan and prepare simple, healthy food safely? How can I look after my teeth and why is it important? Who is responsible for my lifestyle choices and how are they influenced?</p> <p>Myself and My Relationships 12 Anti-Bullying What are the key characteristics and forms of bullying? Do I understand that bullying occurs when a person or group of</p>	<p>Healthy and Safer Lifestyles 15 Drug Education What medical and legal drugs do I know about, and what are their effects? Who uses and misuses legal drugs? Why do some people need medicine and who gives it? What are the safety rules for storing medicine and other risky substances? What should I do if I find something risky, like a syringe? What do I understand about how friends and the media influence me?</p> <p>Healthy and Safer Lifestyles 13 Relationships Education Why is it important to keep clean?</p>	<p>Healthy and Safer Lifestyles 17 RS4 2020 Relationships Education What are the main stages of the human life? What does it mean to be 'grown up'? What am I responsible for now and how will this change? How do parents and carers care for babies?</p>

<p>people feel the need to have power over another person or group of people? Do I understand how bullying affects the way we think, feel and behave? How can I keep myself safe if I am being bullied? How might bystanders intervene and help someone who is being bullied?</p>	<p>What can I do for myself to stay clean and how will this change in the future? How do different illnesses and diseases spread and what can I do to prevent this?</p>	
<p>Everyone Welcome Text: <i>We're all wonders</i></p>	<p>Everyone Welcome Text: <i>Red, a crayon's story</i></p>	<p>Everyone Welcome Text: <i>The truth about old people</i></p>

YEAR 3/4 PSHE SCHEME OF WORK (YEAR 2)

Autumn Term 1st Half	Spring Term 1st Half	Summer Term 1st Half
<p>Citizenship 8 Rules, Rights and Responsibilities Why do we need rules at home and at school? What part can I play in making and changing rules? What do we mean by rights and responsibilities? What are my responsibilities at home and at school? How do we make democratic decisions in school? What is a representative and how do we elect them?</p>	<p>Citizenship 7 Diversity and Communities What makes me 'me'? How are we different from each other? What are some of the different lifestyles and beliefs people have? What are stereotypes and how can I challenge them? What are the roles of different people in my community? How can we care for the environment? What do animals need, and what are the responsibilities of humans towards them? How do we choose pets, and how do we look after them? Citizenship 6 Working Together What am I good at and what are others good at? What new skills would I like or need to develop? How well can I listen to other people? How do I ask open questions? How can I share my views and opinions effectively? How can different people contribute to a group task? How can I persevere and overcome obstacles to my learning? How can I work well in a group? What is useful evaluation? How do I give constructive feedback and receive it from others?</p>	<p>Healthy and Safer Lifestyles 16 Personal Safety How can I be responsible for my own personal safety? What sorts of physical contact do I feel comfortable with? Who are the adults and friends I can trust and to whom I can talk about my feelings? When might I need to break a promise or tell a secret? Healthy and Safer Lifestyles 13 RS3 2020 Relationships Education Why is it important to keep clean? What can I do for myself to stay clean and how will this change in the future? How do different illnesses and diseases spread and what can I do to prevent this?</p>
<p>Everyone Welcome Text: <i>Beegu</i></p>	<p>Everyone Welcome Text: <i>Planet Omar, accident trouble magnet</i></p>	<p>Everyone Welcome Text: <i>When Sadness comes to call</i></p>

Autumn Term 2nd Half	Spring Term 2nd Half	Summer Term 2nd Half
<p>Myself and My Relationships 10 My Emotions What is special about me and other people? How can I communicate my emotions? How do I cope with difficult emotions? How can I deal with fears and worries? How do my actions and emotions affect the way I and others feel? How do I care for other people's feelings? Who can I talk to about the way I feel? How can I disagree without being disagreeable?</p> <p>Myself and My Relationships 12 Anti-Bullying (This unit is continued from Year 3) What are the key characteristics and forms of bullying? Do I understand that bullying occurs when a person or group of people feel the need to have power over another person or group of people? Do I understand how bullying affects the way we think, feel and behave? How can I keep myself safe if I am being bullied? How might bystanders intervene and help someone who is being bullied?</p>	<p>Myself and My Relationships 11 Family and Friends What does a good friend do? Do I know how to listen to and support my friends? How do I cope when relationships change? What are some of the similarities and differences between me and my classmates? Who is now in my network of special people, and how do we affect each other?</p>	<p>Economic Wellbeing 2 Financial Capability What different ways are there to earn and spend money? What do savings, spending and budgeting mean to me? How can I decide what to spend my money on and choose the best way to pay? What might my family have to spend money on? What is 'value for money'? How do my feelings about money change? How do my choices affect my family, the community, the world and me?</p>
<p>Everyone Welcome Text: <i>Julian is a Mermaid</i></p>	<p>Everyone Welcome Text: <i>Along Came a Spider</i></p>	<p>Everyone Welcome Text: <i>Super Duper You!</i></p>

YEAR 5/6 PSHCE SCHEME OF WORK (YEAR 1)

Autumn Term 1st Half	Spring Term 1st Half	Summer Term 1st Half
<p>Myself and Relationships 14 Beginning and Belonging How do we make sure we feel safe in our class and school? How do we build good relationships in our class? How do we make new people feel welcomed and valued? How do I feel when I do something new? Which ways to calm down work for me? How do I solve problems? Who can I talk to when I need help? How can I help and support other people?</p>	<p>Citizenship 10 Diversity and Communities What makes up my identity and that of other people? What are the different identities locally and in the UK? How can I show respect for different views, lifestyles and beliefs? What are the negative effects of stereotyping? What groups and communities am I part of? Who works for the good of the community and how can I help? What are voluntary organisations and how do they make a difference? What is the role of the media and how does it influence me and my community? Who cares for the environment and what is my contribution?</p>	<p>Healthy and Safer Lifestyles 23 Personal Safety When am I responsible for my personal safety? What can I do to help keep myself safer? How can I act to show I am assertive? When should I keep a secret for myself or for a friend? Who is now in my network of support and how is it changing? When and how should I ask for help?</p>
<p>Everyone Welcome Text: <i>How to Heal a Broken Wing</i></p>	<p>Everyone Welcome Text: <i>Mixed</i></p>	<p>Everyone Welcome Text: <i>Kenny Lives With Erica and Martina</i></p>
Autumn Term 2nd Half	Spring Term 2nd Half	Summer Term 2nd Half
<p>Myself and Relationships 16 Family and Friends Who is in my network of relationships and how has it changed? How can I develop new friendships and maintain existing ones? In what way is it positive to have differences between people? What different kinds of families are there? How can I manage some of the pressures on my relationships? Who do I get support from and how do I support others?</p> <p>Myself and Relationships 17 Anti-Bullying Can I define bullying? Do I understand why a person or group of people may feel the need to have power over another person or group of people? Can I respond to bullying and seek support where necessary? How can bullying affect people's behaviour and wellbeing? How might people's responses to bullying improve or worsen a situation?</p>	<p>Healthy and Safer Lifestyles 22 Drug Education What do I know about medicines, alcohol, nicotine, solvents and illegal drugs and how they affect people who use them and others? How does drug use affect the way a body or a brain works? How do medicines help people with a range of illnesses? What does misusing a drug mean? What are some of the laws about drugs? What risks should I look for around substances? How do my friends influence my behaviour and decision making? How and why do companies advertise drugs? When and how should I check information I am given?</p> <p>Healthy and Safer Lifestyles 20 SR 5 Sex and Relationships Education What happens to the bodies of boys and girls when they reach puberty? What influences my view of my body?</p>	<p>Myself and Relationships 18 Managing Change What different changes do we or might we experience? How do I feel if I lose something or someone or if things change? How have I been affected by changes I have already experienced? How are my friendships and relationships changing? In what different ways do people grieve? How might I and other people behave when we are living through change? How might I feel when I move to another school?</p>

Can I identify ways of preventing bullying in school and the wider community?	How can I keep my growing and changing body clean? How can the spread of viruses and bacteria be stopped? What is HIV?	
<u>Everyone Welcome Text: <i>Introducing Teddy</i></u>	<u>Everyone Welcome Text: <i>The Island</i></u>	<u>Everyone Welcome Text: <i>Leaf</i></u>

YEAR 5/6 PSHCE SCHEME OF WORK (YEAR 2)

Autumn Term 1st Half	Spring Term 1st Half	Summer Term 1st Half
<p>Citizenship 11 Rights Rules and Responsibilities How can I contribute to making and changing rules in school? How else can I make a difference in school? Are there places or times when I have to behave differently? What are the basic rights of children and adults? Why do we have laws in our country? How does democracy work in our community and in our country? What do councils, councillors, parliament and MPs do? Can I take part in a debate and listen to other people's views?</p>	<p>Citizenship 9 Working Together What are my strengths and skills and how are they seen by others? What helps me learn new skills effectively? What would I like to improve and how can I achieve this? How could my skills and strengths be used in future employment? What are some of the jobs that people do? How can I be a good listener to other people? How can I share my views effectively and negotiate with others to reach agreement? How can I persevere and help others to do so? How can I give, receive and act on sensitive and constructive feedback?</p> <p>Healthy and Safer Lifestyles 22 Drug Education (This unit is a continuation from 1st year of 5/6 rolling program) What do I know about medicines, alcohol, nicotine, solvents and illegal drugs and how they affect people who use them and others? How does drug use affect the way a body or a brain works? How do medicines help people with a range of illnesses? What does misusing a drug mean? What are some of the laws about drugs? What risks should I look for around substances? How do my friends influence my behaviour and decision making? How and why do companies advertise drugs? When and how should I check information I am given?</p>	<p>Healthy and Safer Lifestyles 18 Managing Risk When might it be good to take risk? What are the different consequences of taking physical, emotional and social risks? How risky are different situations? When am I responsible for my own safety? How can I keep myself and others safe? How can I get the attention of an adult if I need to? Where can people go for help? How can I help people who need support? Can I carry out basic first aid?</p> <p>Healthy and Safer Lifestyles 19 Safety Contexts How can I stay safe on the roads as a cyclist or pedestrian? How do I keep myself safe in the sun? How can I stay safe in my home? How can I stay safe near railways? What helps to make school a safe place? How can I prevent accidents?</p>
<u>Everyone Welcome Text: <i>A day in the life of Marlon Bundo</i></u>	<u>Everyone Welcome Text: <i>The only way is Badger</i></u>	<u>Everyone Welcome Text: <i>The Girls</i></u>

Autumn Term 2nd Half	Spring Term 2nd Half	Summer Term 2nd Half
<p>Myself and My Relationships 15 My Emotions What am I good at? What do I find difficult? What do I feel proud of about myself? How do I manage strong emotions? What can I do when I realise I'm in a bad mood? How do I recognise how other people feel and respond to them? How do I cope when I disagree with someone? How and from whom do I get support when things are difficult?</p> <p>Myself and My Relationships 17 Anti-Bullying (This unit is continued from Year 5) Can I define bullying? Do I understand why a person or group of people may feel the need to have power over another person or group of people? Can I respond to bullying and seek support where necessary? How can bullying affect people's behaviour and wellbeing? How might people's responses to bullying improve or worsen a situation? Can I identify ways of preventing bullying in school and the wider community?</p>	<p>Economic Wellbeing 3 Financial Capability What different ways are there to gain money? What sorts of things do adults need to pay for? How can I afford the things I want or need? How can I make sure I get 'value for money'? Why don't people get all the money they earn? How is money used to benefit the community or the wider world? What is poverty?</p> <p>Healthy and Safer Lifestyles 24 SR 6 Sex and Relationships Education How can I express my feelings positively as I grow up? When am I responsible for how others feel? What should adults think about before they have a baby? What are families like?</p>	<p>Healthy and Safer Lifestyles 21 Healthy Lifestyles What does being healthy mean and what are the benefits? Why is a varied and balanced diet important? How can I achieve a healthy energy balance? How does physical activity help me? How can I plan, prepare and cook healthy meals safely? What or who influences when I'm making lifestyle choices? How am I responsible for a healthy lifestyle?</p>
<p><u>Everyone Welcome Text:</u> <i>King of the Sky</i></p>	<p><u>Everyone Welcome Text:</u> <i>And Tango Makes three</i></p>	<p><u>Everyone Welcome Text:</u> <i>Rose Blanche</i></p>