



Lawn Primary School



Lawn Primary School – How we keep you safe

At Lawn Primary School we put keeping you safe at the centre of everything

WHAT DO WE LEARN ABOUT IN YEAR 6?

E-Safety- In Computing, we explore how to keep ourselves safe online including not sharing any personal information with others and the importance of speaking to a trusted adult if you see something that makes you feel uncomfortable.

Alright Charlie- In this session run by Mrs O'Hare we learn how to identify when a person may be at risk of being exploited and how to recognise behaviours which make a person unsafe and what to do in these situations..

Anti-bullying Week- In November, we spend a whole week learning about and discussing the various different types of bullying that exist. We learn what to do if we or someone we know is being bullied as well as the impact of bullying on a person's mental health.

Wellbeing Wednesdays- We learn how to look after our mental health and wellbeing through different class discussions and activities.

1 I only go online with a grown up

2 I am kind online

3 I keep information about me safe

4 I tell a grown up if something online makes me unhappy

Logos for Eis Kent Education IT Services and Kent County Council are at the bottom.



Keeping you safe while on games and using apps

Our E-Safety expert Tracey Goode comes into school and delivers workshops to us on how you can stay safe while using some of your favourite apps and games.

She and the class teachers remind us how to stay safe including: keeping our personal information private, not using photos of ourselves as our avatars and they show us how to make sure our settings are private on apps such as SnapChat and Instagram.



PSHE- Personal Safety

In our PSHE module 'Personal Safety', we are taught about how to keep ourselves and our bodies' safe. We look at being able to identify trusted adults, understand personal boundaries, and distinguish between appropriate and inappropriate touches as well as assessing potentially risky situations and what to do in these to keep ourselves safe from harm.



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Frequently Asked Questions

1. If I see something that I know is not right what should I do?

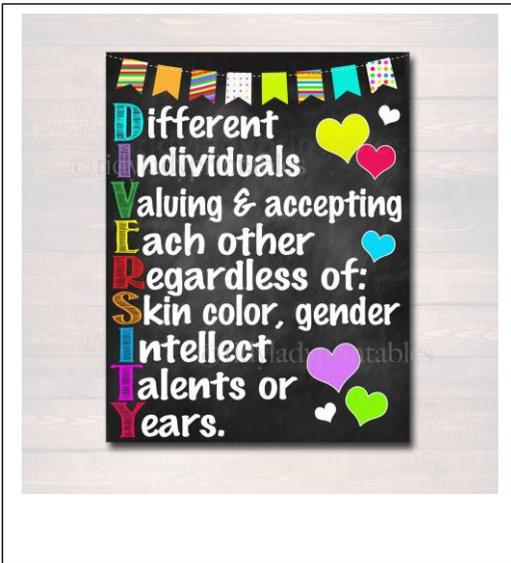
Tell an adult straight away. If it doesn't feel or look right- speak out!

2. Where can I go for advice if I am being bullied?

Look at the Lawn Pupil-Friendly Anti-Bullying Policy or ask an adult.

3. If I see somebody being bullied and I don't do anything to stop it, am I in the wrong too?

Bystanders (people who are present when bullying happens and do not try and help) have the power to do something about the bullying. You must tell someone and help the victim who may not know how to be supported.



Stay safe online

Remember the 5 SMART rules when using the internet and mobile phones.

- S SAFE:** Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.
- M MEET:** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.
- A ACCEPTING:** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!
- R RELIABLE:** Information you find on the internet may not be true, or someone online may be lying about who they are. Make sure you check information before you believe it.
- T TELL:** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

Wellbeing Wednesdays

We learn the importance of keeping ourselves mentally 'safe' by exploring different strategies to help understand and cope with our ever-changing emotions. These include practising breathing techniques and completing mindfulness activities that we can then use throughout our lives, not just in school.



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COVER YOUR COUGH AND SNEEZE

Stop the spread of germs that make people sick

When you cough or sneeze cover your nose and mouth with a tissue **or** Cough or sneeze into your elbow, not your hands.

Throw away your tissue!

Clean your hands after coughing or sneezing.

Thanks!

HE Building a Better Health Service | Quality Standard Approved | hpsc | RESIST

HOW TO PREVENT

Avoid Touching
Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid Close Contact
Put distance between yourself and other people if COVID-19 is spreading in your community.

Cover Coughs
Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Clean Your Hands
Wash your hands often with soap and water for at least 20 seconds.

Clean And Disinfect
Clean and disinfect frequently touched surfaces daily. Use detergent or soap and water prior to disinfection.

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Belaraby Apps

COVID-19

Coronavirus Disease 2019

www.belarabyapps.com

HEALTHY HABITS

For Healthy Kids

STAY FIT

- Get about eight hours of sleep each night.
- Do some form of exercise every day: run, walk, stretch, play.

STAY HEALTHY

- Practice good hygiene by keeping yourself clean and germ free.

STAY HAPPY

Make good choices every day for a happy, healthy YOU!

STAY ENERGIZED

- Eat nutritious meals and snacks daily. Include foods from these groups: dairy, grains, protein, vegetables, and fruits.

STAY SAFE

- Wear proper gear when playing sports, bicycling, or riding in a car.
- Obey safety rules.

I know I should never take any medicine that isn't meant for me

I know medicine can be dangerous if you take the wrong amount. It tells you on the label how much to take

Always use medicines safely!

I only take medicines when a grown up I trust gives them to me

I know it is important to store medicines out of reach of younger children

I know medicines are NOT sweets and that they can be harmful

The medicines industry supporting