

RSE Day 25 June – Schedule of activities -

NB: Timings given are subject to slight change. Our live compere for the day is Jon Rea (Participation Officer, Nottingham City Council).

Follow here: <https://challengenottingham.co.uk/%40rse-day>

Please ensure any submissions with pictures/videos of children and young people are shared with the permission of parents.

Time	Description of content	Length	Suggested age	Challenge and resources needed
9.00	Cllr David Mellen , Nottingham City Council Leader, opens national RSE Day		All	
9.10	Welcome Assembly – Join staff from Rosehill School as they explore the themes of the book 'Guess How Much I Love You' by Sam McBratney. Using dance, story-telling and Makaton signs.	15m	All	Write your own version of the story. Send your stories in to hello@challengenottingham.co.uk or tag on social media #RSEdayNottm
9.25	Cllr Khan (Councillor for Dales ward and Portfolio Holder for Early Years, Education and Employment) reads 'My Sister is an Alien' by Rachel Bright published by Puffin Books. Alfie is obsessed with space and thinks his new sister must be an alien! A charming story focusing on love and the joys of a new sibling.	3m 42s	Age 2-6	
9.35	Nottingham performance poet, Manjit Sahota , explores communication through poetry. We've all become very familiar with online communication but what do we miss about face to face contact? Manjit shares a poem about his Gran focusing on appreciation for the older generation.	7 mins	Age 8-12	Write a poem about 'When I see my friends...' or another theme raised in the video. Send your poems to hello@challengenottingham.co.uk or tag on social media #RSEdayNottm

9.45	Cllr Wendy Smith (Councillor for Bilborough ward) reads 'Don't Make Me Cross' by Smriti Prasadam-Halls published by Bloomsbury. A lovely story focusing on cooperation in relationships and why we need to share.	5m	Age 2-6	
9.50	Manjit Sahota explores communication through poetry. Join Manjit as he explores themes of belonging, empathy and respect through his father's journey of immigration.	8m 50s	Age 11- adult	Write a poem about 'What makes you? You!' Students should think of their relationship to others, their identity, history and personality. Send your poems to hello@challengenottingham.co.uk or tag on social media #RSEdayNottm
10.08	Make and post a heart with Jacob Denness (Autists Art Collective)	2m	All	Create your own heart and post-it through the letterbox of a friend, neighbour or relative. Resources – paper and/or card, pens, paints, scraps, glue. Send a picture of your heart to hello@challengenottingham.co.uk or tag on social media #RSEdayNottm
10.10	Cllr Barnard (Councillor for Bulwell Forest ward and Portfolio Holder for Children and Young People) reads 'Brenda is a sheep' by Morag Hood. A massively mischievous and heart-warming story about being accepted, published by Twohootsbooks.	3m	Age 2-6	
10.15	Join artist Shamila Chady and her young friends as they explore respect using art activities. Shamila uses her art to show the importance of respecting self and others. Gather your materials and get stuck into some fun activities!	17m 29s	Age 7 – 14	<ul style="list-style-type: none"> - Cut out the letters in the word RESPECT and draw inside what respect means to you. - Draw a picture of a friend or family member and write all the things that you respect and admire about them. - Create a self-portrait collage – draw or write all the things that you respect and admire about yourself. - Resources: Pens, paper, cardboard, scissors, tac. Send pictures of your art-work to hello@challengenottingham.co.uk or tag on social media #RSEdayNottm
10.35	Cllr Roberts (Councillor for Castle ward) reads Aalfred and Aalbert by Morag Hood, a heart-warming story about two Aardwarks who both need a friend. They are brought together by their mutual friend bird and live happy ever after.	7m	Age 2-6	
10.50	Nottingham Music Hub explore collaboration and cooperation through the music of Liam Bailey. Nottingham musician Liam sings	8m 33s	Secondary	Think about Liam's lyrics, what is he trying to say? Create a story, poem, rap or song based on the themes of Liam's song. Send your

	the emotional song 'Love My Neighbour', performed as part of the Hockley Hustle festival 2017. Claire Dyer analyses Liam's words and encourages us to think about the meaning behind the song.			songs, poems or raps to hello@challengenottingham.co.uk or tag on social media #RSEdayNottm
10.59	Nottingham Library Service share books they love about love	1m	All	
11.00	Nottingham Music Hub explore collaboration and cooperation through the song 'If every child could'. This song is a collaborative piece written and performed by pupils in Nottingham schools. What would happen if every child could?	8m 16s	All	Using the phrase 'If every child could...' create your own set of lyrics – collaborate with your family or classmates. Send your lyrics to hello@challengenottingham.co.uk or tag on social media #RSEdayNottm
11.10	Cllr Quddoos (Councillor for Berridge ward) reads Frog in Love by Max Velthuijs published by Andersen Press. Frog is in love. Find out how he goes about proving his love to the target of his affections.	7mins 30s	Age 2-6	
11.20	Nottingham Music Hub explore collaboration and cooperation through the Voces 8 method. Join Graham as he takes us through a vocal collaboration piece, using 8 different musical ideas from across the world and layering them to create a piece of music.	14m 26s	Age 7 to adult	Have fun with your family, classmates and teachers producing a wonderful collaborative piece of music following Graham's instructions. Record them and send them in to hello@challengenottingham.co.uk or tag on social media #RSEdayNottm Resources – Your voice and hands!
11.35	Make and display a heart with Caitlin Cooke	1m 30s	All	Create your own heart and display it in your house or window. Resources – paper and/or card, pens, paints, scraps, glue. Send a picture of your heart to hello@challengenottingham.co.uk or tag on social media #RSEdayNottm
11.37	Introducing the Nottingham City Faith and Relationships resource with Jane Lewis (RE Advisor Diocese of Southwell and Nottingham)	3m		
11.40	Cllr Woodings (Councillor for Basford ward) reads 'The Huge Bag of Worries' by Virginia Ironside. published by Hodder Children's Books. A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings.	6m 50s	Age 2-6	
11.47	Helene Denness (Public Health Consultant) and her sister Rachel, share the books they love about love	4m 10s	Older teen and adult	

12.00	Music from Nottingham Music Hub – listen along to a selection of music as you eat your lunch.	60m	All	
13.00	Sharing of some of the submissions from the morning with Jon Rea – tune in to see your submissions on screen.	5m	All	
13.05	Afternoon assembly		All	
13.20	Cllr Kandola (Councillor for Berridge ward) reads Surprise Surprise by Niki Daly, published by OtterBarry Books. A story about communication, happiness and the importance of love.	7m 43s	Age 2-6	
13.28	Join Charlotte Tupper as she explores resilience through visual art. In this first part Charlotte encourages you to find materials to create a self-portrait.	6m 17s	Age 8-13	Gather your materials to create a self-portrait, could be pens, paper, items from the recycling bin, kitchen utensils, clothing, leaves, twigs, the possibilities are endless! Collect these ready for part 2.
13.35	Cllr Lee (Councillor for St Ann's ward) reads Gecko Echo by Lucy Rowland, published by Bloomsbury. A wonderful tale of a mother protecting her family.	5m 15s	Age 2-6	
13.40	Join Charlotte Tupper as she explores resilience through visual art. In this second part Charlotte encourages you to make a self-portrait with everyday objects, and then rearrange them to make something else! How does it feel to take something apart and put it back together again? How does this represent resilience?	15m	Age 8-13	Create a self-portrait using the items you have available around you. Take a picture of your self-portrait if you can. Think of a pose that you think shows resilience. Change your self-portrait to show this pose. Send a picture of your self-portrait or your resilience pose to hello@challengenottingham.co.uk or tag on social media #RSEdayNottm
13.55	Join local story-teller Nicky Rafferty as she tells the story of the lost purse. Exploring our relationship with money and how we can show kindness to others. In association with StoryParks Nottingham and the Nottingham Building Society.	5m 13s	Age 2 - 7	Think about a time when someone has done something kind for you or you have done something kind for someone else. Use these activities to explore money management further: https://storyparksnottingham.com/the-money-box-with-sammy-fox/ https://storyparksnottingham.com/world-money-with-the-money-academy/ https://storyparksnottingham.com/tigers-numeracy-challenge/

14.05	Vanessa Oxspring (VCreate) explores the theme of trust through a dance workshop. Using key words linked to the theme, Vanessa and her daughter show us how to translate these into dance.	25m	8 to adult	Create a dance piece around the theme of trust. Record or photograph your dance and send to hello@challengenottingham.co.uk or tag on social media #RSEdayNottm
14.30	Cllr Langton (Councillor for Bilborough ward and Portfolio Holder for Communities) reads Ravi's Roar by Tom Percival, published by Bloomsbury. A clever book about dealing with emotions and getting on with others.	3m 50s	2-7	
14.45	Join our special guest star Sid Sloane as he tells the story of Listening With My Heart by Gabi Garcia. Admired by children and parents across the nation, Sid is best known as one of CBeebies' most loved founding presenters. Sid is an actor, presenter and writer and advocates for children's well-being through his company Root4kids and his daily StorytimewithSid session on YouTube every weekday at 6.45pm.	15m	All	Submit your questions to Sid on hello@challengenottingham.co.uk
15.00	Live chat with Sid Sloane from CBeebies. Submit your questions for actor, presenter and writer Sid Sloane as Jon Rea leads this live chat.	10m	All	Submit your questions to Sid on hello@challengenottingham.co.uk
15.15	Cllr Watson (Councillor for Clifton East ward) reads Owl babies by Martin Waddell, published by Walker Books. A story of owl babies worrying about and missing their mum, and their elation when she finally returns.	4m 10s	Age 2-6	
15.20	Sharing of submissions sent in during the day with Jon Rea	25m	All	Get all your submissions in by now!
15.45	Cllr Mellen (Leader of the City Council) closes our RSE Day live feed with a reading of The Squirrels Who Squabbled by Rachel Bright, published by Orchard Books. A tale exploring friendship and the importance of sharing.	4m 30s	Age 2-6	