

# Primary 5-7 Lesson



**Be informed.**



**Be curious.**

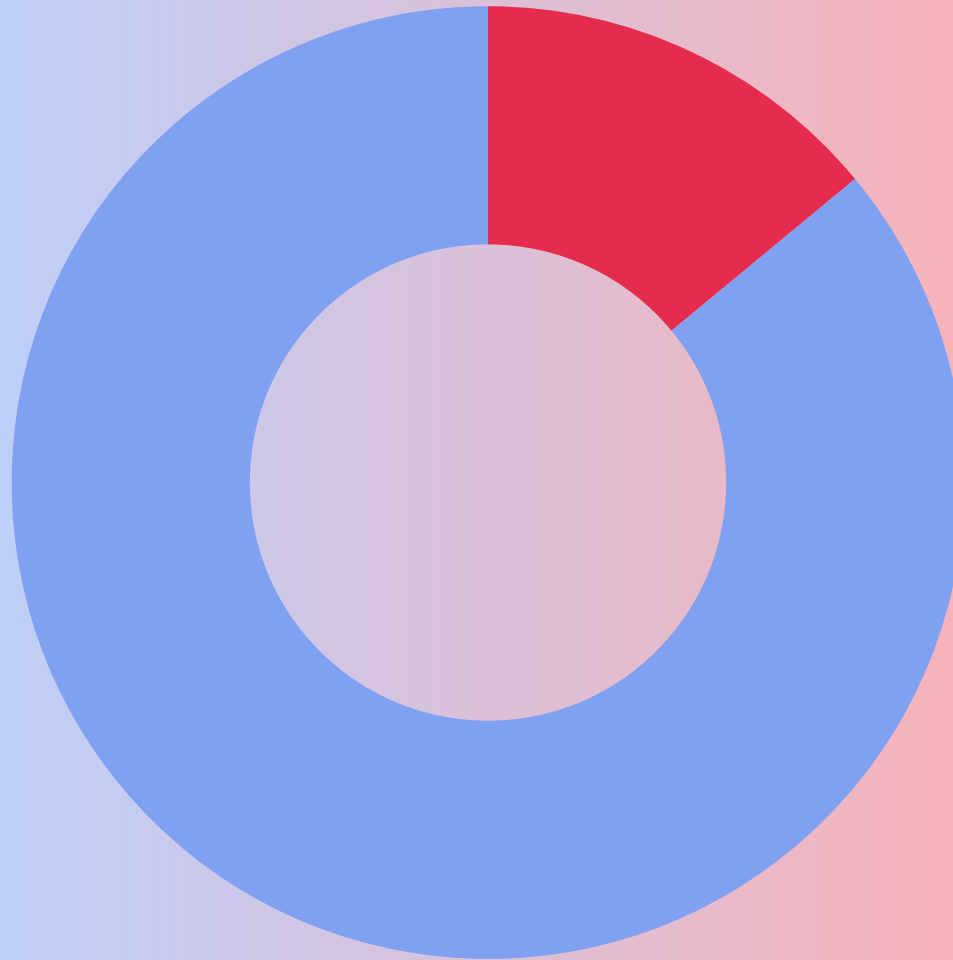


**Be heard.**

# Your latest results: "Do emojis help you to communicate?"

Yes

86%



No

14%

54,532 children & young people voted this week! Were you one of them?

# Your latest results: “Do emojis help you to communicate?”

At The Week Junior we always want to know what young people think – and I’m delighted to see that so many of you took the time to make your voices heard.

I’m with the majority, I also think emojis help with communication. As an editor I work with words all the time, but as a magazine editor, I know the power of an image, and emojis seem to me the perfect combination of the two.



**THE WEEK**  
**Junior**

**Vanessa Harriss, Editor  
at The Week Junior**

# Your views on “Do emojis help you to communicate?” were also heard by:

**THE WEEK  
Junior**

The Week  
Junior



Oxford  
English  
Dictionary



Susie  
Dent



The British  
Psychological  
Society



Speakers  
Trust



**Be informed.**



**Be curious.**



**Be heard.**

Want to share your views with us? Share your votes and comments by logging into your VotesforSchools account. You can also get in touch at [primary@votesforschools.com](mailto:primary@votesforschools.com)

Today's VoteTopic:

# Should lessons start later in the day?

UNCRC Article 3:  
Best interests of  
the child

UN SDG 3:  
Good health &  
wellbeing

VfS Key Theme 1:  
Health  
& wellbeing

# 1 Why are we talking about this?



On New Year's Day, some people make **plans** for the year ahead.

You might have set yourself a **challenge** or **decided to learn something new**. Maybe there was something you wanted to **stop** doing!

## Did you know?

The **plans** that people make on New Year's Day are called **New Year's Resolutions**.



# 1 Why are we talking about this?



Many people make **plans** for how they will be **better** at **looking after themselves**.

So, our **theme** this week is **health and wellbeing**.



Your **health** is about your **mind** and **body working well** and **not** having any **illnesses**.

Your **wellbeing** is about how **happy** and **healthy** you **feel** in **your life**!

# 1 Why are we talking about this?



**Challenge (30 secs)**  
What **time** do your **lessons** start every day for your **class**?

8:30 am?

8:45 am?

9:00 am?

9:10 am?

9:30 am?

10:00 am?

**Did you know?**  
**Different schools** and **different year groups** start their lessons at **different times!**



# 1 Why are we talking about this?



## Whole class activity (30 secs)

Let's take a moment to decide **how you feel** about the **time** that your **lessons start**. If you think that **your** lessons start **too early**, make a **sleepy face**. If you think they start **at the right time**, give a **small smile**. If you think they start **too late**, pull a **goofy face**.

We know that **86% of you** think **emojis** help you to **communicate!**



Too early!



Just right!



Too late!

# 1 Why are we talking about this?



Some people think that **children** would have **better wellbeing** if they had more time in the **mornings before lessons start**.



Hmm... Do I want a **gentler start** to the day, or do I just want to **get on with my lessons**?

# 1 Why are we talking about this?



This week, your VoteTopic question is: “**Should lessons start later in the day?**”

Let’s start off by thinking about **what you need** to **start your day right...**





## Pair activity (1-2 mins)

What helps you to **feel ready** to **start your lessons** every day? Use the **emojis** to help you **explain your answer** to your **partner**.



Breakfast



Exercise



Chatting



Reading



A bath or shower



Playing games



Being creative



Sharing feelings





Lessons at school are very **important**.  
They can **help** us to...

Understand the  
world

Decide what choices  
to make in life

Learn about  
ourselves

Enjoy  
ourselves

Practise  
new skills

Achieve  
things

Make the world  
a better place





### 3 Getting what you need



#### Pair activity (1 min)

There are some things that your **mind** and **body need before** you can **learn** in your **lessons** at **school**. **What do you think that they are?**  
**Talk to your partner** to share your ideas!

Sleep

Safety

Health

Kindness

Water

Confidence

Clothing

Relationships

Food

Respect

## 3 Getting what you need



### Whole class activity (2-4 mins)

It's **quiz time!** Now we're going to see how much you know about some **simple things** that your **mind and body need** so you can **learn**. Show what you think the **missing information** is by showing one, two or three fingers.



### 3 Getting what you need



You should eat \_\_\_\_\_  
portions of fruit and  
vegetables in a day.



five



four



three





**You should eat five portions of fruit and vegetables in a day.**

Lots of schools in the UK can take part in the **School Fruit and Vegetable Scheme** for children aged four to six!

From next year, the Government plans to have **free breakfast clubs** in every school.



Children aged four to eight should drink \_\_\_\_ glasses of water a day.



seven



five



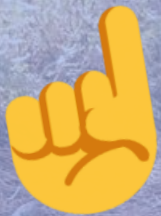
three



### 3 Getting what you need



You should get — minutes of exercise every day.



15



30



60



**You should get 60 minutes of exercise every day.**

There may be a **reason** that you cannot do 60 minutes of exercise **every day**. You can **get advice** about exercise that is **right for you**.

You can **split exercise** into **smaller chunks of time** if you need to. **Running around at breaktime counts!**



### 3 Getting what you need



You need around  

---

hours of sleep  
every night.



six to  
eight



eight  
to ten



ten to  
thirteen

### 3 Getting what you need



**friendships**



**health**



**eyesight**

**Reading for fun helps you to have better**



Talking with friends can help you  
                     more.



eat



dance



learn





You have just thought about a few of the things that you **need to do** to be **ready for your lessons** each day.

Now it is time to think about whether **starting your lessons later** could **help your wellbeing** or not.



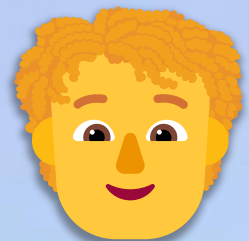
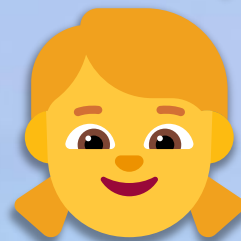


### Pair activity (6-8 mins)

On the next few slides, you are going to **hear some ideas** about **whether it is a good idea to start lessons later in the day or not**. When you have heard each idea, **turn to your partner** and say, **“I agree”** or **“I disagree”**.

I agree!

I disagree!



## 4 Starting right



No

I would rather **start earlier** so I could **finish earlier** and get more **exercise** in the **afternoon!**

I agree!



I disagree!



Annabella thinks lessons should not start later in the day. Tell your partner what you think!



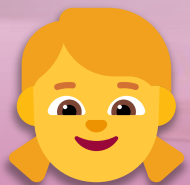
# 4 Starting right



Yes

If lessons started later, I would have **time to talk to my teacher** if I was worried about something.

I agree!



I disagree!



Noah thinks lessons should start later in the day.  
Tell your partner what you think!



No

I get to **play with my friends enough** and my **teacher is great** at **finding time to chat already.**

I agree!



I disagree!



**Charlie thinks lessons should not start later in the day. Tell your partner what you think!**

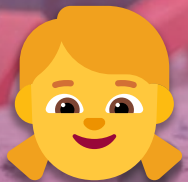




Yes

It would be great to have **time every day** to come in and **play** with my **friends** in the **classroom**.

I agree!



I disagree!



Noor thinks lessons should start later in the day.  
Tell your partner what you think!

# 4 Starting right



No

If **lessons** are so **important**, I think we should **spend as much time as possible** on them.

I agree!



I disagree!



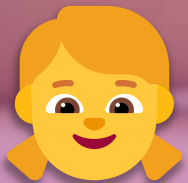
Alice thinks lessons should not start later in the day.  
Tell your partner what you think!



Yes

It would be great to come in and start reading **all the books in my classroom**. It would help me **feel** so much **calmer** when I get to **school**.

I agree!



I disagree!



Liam thinks lessons should start later in the day.  
Tell your partner what you think!

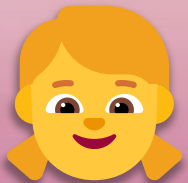




No

I would rather **start school later altogether**. Then I could **get more sleep** if I was feeling **unwell**.

I agree!



I disagree!



Andrei thinks lessons should not start later in the day.  
Tell your partner what you think!



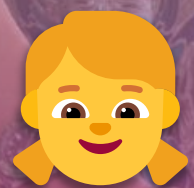
# 4 Starting right



Yes

I would love it if I got some **more time to chat** to **children** in my **class** and **find out how they are**.

I agree!



I disagree!



Miss Davis thinks lessons **should start later**. Ask your teacher what they think!

# 5 The choice is yours



## Pair activity (1-2 mins)

Think back over your lesson today. **Talk to your partner** about **which three things** you would want to do at school if **your lessons started later in the day**.



Breakfast



Exercise



Chatting



Reading



A bath or shower



Playing games



Being creative



Sharing feelings



## Whole class activity (1-2 mins)

Now you have heard some people's ideas, it is time to think about **what time YOU think your lessons should start. Do you think your lessons should start at 8 o'clock, 9 o'clock or 10 o'clock?** Follow these instructions to help you show what you think...



**8 o'clock**



**9 o'clock**



**10 o'clock**



# Now's your chance to vote on: "Should lessons start later in the day?"

Yes

**This would give us the chance to eat breakfast, chat, read and pick what we wanted to learn.**

Yes

**I would really like a bit of time at the start of the day to wake up and switch my brain on for my lessons.**

**How will we fit in all our lessons if we start them later on in the day?**

No

**I think it is best to just get started on lessons straight away so we don't get distracted.**

No

**We will be sharing your thoughts on this topic with Schools Week, TES, the Department for Education, the NASUWT and the NEU.**

Log in to your VotesforSchools account to submit your vote and leave a comment.