

What makes us and our community *marvellous*?

Key Words

Beliefs	A belief is a confident feeling that something exists, is true, or is good.
Circumstances	Someone's personal circumstances are the conditions of their life.
Community	A community is a group of people living or working together in the same area.
Diverse	Diverse means different. We are all unique and different in many different ways. Diversity is about embracing this.
Experiences	Experiences are events we go through. Experiences normally leave an impression on us, we learn from them and they can shape who we are.
Individuality	The qualities that make a person different and unique.
Role	A role is a part you play or a job you do in a community.
Unique	If something is unique, it is the only one around. We are all unique and there is no other person the same as us.
Values	Our values are how we think, how we act, and what we care about.
Views	Our views are our opinions and thoughts on something.
Team	A team is a group of people who work together towards a shared goal.

What is a *community*?

A *community* is a group of people living or working together in the same area. There are lots of different communities and smaller communities can be found within larger communities. It is possible for a person to be part of more than one community and to play different roles. For example, we are part of the local community, we are also part of the school community. Within the school, we are also part of our class community and a house community.

What is *diversity*?

Diversity is about embracing *differences* and including people from all walks of life. We are all different and *diverse*. Things that make us diverse can include race, ethnicity, gender, sexuality, social and economic backgrounds, religious beliefs and much more. Promoting and encouraging diversity means to actively respect, appreciate and empower people for who they are. Diversity is essential for creating a community where everyone feels safe, included and respected.



How do our individual **circumstances** and **experiences** shape who we are?

Our individual circumstances are the conditions of our life. This can include our family life, our financial situation, our social status and our health. Experiences are events we take part in or things that we go through in our life. We can have both good and bad experiences. We learn from experiences and gain knowledge, understanding and skills.

Our individual circumstances can affect our beliefs, views and values. They can influence what is important to us, how we act and live. Our circumstances can change. Our experiences can shape who we are and change our beliefs values and views as they give new knowledge and understanding,

What makes us **unique**?

No two individuals are exactly alike. What makes each person unique is their **individuality**. There are many factors that together contribute to what makes someone unique:

- **Personality**: Each person has a unique set of traits, behaviours, and characteristics that make up their personality. This includes their likes and dislikes, values, beliefs and how they interact with others.
- **Experiences**: We all have a unique set of life experiences that shape who we are.
- **Skills and Talents**: People have different skill sets and talents.
- **Perspective**: Each person has their own perspective and view.
- **Interests and Passions**: What someone is interested in and passionate about makes them unique.
- **Values and Beliefs**: Everyone has their own set of values and beliefs. These values can be influenced by culture, religion, upbringing, and personal experiences.
- **Physical Traits**: Physical characteristics such as appearance also contribute to someone's uniqueness.

Marvellous people who made a mark in their **community** and the world



Mother Teresa was a Catholic Christian nun. She dedicated the majority of her life to taking care of 'the poorest of the poor' in a slum area of India. She set up her own order of nuns called 'The Sisters of Charity', whose uniform was a simple blue and white saree. She said the worst disease anyone could experience was being unwanted, this was not a medical disease but a social disease. Those she found unwanted included: the destitute, the poor, the dying, abandoned babies and lepers. Her calling came when she found a woman dying in a dustbin alone and she was guided in her faith by Jesus' teaching to treat others as you would want to be treated.



Malala Yousafzai is a human rights activist. She fought for women to be allowed to receive an education in Pakistan. She is a Muslim and a feminist. Malala was born in the Swat District of Pakistan. She went to an all girls school where she loved learning. In 2007, when Malala was 10, the Taliban took over the Swat District of Pakistan. The Taliban decided women were not allowed to vote or have jobs and girls' schools were shut down. Malala began writing an anonymous blog for the BBC, called 'The Diary of a Pakistani School Girl'. In her blog she spoke out about what it was like living under Taliban rule and not being allowed to go to school. Speaking out was a very dangerous thing to do. When the government took back control in 2009, she was able to return to school. The Taliban continued to threaten Malala. In 2012, Malala was shot when on the bus home from school. Malala woke up a week later in hospital. She needed operations to help her recover. Malala was back at school 6 months later and continued to speak out about the importance of women's rights and education for all.



Dr. Martin Luther King was a Christian Baptist minister who led the fight for equal rights for black people in America. He didn't believe in using violence to change things and he was famous for his powerful speeches and peaceful protests. Martin Luther King wanted people to be treated equally whatever the colour of their skin. He gave a famous speech to lots of people in Washington in 1963. In it, he said he had a dream that life for his children could be different from how it had been for him. During his life, he was arrested and sent to prison 29 times. He never gave up the fight for equal rights, and made a real difference. In 1968, Dr. King was shot dead for his beliefs.

How can we keep our bodies healthy?

Diet, exercise, drugs, alcohol and lifestyle can all effect how our bodies function. Good health is not just the absence of disease or illness, it is a state of complete physical, mental and social well-being. Having a healthy lifestyle involves eating a balanced diet, getting regular exercise, avoiding tobacco and drugs and getting plenty of rest. This helps to keep our bodies and minds healthy and marvellous.

Balanced Diet

Our bodies require a balance of protein, carbohydrates, fat, vitamins, minerals and water to stay in good condition. Having a balanced diet has many benefits. It can: help us to build a strong immune system to prevent and fight infections; lower the risk of certain types of cancers; lower our blood pressure; help us maintain a healthy weight; give us more energy; provide essential nutrients to support tissue growth and make us feel happier and more positive in ourself.

Regular Exercise

It is important to engage in regular exercise to stay healthy. To keep your joints and muscles in a good state, they need regular exercise. Your body finds it much easier to deal with threats such as sickness, injury, or the occasional sugary or fatty snack if you are active and fit. Exercise also helps you maintain a healthy attitude and positive mental health. You also gain less body fat, tire less easily and feel better if you exercise often. Exercise also gives you greater flexibility and strength, prevents boredom and helps you sleep.

Sleep

Everyone needs sleep to give their bodies time to rest and prepare for the next day, and this sleep should be of good quality. Good quality sleep means that we have the right amount of sleep for our age, and our sleep is uninterrupted. That way, we can wake up feeling refreshed and energised.

Avoiding alcohol, drugs and cigarettes

Most drugs are used to help someone get better if they're ill, and we call them medicines. Medicines and drugs can be harmful. You should always check with a doctor or an adult you trust before taking them. Some drugs can be addictive. This means they make you feel like you can't live without them, even though they may be causing damage to your body. Alcohol is a type of drug that can be found in drinks such as beer, cider and wine.

Cigarettes contain lots of different things, including tobacco. Tobacco can damage your lungs and heart and cause your body to develop deadly diseases like cancer. The drug found in cigarettes is nicotine. Nicotine is very addictive, which is why some people find it hard to stop smoking. E-cigarettes are battery-powered devices that create water vapour. This water vapour doesn't contain tobacco but it does contain nicotine. To stay healthy it is best to avoid drugs, alcohol and cigarettes.

Why are we all different?

When living things **reproduce** they pass on characteristics to their offspring. This is known as **inheritance**. There are some key characteristics that we inherit from our birth parents. These include your eye colour, skin colour, shape of your ears and whether you can roll your tongue or not.

All living things produce offspring of the same kind but the offspring are rarely identical to the parents or each other. There are variations which make them different.

We don't inherit everything from our parents. For example, things like hairstyles, scars, birth marks and ear piercings are not passed on.

We are likely to be very similar to our family but we will not be identical. This is because different offspring from the same parents don't inherit the same mix of characteristics. These differences are called **variation**.

How do humans change as they develop to old age?

There are **six stages** in the human lifecycle:

1. **Foetus** - At this time, a baby is growing inside its mum's womb.
2. **Baby** - A baby is born after spending nine months inside the womb.
3. **Childhood** - At this stage, you learn to walk and talk.
4. **Adolescence**- The stage between childhood and adulthood when children become teenagers. Here, bodies develop during puberty.
5. **Adulthood**- Your body is fully developed and this is the stage where some women may have babies.
6. **Old age** - The last stage in the lifecycle of a human.



Geographical Regions of the UK

The UK is divided into 9 smaller areas known as **regions** and **counties**. A region is a part of a country. A county is a smaller area within a region that runs services such as transport, education, policing and waste management for people living in the area.

The 9 regions of the UK are:

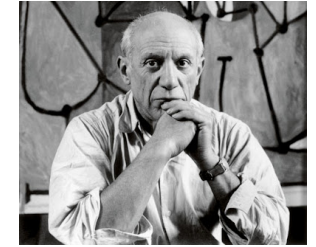
- North East
- North West
- Yorkshire and The Humber
- East Midlands
- West Midlands
- South West
- South East
- Greater London
- East of England (East Anglia)

Each region has different **human**, **physical** and **topographical** features.

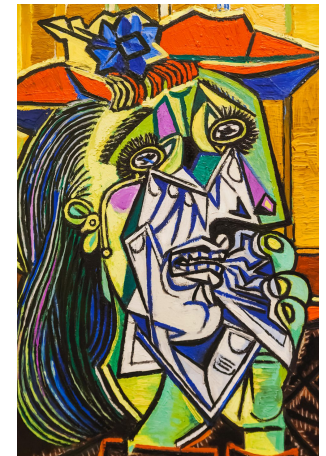


Pablo Picasso & Cubism

Pablo **Picasso** is one of the most famous artists of the twentieth-century. He was brilliant at drawing. He could draw and paint just about anything, and in any style. He liked to experiment and try out new ideas. Picasso was so experimental, and created so many different kinds of art that the art he produced during his life has been divided into stages. The Blue Period and the Rose Period came first (when he used lots of blue and pink to make paintings). These were followed by primitivism, cubism, classicism (when he created more traditional or classic artworks), surrealism, wartime and Late Works.



One of his most famous periods is the cubist period. **Cubism** is when the artist paints an object or person from lots of different angles all in the same picture. So you see the front, the back and the sides at the same time. It makes the subject look as if it is broken up or sometimes made from cubes. Pablo Picasso and the artist George Braque invented Cubism as a new form of art.



Our Local Geography

Our schools are in the county **Bedfordshire**, which is in the **East of England** in the region **East Anglia**. Our local county council is Bedford Borough Council.

The counties Bedfordshire, Cambridgeshire, Hertfordshire, Essex, Norfolk and Suffolk are all found in **East of England**.



What are the Fundamental British Values?

Fundamental British Values underpin what it is to be a citizen in a diverse Great Britain valuing our community and celebrating the diversity of the UK. These values are **Democracy**, **Rule of Law**, **Respect** and **Tolerance**, **Individual Liberty**.

