

Newsletter



@OldFordPrimary



www.oldfordacademy.org



<https://www.facebook.com/OldFordPrimaryAcademy>

PRINCIPAL'S MESSAGE



Next week we are taking part in **Anti-Bullying week 2024.** The theme is 'Choose Respect.' On **Friday 15th November**, we will all wear **odd socks** to remind us that we are all different and all unique!



ANTI-BULLYING WEEK 2024

**CHOOSE
RESPECT**

#ANTIBULLYINGWEEK

Monday 11th to
Friday 15th November

**ODD SOCKS
DAY 2024**



#OddSocksDay

#ChooseRespect

**DEAR PARENTS
AND CARERS**

**We want to make sure
your voice is heard so that
we can create the best
learning environment for
your child.**

**SO HAVE
YOUR SAY!**

**And keep an eye for a link to a
survey from the school.**

**Our parent/carers survey will be launching
on **Tuesday 12th November.****

Look out for the link to have your say!

**There are £50 shopping vouchers up for
grabs!**

edurio'

ACADEMY COUNCIL

The minutes from all historic meetings are on our website [here](#)

Our next meeting is on
**Tuesday 12th November at
9.15am**

Come in person or join online
[here](#)

Future meeting dates: 14th January, 4th March, 29th April, 10th June

ARE YOU SIGNED UP TO OUR 'MY CHILD AT SCHOOL' APP?



All our important information goes out
via the app so sign up today!

To sign up, go to
[https://www.mychildatschool.com/MCAS
/MCSParentLogin](https://www.mychildatschool.com/MCAS/MCSParentLogin)

and click on the 'Sign up' link, via the
App or on a desktop/laptop.

**IF YOU NEED HELP SIGNING UP,
WE WILL BE HOLDING DROP IN
SESSIONS AT SCHOOL ON
WEDNESDAY, THURSDAY AND
FRIDAY AT 9.00AM**



Phoenix Outreach Dads Group



Emotional Regulation Session

This session will focus on understanding what emotional regulation means and sharing practical strategies for supporting your child's emotional regulation and behaviour, including The Zones of Regulation.



The ZONES of Regulation			
Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone Overjoyed/Elated Panicked Angry Terrified

For session reminders please email
training@phoenix.towerhamlets.sch.uk



Phoenix Upper School,
South Building, Paton
Close,
E3 2QD

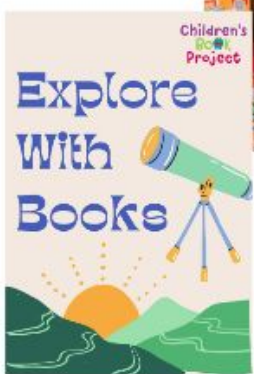


9:30am - 10:30am

Friday 15th November
2024



A Pop Up
Bookshop is
coming to our
school!



Children's
Book
Project



UNAUTHORISED ABSENCES IN TERM TIME

We follow government guidance on term time holidays (see [here](#)) and we **do not** authorise pupil holidays during term time. We encourage parents/carers to take their holidays during one of the scheduled holiday breaks.

You can be **fined** or face **legal action** for taking your child on holiday during term time.

PLEASE **DO NOT** PARK ON THE
DOUBLE YELLOW OR ZIG-ZAG
LINES WHEN YOU ARE
COLLECTING OR DROPPING OFF
YOUR CHILDREN.



TOWER
HAMLETS
PARKING
ENFORCEMENT
OFFICERS ARE
CONDUCTING
REGULAR
PATROLS IN THE
AREA

PLEASE DO
NOT PARK
NEAR OUR GATES



CHILD SAFETY COMES FIRST



RECYCLING ROBOT!



Our school council are beginning to focus on recycling. We were fortunate enough to have Tower Hamlets council visit us and hold an assembly about recycling. We learnt all about how to recycle and even met their recycling robot!

School council hope to make our own recycling robot in the future. Watch this space!



Supporting you, for a brighter future

Every family sometimes needs support to help their babies and children thrive. Family Hubs brings together local services and advice for children, young people and their families, including Start for Life services for 0-2-year-olds.

Click [here](#) for
more
information



IMPORTANT!!!!

Please make sure you clearly label ALL of your children's clothes with their name and class.

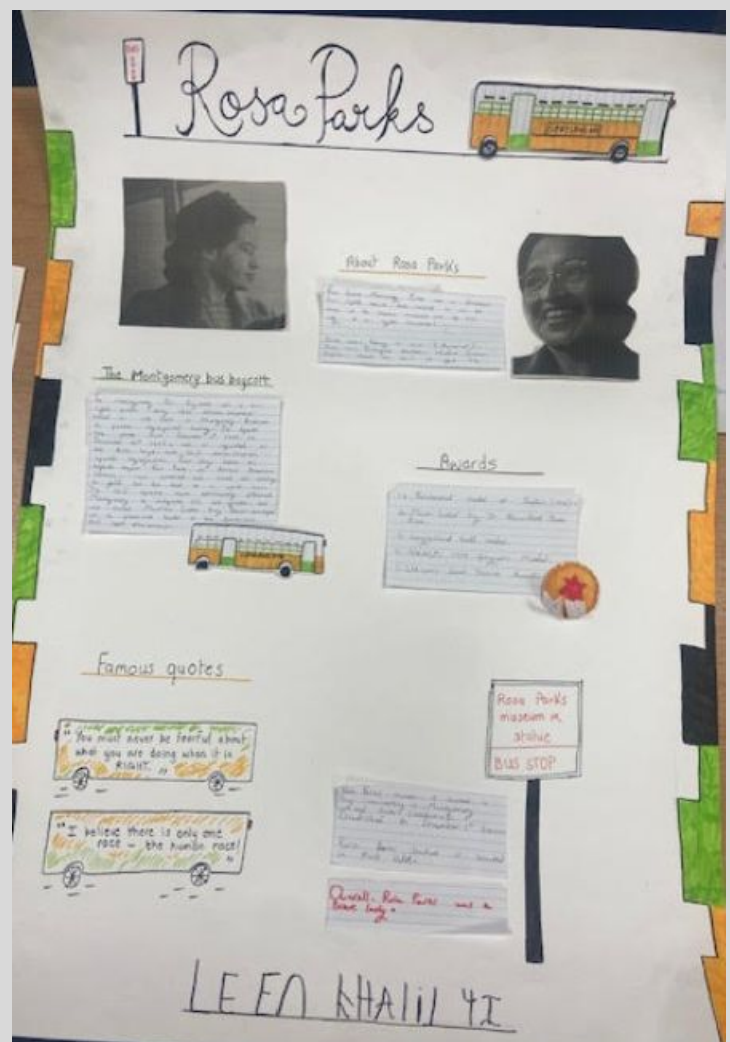
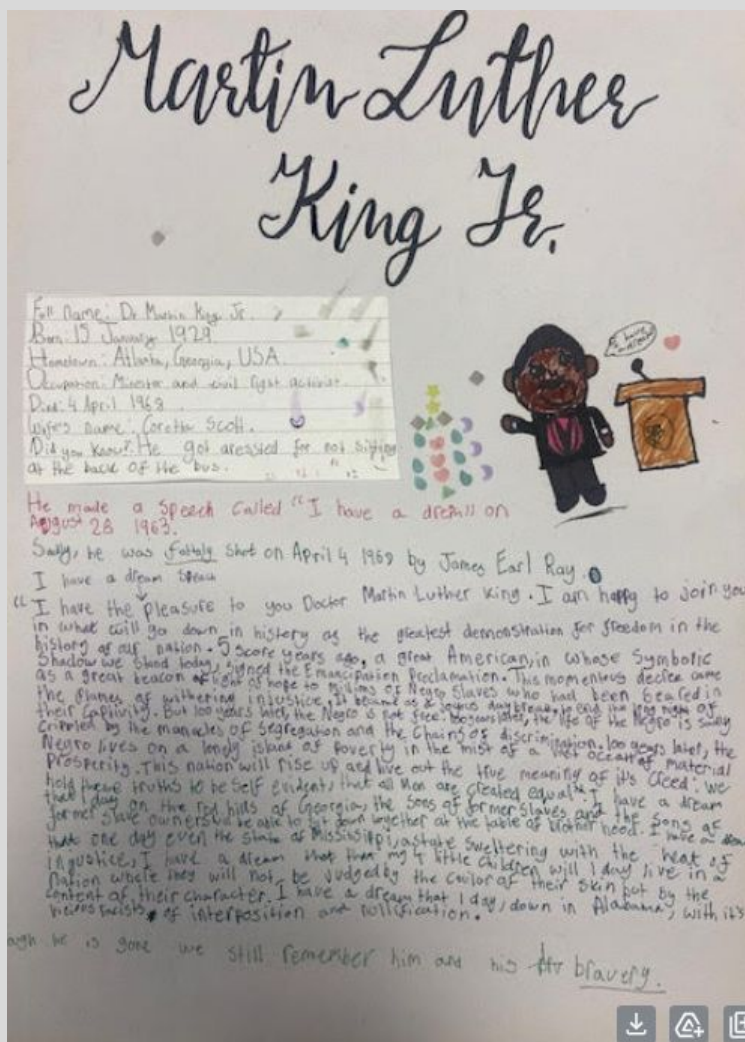
We have dozens of lost jumpers and coats that get left in the playground and lost because we don't know who they belong to!



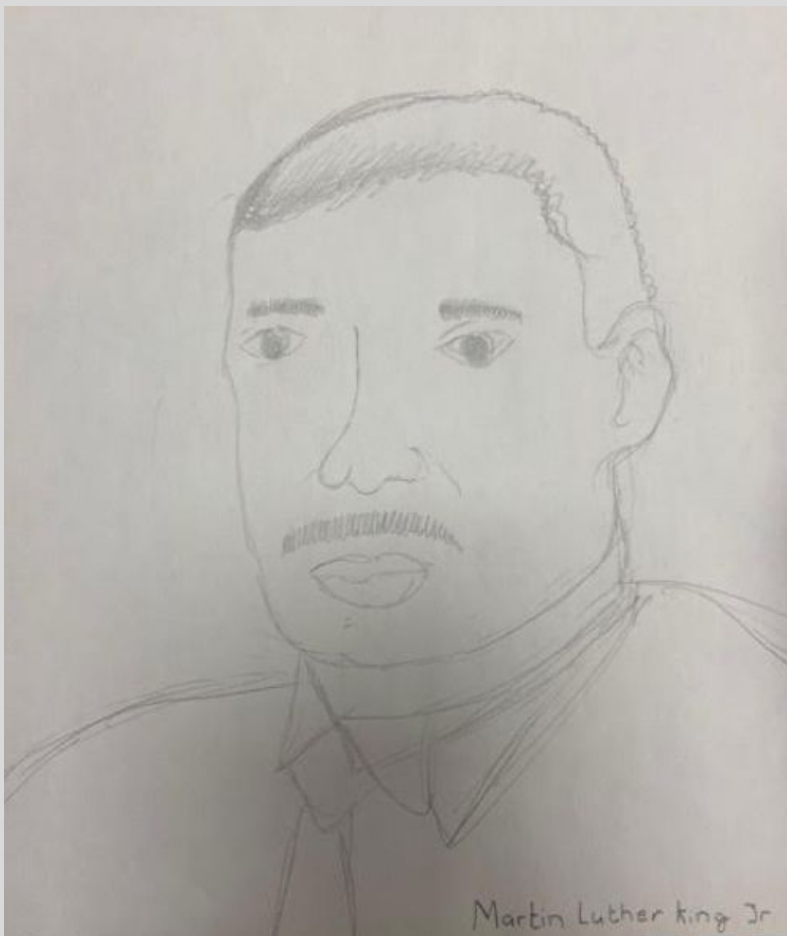
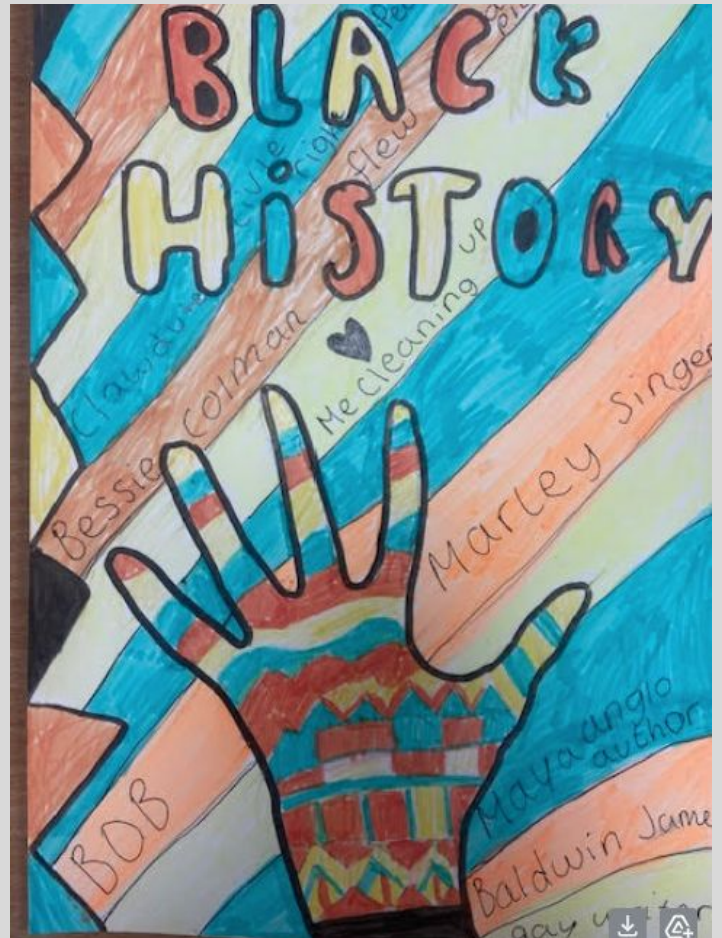
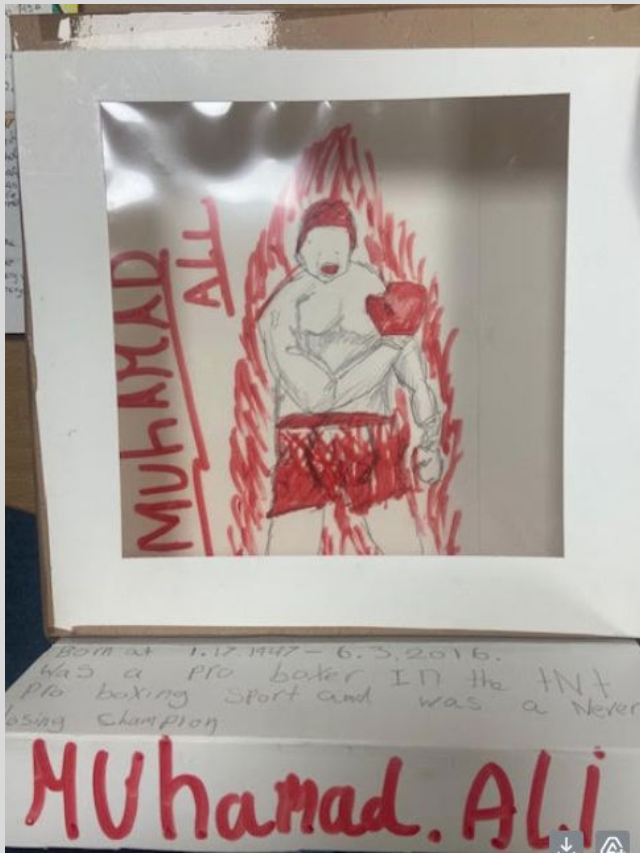
Just get a pen
and write their
name and class
on the label
inside!

BLACK HISTORY MONTH

Our pupils have done an **amazing** job completing their **Black History Month** projects at home. These will be on display around the school.

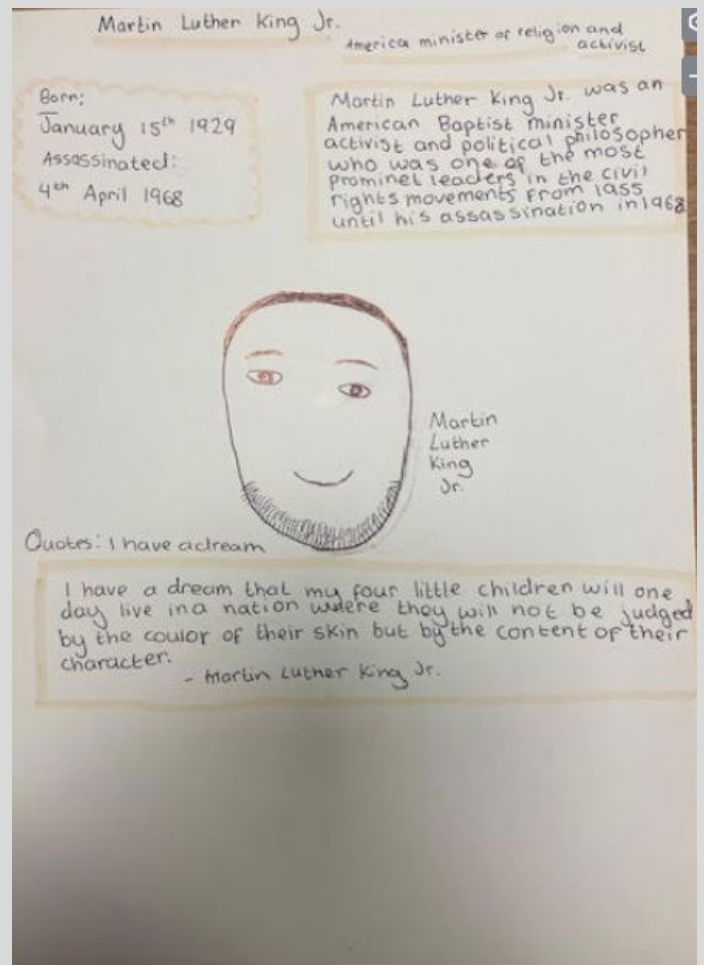
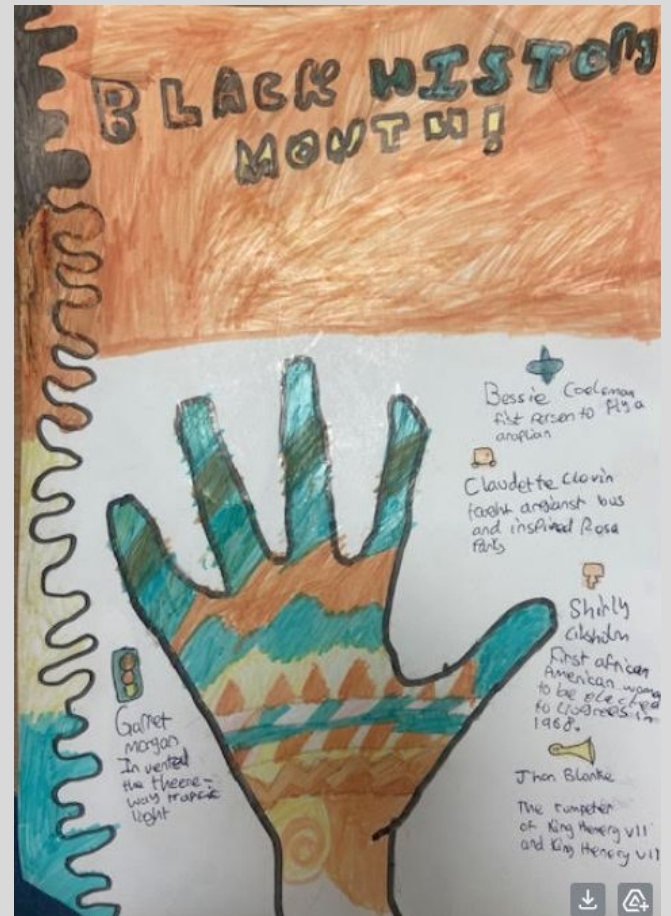


BLACK HISTORY MONTH



BLACK HISTORY MONTH

BLACK HISTORY MONTH



BLACK HISTORY MONTH

BLACK HISTORY MONTH



Vinicius Junior

Vinicius Junior
Born on 12 July 2000, Vinicius Junior or Vini Jr is a Brazilian professional footballer who plays as a left wing / forward for La Liga club Real Madrid and the Brazil national team. Considered one of the best footballers players in the world, he is known for his pace and dribbling and finishing ability. Born in São Gonçalo, Vinicius Junior began his professional career at Flamengo, where made his senior debut in 2017, at age 16. A few weeks later, Vinicius Junior was the subject of a transfer to La Liga club Real Madrid, whom he signed for in a €30 million deal, which was a national record for an U-18 player. The transfer was made effective after his 18th birthday, with Vinicius debuting for the club in 2018-2019. Over the following seasons, Vinicius established himself as a prominent member in Real Madrid's squad, helping the club to win two La Liga, Champions League doubles, scoring the winning goal in the 2022 and 2024 final, & being named the tournament's best player of the season in 2024.

Selma to Montgomery The March for Freedom

The civil rights movement was a laborious struggle which advocated for the equal treatment and opportunities for minorities across the United States that took place mainly in the 1950s and 1960s. A one of the many events that have happened is Little Rock Nine. After the case Brown v. Board of Education the United States Supreme Court ruled that segregation is illegal in public schools in which after the ruling Little Rock Nine took place on September 4, 1957 as nine Black students known as Little Rock Nine arrived at Central High School to attend classes there but instead were met with a screaming, threatening mob and the Arkansas National Guard (on order of Governor Orval Faubus). The Little Nine rock tried again a couple of weeks later however were removed for their safety after violence ensued. Finally, President Dwight D. Eisenhower intervened and ordered federal troops to escort the students into school however still prejudice and discrimination ensued. This event brought light on the issue of desegregation and fueled protests on both sides of the issue.

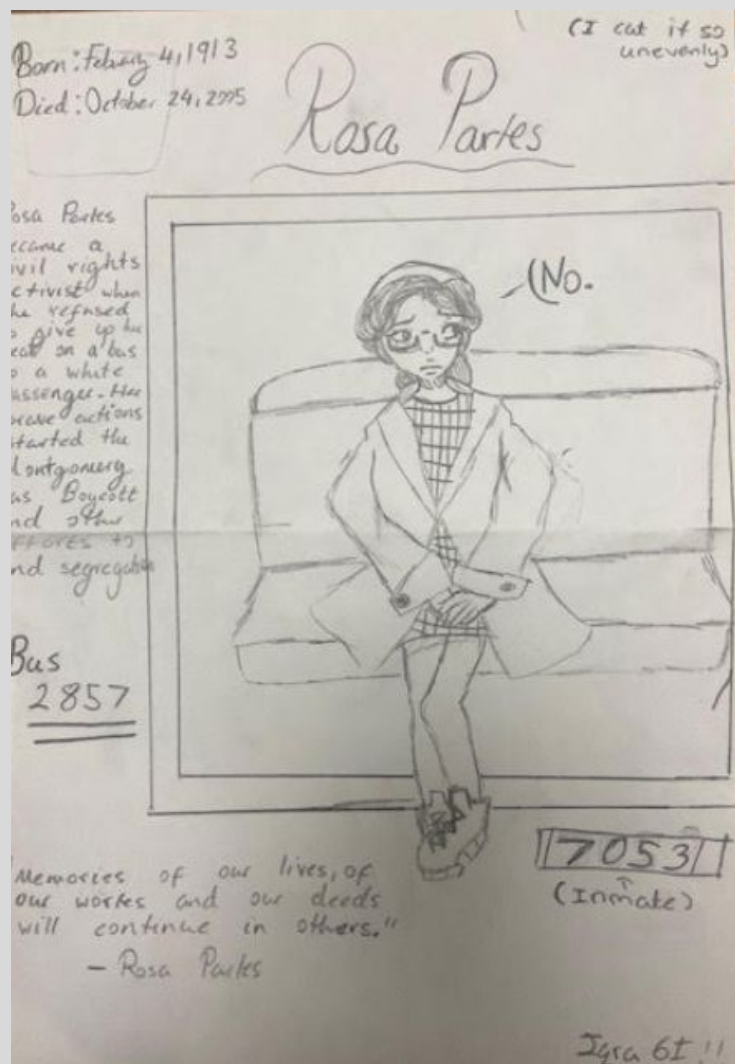
Though I have talked about Little Rock Nine and the Civil Rights Movement we are here to focus on one topic here the march from Selma to Montgomery. The Selma to Montgomery march was a key event in the American Civil Rights Movement, driven by the persistent disenfranchisement of African Americans in the South. Despite the Civil Rights Act of 1964, many states continued to implement measures such as literacy tests and poll taxes to prevent black citizens from voting. This systemic racism sparked outrage and the desire for change, culminating in a call for federal intervention to secure voting rights for all.

The march began on March 7, 1965, known as "Bloody Sunday," when peaceful protesters were brutally attacked by law enforcement at the Edmund Pettus Bridge in Selma, Alabama. Led by civil rights leaders like Dr. Martin Luther King Jr. The marchers faced violence yet remained determined. A subsequent march was held on March 9, and finally, under federal protection, the marchers completed their journey to Montgomery on March 21-25, covering 54 miles.



BLACK HISTORY MONTH

**BLACK
HISTORY
MONTH**





FRUIT AT BREAK TIMES

If you would like to provide your child with a **piece of fruit** to eat at break/play time, please do so!

Please note: **Only fresh fruit*** is allowed.

No fruit snacks, bars or anything else!

please give these to your child **before school and do not bring into the office! Our staff are very busy in the mornings!*

PARENT/CARER SCHOOL DINNERS ARE BACK!

There will be 10 places available for parents/carers to have school dinner with their children on the following dates:

Year 6 - Thursday 3rd October

Year 5 - Thursday 10th October

Year 4 - Thursday 17th October

Year 3 - Thursday 24th October

Year 2 - Thursday 7th November

Year 1 - Thursday 14th November

Reception - Thursday 21st November

Nursery (Full time pupils only) - Thursday 28th November

If there are more than 10 people that sign up for a date, we will select 10 randomly and will let you know if you have been chosen.

Sign up using the Google form link [here](#)





BOW COMMUNITY HUB

**BOW COMMUNITY HUB, PRIESTMAN POINT,
RAINHILL WAY, LONDON E3 3EY**

Opening on Wednesday 27th November 2024

The launch of our new youth club safe space at Young Tower Hamlets for young people in the borough.

- Hang out in the safe space,
- Meet new friends,
- Use our facilities,
- Attend trips
- Opportunities for training & qualifications
- Take part in activities
- and many more

Be the first to meet us: Get to know the youth workers in the club and see the building. Come and take part in some activities and games.

Contact Tobi from YTH for more information
Phone: **07738 265076**
Email: **Tobie.bolanle@towerhamlets.gov.uk**



NOTICES

CURRICULUM INFORMATION

Full information about how your child's year group is organised, staffing and what they will be learning this half term is available on our website [here](#)



COFFEE MORNING

Every Thursday, 9.00am with Shabina



PLEASE MAKE SURE YOU NAME YOUR CHILDREN'S CLOTHES

We have a very full lost property box already and nothing in there is named. Please take a couple of minutes with a pen and write your child's name on the label of their coat, school jumper and anything else that may get lost. As a parent, I know how annoying and expensive it is to have to replace lost items.



PARENTS/CARERS

Please do not use the pupil toilets before and after school!
These are for the children - not you!

PLAYGROUND BEFORE AND AFTER SCHOOL

Please remember that there are no staff on duty in the playgrounds before and after school so parents/carers should supervise their own children.

Children should not be playing with balls or on the climbing frames

MANNERS

As part of our
'Manners and
etiquette' work, we
are practising our
**conversation and
listening skills.** Look
over the page to see
what we are
learning...

Listening Skills

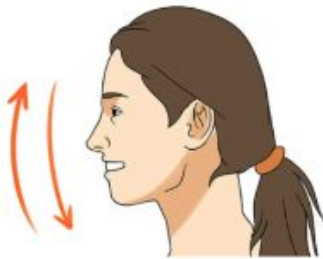
How do you show good listening?

How do you show good listening?

1. Look at the person speaking



2. Nod occasionally



3. Use verbal affirmations



4. Ask follow up questions



How do you show good listening?

5. Don't interrupt!



6. Keep open body language



What does a good conversation look like?

Good listening



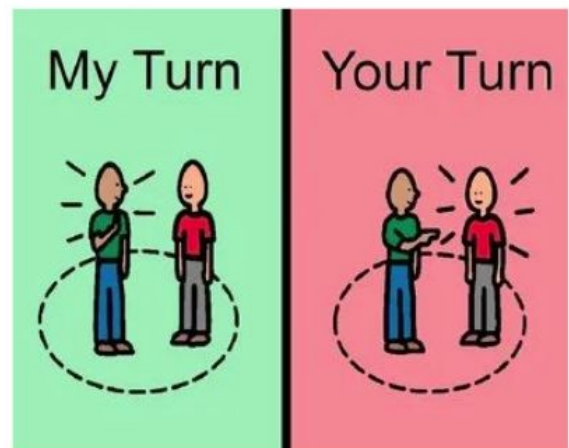
Speaking clearly



Asking questions



Taking turns to speak



Using appropriate body language



MOBILE PHONES AND E-SAFETY

As you know, an important part of our curriculum is teaching pupils about **esafety**.

We know that a lot of our pupils spend a lot of their time online, either through **online gaming** or on **social media apps**.

This can sometimes lead to contact with inappropriate people and/or exposure to inappropriate language.

We **strongly recommend** that you monitor your children's usage of the internet and that you are aware of what they are doing online.

Please see social media apps **age ratings** below.



More information on age ratings [here](#)

CAKE WITH KEVIN VALUES WINNERS!

Over the page...



THIS WEEK'S VALUES WINNERS



RI - Junaid Miah

Junaid - integrity you are always doing the right thing and listening on the carpet. You are a super star Junaid and we love having you in Reception I!



2C - Ariana

Ariana, you show Excellence in everything you do! You are always working hard, showing STAR and helping others. I have noticed how you have become your table's manager by helping people around you tidy their books and track the speaker. Well done and thank you!

1C - Maria

I would like to present Maria with a value award because she consistently shows integrity by working hard, even when tasks are difficult. Maria your dedication to completing your work correctly sets a great example for your classmates. Keep up the hard work!



THIS WEEK'S VALUES WINNERS



2E - Yunus

Yunus, I love how hard you try in all your lessons, and that you're becoming more brave and answering more questions in class. Keep it up, I'm very proud of you.



3C - Aisha

Excellence- You are just EXCELLENT! You take great pride in your work and always try your best. It is a pleasure to teach you as you always show maturity, integrity and perseverance. Keep up the good work. Keep making the right choices and keep excelling!

2I - Aqsa

Community - Congratulations, Aq'sa! You are a true team player. Whether you're helping others in the classroom or playing for your team during PE, you bring joy to everyone around you. I'm so proud of your kindness and how helpful you are! Keep shining!



THIS WEEK'S VALUES WINNERS

3E - Sulaiman

Excellence - WELL DONE SULAIMAN. You did SO SO well with your DT project making knots by yourself and helping other children too. So proud of you. Keep trying like you did this week!



3I - Zuhaib

Community - For always supporting and thinking of others. You show a true community spirit in class.

5C - Ezra

You have been chosen to receive an excellence award for showing fantastic listening skills and responding well to feedback during our Literacy lesson. Keep up the effort Ezra!

5E - Ibraheem

Excellence: You have gradually improved with your confidence since you have become PA, you inspire those around you with your integrity and calmness. You have the potential to become the best PA I have ever had!

Integrity

doing the right thing even when no one is watching

Community

working together; learning from, and supporting, others

Excellence

enabling everyone to achieve more through education

THIS WEEK'S VALUES WINNERS

5I - Mikaeel

Congratulations Mikaeel for your continuous commitment and positive attitude at school! You are always showing integrity and making the best out of your learning time. I am very proud of your achievements.



6I - Yahya

Well done and thank you for always modelling amazing examples of integrity! I am very proud of your hard work and efforts this week! You superstar!



UNIFORM

Pupils should **ONLY** be wearing the uniform pictured below. If pupils are not in the correct uniform, we will be calling parents/carers for them to bring this in. **NO 'HOODIES' OF ANY COLOUR**



P.E. UNIFORM

Please make sure your child has black jogging bottoms or shorts and a black T-shirt.

Black T-shirts are available from the school office for £2.00



Scarves should be dark blue or black



AFTERSCHOOL CLUB

The afterschool care club at OFPA no longer operates. We have made an arrangement with **Olga Primary School** who have agreed that we can use their club. Their club runs from 3.30pm - 6.00pm daily and children are given a hot meal.

Each day, a OFPA staff member will collect the children from Old Ford and walk them over to Olga (which is about 5 minutes walk away.) Parents/carers will then collect the children from there. More information about the Olga provision can be found here:

<https://www.olga.towerhamlets.sch.uk/info/breakfast-and-after-school-clubs/>

You can enrol your child through OFPA and we will pass your information on to Olga.



PLEASE MAKE SURE YOU NAME YOUR CHILDREN'S CLOTHES

We have a very full lost property box already and nothing in there is named. Please take a couple of minutes with a pen and write your child's name on the label of their coat, school jumper and anything else that may get lost. As a parent, I know how annoying and expensive it is to have to replace lost items.



COLLECTING PUPILS AT THE END OF THE DAY

Please could you wait until all pupils are in their lines before speaking to the teacher and collecting your child.

We need to make sure that all of our pupils go home with the right adult!

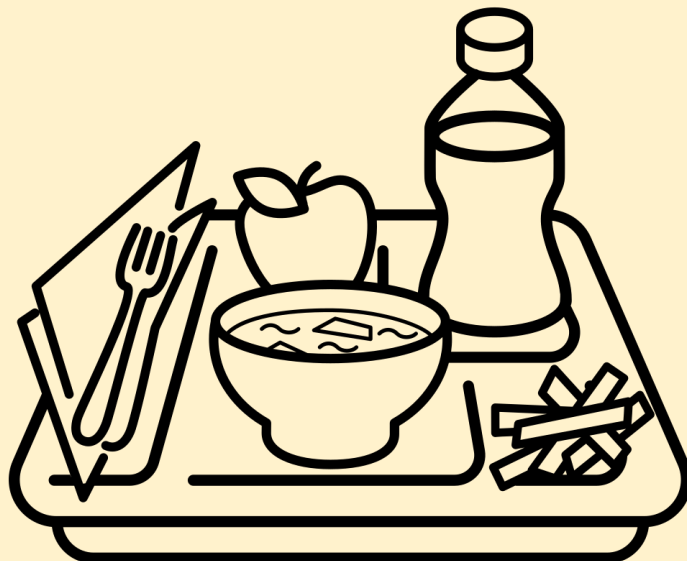
REMEMBER - SCHOOL STARTS AT...



DON'T BE LATE!

How are lunches organised at OFPA?

- All pupils play in their playground.
- A midday meals supervisor will come out to the playground and ring a bell. All the children stop and look.
- The midday meals supervisor will hold up a sign with the name of a class on it (e.g. 3E) and all the children line up and are walked in to the dinner hall.
- This is repeated for all classes.
- At the end, a sign is held up saying 'Last Call' This is an opportunity for any children who have missed their lunch to go in.



MENU FOR 2024/25

(From October 2024)



LUNCHTIME CO[®]

WEEK 1 MENU

WEEKS: 04/11, 25/11, 16/12, 20/01, 10/02, 10/03, 31/03

Old Ford Primary



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Roasted Vegetable,
Tomato & Chickpea
Pasta Bake & Mixed
Vegetable

Thai Chicken Curry
Served with Fragrant
Rice & Medley of Green
Vegetables

Roast Chicken served
with Roast Potatoes,
Carrots, Broccoli, and
Gravy

Beef Bolognese served
with Spaghetti,
Homemade Garlic &
Herb Bread, Seasonal
Vegetables or Mixed
Salad

Fish Fingers or Salmon
Fish Fingers served
with Chips, Garden
Peas or Baked Beans

MEAT FREE

Cheese & Tomato
Pinwheels Served With
Wholegrain Rice &
Mixed Vegetable

Roasted Butternut
Squash & Spinach Thai
Curry Served with
Fragrant Rice & Medley
of Green Vegetables

Quorn Fillet served
with Roast Potatoes,
Carrots, Cabbage and
Gravy

Vegetable & Lentil
Bolognese served with
Penne Pasta, Homemade
Garlic & Herb Bread,
Seasonal Vegetables or
Mixed Salad

Vegetable Nuggets
served with Chips,
Garden Peas
or Baked Beans

PASTA & JACKETS

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

Pasta Twists with
Homemade Tomato and
Vegetable Sauce served
with Fresh Salad and
Chunky Bread

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

Pasta Twists with
Cheddar Cheese Sauce
with Fresh Salad and
Chunky Bread

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

DESSERTS

Ice cream Mondays
Or
Fresh fruit pot

Natural yogurt with
healthy toppings
Or
Fresh fruit pot

Natural yogurt with
healthy toppings
Or
Fresh fruit pot

Natural yogurt with
healthy toppings
Or
Fresh fruit pot

Treat day Friday with
cake
Or
Fresh fruit pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Margarita Pizza
Served with Baked
Potato Wedges, Peas &
Sweetcorn

Marinated
Jerk Chicken Served
With Rice & Peas, Mixed
Vegetable

Roast Turkey served
with Roast Potatoes,
Carrots, Broccoli and
Gravy

Italian Meatball in a
Rich Tomato Sauce
Served with Pasta &
Mixed Vegetables

Breaded Fish Fillet
served with Chips,
Garden Peas or Baked
Beans

MEAT FREE

Rainbow Pizza Served
with Baked Potato
Wedges, Peas &
Sweetcorn

Sweet Potato & Black
Bean Jerk Curry
Served With Rice &
Peas, Mixed Vegetable

Cauliflower, Broccoli
Lentil Cheese Bake
Served with Roast
Potatoes, Carrots,
Broccoli and Gravy

Italian Vegan Meatball
in a Rich Tomato
Sauce Served with
Pasta & Mixed
Vegetables

Vegan Sausage Roll
served with Chips,
Garden Peas or Baked
Beans

PASTA & JACKETS

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

Pasta Twists with
Homemade Tomato and
Vegetable Sauce served
with Fresh Salad and
Chunky Bread

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

Pasta Twists with
Cheddar Cheese Sauce
with Fresh Salad and
Chunky Bread

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

DESSERTS

Ice cream Mondays
Or
Fresh fruit pot

Natural yogurt with
healthy toppings
Or
Fresh fruit pot

Natural yogurt with
healthy toppings
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healthy toppings
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Fresh fruit pot

Treat day Friday with
cake
Or
Fresh fruit pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Traditional Macaroni
Cheese Served with
Homemade Garlic &
Herb Bread, Seasonal
Vegetables

Turkey Tikka
Served with Rice,
Naan Bread Finger
and Mixed vegetable

Chicken Sausage served
with Potatoes, Yorkshire
Pudding, Carrots,
Broccoli & Gravy

Beef Lasagna Served
with Homemade Garlic
Bread & Mixed
Vegetables Or Fresh
Salad

Fish Fingers Served
with Chips, Garden
Peas or Baked Beans

MEAT FREE

Moroccan Vegetable &
Chickpea Tagine Served
with Crusty Whole meal
Bread

Vegetable Tikka
Served with Rice, Naan
Bread Finger and Mixed
vegetable

Quorn Sausage
served with Potatoes,
Yorkshire Pudding,
Carrots, Broccoli &
Gravy

Tex Mex Vegan Mince
& Cheese Burrito Served
With Mixed Vegetables
Or Fresh Salad

Fishless Fish Fingers
served with Chips,
Garden Peas or Baked
Beans

PASTA & JACKETS

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

Pasta Twists with
Homemade Tomato and
Vegetable Sauce served
with Fresh Salad and
Chunky Bread

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

Pasta Twists with
Cheddar Cheese Sauce
with Fresh Salad and
Chunky Bread

Jacket Potato with
Choice of Toppings
served with
Fresh Salad

DESSERTS

Ice cream Mondays
Or
Fresh fruit pot

Natural yogurt with
healthy toppings
Or
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Fresh fruit pot

Treat day Friday with
cake
Or
Fresh fruit pot

Making lunchtime the **highlight** of your day



National Hispanic Heritage Month

Tuesday 16th

International Day of Peace

Thursday 19th



World Teachers Day

Friday 4th

Black History Month

Thursday 17th



Guy Fawkes / Bonfire Lunch

Tuesday 5th

Diwali

Thursday 7th



National Odd Sock Day

Thursday 4th

Christmas Dinner Day

Date to be agreed with school



Veganuary

Thursday 16th

Chinese New Year

Wednesday 29th



National Pizza Day

Monday 10th

International Stand Up to Bullying Day

Friday 28th



Pancake Day

Tuesday 4th

World Book Day

Thursday 6th



Eid al-Fitr

Tuesday 1st

Easter Lunch

Last Roast Dinner date before Easter



International Harry Potter Day

Thursday 1st

Spring Picnic

Thursday 22nd



World Environment Day

Thursday 5th

Healthy Eating Week

Tuesday 10th



Ice Cream Station

Tuesday 1st

Leavers BBQ Lunch

Agreed with each school

REPORTING ABSENCES

If your child is absent it is your responsibility to notify the school **ADMINISTRATION OFFICE** on the **MORNING** of the day of absence.

There are a couple of ways in which you can notify the administration team of your child's absence.

Please note: you do not need to speak to a member of the administration team to report your child's absence.

1) **Leave a voicemail** by calling the school on **020 8980 1503** and select **option 1 and wait for the beep after the message**. You will then be asked to leave a voicemail.

Please **clearly** state:

- Child's full name
- Child's class
- Reason for absence

OR

2) **Email** the school on **Info@oldfordacademy.org** and please put **ABSENCE REPORT in the subject line** and then state:

- Child's full name
- Child's class
- Reason for absence

If you do not report your child's absence they will have an **unauthorised absence** mark.

Please be reminded that three days of unauthorised absences will result in a penalty notice referral to the local authority and may lead to a £60 fine per child, per parent.

Issue 63 Summer 2024



FamiliesMatter

A magazine full of news and information to support families
Featuring the SEND Information Supplement

Celebrating family learning



Read all about the Parental Engagement Team's family learning workshops in schools, including the newly developed Reading for Pleasure and Family Science Lab workshops, see pages 5-7.

Read the latest edition of the Families Matter magazine and monthly e-bulletin online at
www.towerhamlets.gov.uk/familiesmatter

INSIDE

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Click [here](#) for the latest issue of 'Family Matters'



AND STAY SAFE,
LIKE PANTOSAURUS



P RIVATES
ARE PRIVATE

A LWAYS REMEMBER YOUR
BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS
THAT UPSET YOU

S PEAK UP, SOMEONE
CAN HELP



NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE



P RIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.



A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'NO' – and tell someone you trust and like to speak to.



N O MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.



T ALK ABOUT SECRETS THAT UPSET YOU

There are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad – and you should tell an adult you trust about it straight away.



S PEAK UP, SOMEONE CAN HELP

It's always good to talk about stuff that makes you upset. If you're worried, go and tell a grown up you trust – like a family member, teacher or one of your friend's parents. They'll say well done for speaking out and help make everything OK. You can also call Childline on 0800 1111 and someone will always be there to listen.



Remember all of these rules and they'll help you stay safe, just like Pantosaurus

