

Issue 15 - Friday 20th December 2024

Newsletter

 @OldFordPrimary

 www.olfordacademy.org

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

Merry Christmas!

Have a great
holiday and
we'll see you
back at
school on
Tuesday 7th
January!

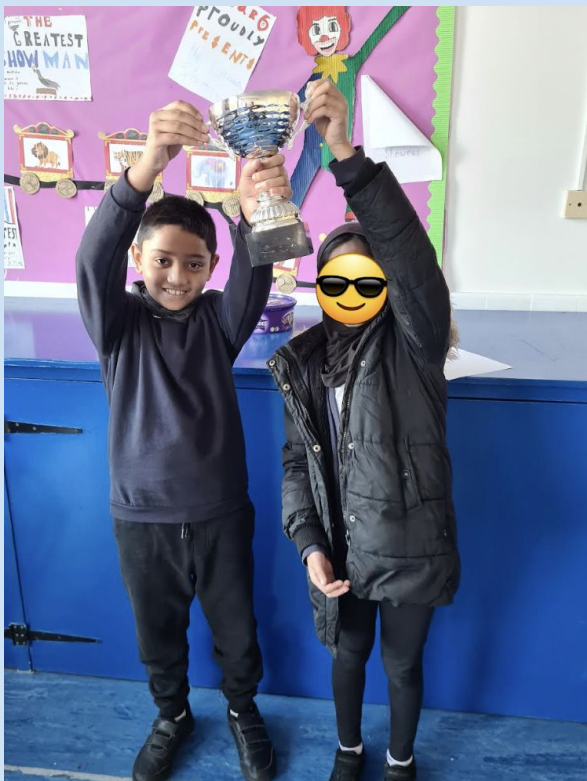
Lots of school
holiday
activities inside!



**FIRST DAY BACK FOR PUPILS -
TUESDAY 7th JANUARY 2025**

OLD FORD Y5/Y6 DODGEBALL COMPETITION

This term, our Year 5 and Year 6 pupils participated in an exciting intra-school dodgeball competition. A big well done to everyone who took part, and congratulations to classes 5I and 6E for emerging as the champions!



23 NOVEMBER - 4 JANUARY



WINTER READING Challenge

Read 4 books during
the challenge and

receive a certificate

for being a superstar!

GET YOUR
MITS ON
SOME BOOKS
TODAY!

Visit ideastore.co.uk
for more information.

FESTIVE OPENING TIMES!

JOIN US FOR A FESTIVE AND FUN-FILLED EXPERIENCE

Our doors are open to all young people aged 11-19 (up to 25 with SEND). There's something for everyone at our centres from activities and games to refreshments and a friendly face to talk to.

Don't miss out on the fun, join us at our youth centres!

Colombia Road	Christian Street	St Andrews Wharf	Urban Adventure Base	Bromley-by-Bow
12:30 – 7pm 23rd, 24th, 27th December 2nd and 3rd January.	2pm-8pm 23rd, 24th, 26th, 27th, 28th, 30th, 31st December	1pm-8pm 23rd & 30th December	11am – 2pm 24th & 27th December	1pm - 8pm 24th & 27th December
Christmas dinner party, arts and card making. Marshmallows, movie night and FIFA tournament and table tennis	Celebration and hot food, arts and craft and centre-based activities. Pool, table tennis, scrabble, and FIFA tournaments.	Christmas arts & crafts Christmas log decorating Christmas Quiz	24th Christmas Crafts & Baking 27th Christmas Quiz & Games	Christmas Charades Christmas Bingo



Join us on **Monday 23rd December** for a Christmas Consultation Celebration Event at the Town Hall from 5-8pm. Email ythlondon@towerhamlets.gov.uk to get signed up

CKC Winter HAF (sports and activities)

Tower Hamlets Residents only
HAF CODE NEEDED

**FREE ACTIVITIES
+ FREE HOT LUNCH**

Time	Age
11:30am - 3:30pm	8 to 16
(open for boys and girls)	

23rd, 24th, 27th, 30th, 31st
: December 2024

2nd, 3rd : January 2025

- Table Tennis
- Pool
- Indoor Badminton
- Boxing
- Indoor Football
- Indoor Archery
- Table Cricket
- Board Games
- Arts & Crafts
- PS5 & VR games



Scan for Registration
limited space only



CKC Community Hub

104 Cavell Street, London E1 2JA
ckc.hub@ckc.london

Supported by
Lateral



capitalkidscric

capitalkidscricket

ckidsc

ckc.london



TOWER HAMLETS



SOUL



SOUL

WINTER CAMP

SPORTS | ARTS & CRAFTS

FREE HOT MEALS PROVIDED

DATES:

23rd, 24th, 27th, 29th, 30th, 31st
Dec 2024 & 2nd, 3rd Jan 2025

FROM:

10AM TO 2PM

LOCATIONS:

EASTSIDE COMMUNITY CENTRE,
PARNELL ST, E3 2RS

AGES:
6- 16



www.souluk.online

FREE ACTIVITY IN LONDON!

Use the map below to hunt for these penguins in London!



More information here:

<https://wildinart.co.uk/events/fleet-street-penguin-parade/>

FESTIVE FLEET STREET QUARTER PENGUIN PARADE

1 TIFFANY LOIS CORDELLA
ST PAUL'S CATHEDRAL

2 BUDDY THE ELY PENGUIN
MIGGAN H SMITH & VANS
BLACKFRIARS SQUARE

3 IT'S REMAINING TO LOOK
A LOT LIKE CHRISTMAS
LAURA-KATE CHAPMAN
ST BRIDE'S PASSAGE

4 SNOWY
OP ROBERTS
GOUGH SQUARE

5 PERCY THE PARTY PENGUIN
REILLY CREATIVE
NEW STREET SQUARE

6 THE FOREST AT CHRISTMAS
JODIE SILVERMAN
THE ROLLS BUILDING

7 MR EASY FREEZEY
JENNY LEONARD
CURSITOR STREET

8 SANTA PAWS
JESSICA PERRIN
PLOUGH PLACE

9 HELTER SKEETER
AMANDA GIBLIN
FLEET LANE

10 KEVIN THE KINGUIN
CAROLINE DALY
HOLBORN CIRCUS

11 IN THE DEEP MIDWINTER
SUE GAUTHRIE
FLEET PLACE HOUSE

12 PHELLOPER PENGUIN
DONNA NEWMAN
LUDGATE CIRCUS

IN SUPPORT OF **WWF**

CREATED BY **WILD IN ART**

Map drawn by *Olaf Falafel*

FESTIVE FLEET STREET QUARTER

LONDON JAGUARS PRESENTS



FREE
WITH
HAF
CODE

KIDS

WINTER

Holiday Club 2024



A 7-days Winter Event Filled
with Fun & Excitement

23 Dec 2024- 3rd Jan 2025
Excluding 25th/26th Dec/1st Jan

Kingsley Hall, E3 3HJ

Club 1: 10AM-2PM
Club 2: 2pm-6pm

Activities Include:
Ice Skating, Cinema,
Educational workshops,
Sports, Nutrition, Etc

CONTACT LONDON JAGUARS FOR MORE INFO AT
07342 481010 | ljca.org@gmail.com

Registered Charity: 1190533

FREE
FOR BENEFITS
RELATED FSM
CHILDREN OR
£15 DAILY

In partnership with



TOWER HAMLETS

Little Talkers (online)

Build communication skills from home!

- Are you are concerned about your child's **talking** and **understanding**?
- Is your child between **3-5 years** old?
- Would you like to learn how **you** can **support** your child's communication at home through play?



If you have answered yes to the above, please sign up to register your interest in our Little Talkers **online sessions** through the link/QR code (**See back of page**).

When: January – February 2025

How often: 1.5 hour weekly sessions for 5 weeks

Where: Online (joining details will be confirmed)

You can best support your child's talking!

- You will be supported to reflect on your interaction with your child and will learn simple ways to build their communication skills throughout four group sessions and one one-to-one session.
- You will be invited to attend a one-to-one progress review after the group.
- These sessions are provided by the Barts Health Early Language Team in Speech and Language Therapy



Little Talkers Online

Build communication skills from home!

Please note, we are currently only offering these sessions to families who can participate in English.

We plan to make sessions accessible to more families in the future. To stay updated, please sign up to our mailing list through the link below.



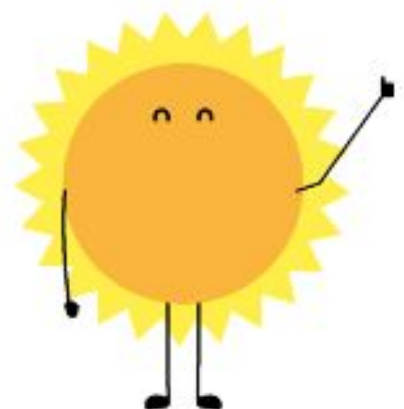
If you are accessing this document online, click the link below to sign up:
[Little Talkers Online Registration Form](#)

- After you register, we will be in touch by December 10th to let you know if you would be appropriate for a screening session.
- Screening sessions take place face to face and help decide if this is the right group for you and your child.

Our contact details:

bartshealth.earlylanguage@nhs.net

020 7767 3322, Option 3 (ask for Clair Chen or Emma Burton to phone you back)





MAYOR OF
TOWER HAMLETS



Cost of Living Help

A guide to the help and support available for Tower Hamlets residents during the cost of living crisis.

3rd Edition – updated
for 2024/25



Click [here](#) to access the full booklet



Anxious? Stressed? Feeling Low?

Talking Therapies is a **free** NHS service that offers a range of confidential support to help improve your mental health and wellbeing.

We offer a range of psychological support through:

- Psychoeducational workshops
- Group therapy
- 1:1 individual therapy

We can offer this via phone, video call or face-to-face.



<https://www.elft.nhs.uk/tower-hamlets-talking-therapies>

Tower Hamlets Talking Therapies
71 Johnson Street, London, E1 0AQ

Take the first step
and contact us today:
0208 175 1770



We care
We respect
We are inclusive

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>

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**

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

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!



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!

These will restart in the
new year.

Watch this page for future
dates for your year group.



ACADEMY COUNCIL

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

Our next meeting is on
**Tuesday 14th January at
9.15am**

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

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

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

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 - Aleena

Aleena - Community - for being such a good friend to the other pupils in Reception I. You are so helpful and kind and you always try your best. Well done Aleena, keep up the good work.

3C - Aryan

Excellence- Aryan, you have been making a real effort in class to join in with class discussions, well done. You are always on task and complete your work to a high standard. Keep it up!

2E - Aliyah

Aliyah, your Extended Writing this week was great, as it always is! I've also noticed how hard you've been trying in your Maths lessons, well done, keep it up. I'm very proud of you.



THIS WEEK'S VALUES WINNERS

5I - Atifa

Excellence: Atifa. Atifa, Atifa, what can I say, since you've taken over the PA role, my life I mean 5E's lives have become that much more easier. You are an inspiration to us all with your work ethic and integrity. Well done. Maybe you can stay in 5E forever?



6I - Daniyal

Well done Daniyal! You have had such an amazing week - modelling excellence within lessons - pushing yourself to excel - trying hard and it paid off! Well done Daniyal!

1E - Yahya

This week Yahya demonstrated the community value on our school trip to St Paul's Cathedral. He listened well to the nativity story and confidently answered lots of questions about the lead up to Jesus's birth. I was impressed with how clearly and confidently you spoke about nativity. Well done Yahya.



THIS WEEK'S VALUES WINNERS



3E - Poppy

EXCELLENCE - well done Poppy! I'm so proud of what you've achieved in your PiRA tests and trying hard when it's hard. Your attitude in grammar is great. Keep it up!!



2C - Rayan

Rayan, you have shown a huge amount of Excellence in your writing! You have been working so hard on putting in your finger spaces and your writing has been brilliant. You should be so proud of yourself. Keep up the amazing work!

2I - Rayhan

Excellence- Thank you for returning to school with positivity, kindness and a hard working attitude! So proud of you!

5I - Tauseef

You have been awarded for excellent teamwork in PE. You showed resilience and worked hard with your partner to make one of the hardest counterbalances. Keep on pushing yourself!



THIS WEEK'S VALUES WINNERS

3I - Yuki

Integrity - for always working really hard in all areas of her learning!

1C - Yunus

I would like to nominate Yunus I for an Integrity value award because he consistently demonstrates honesty and responsibility in both his behaviour and his work. During his extended writing task, he showed integrity by carefully reviewing his work, correcting mistakes, and ensuring it reflected his best effort, setting a great example for his peers. Well-done Yunus I and carry on shining!

5C - Yusuf

You have been awarded for always doing your best to help your peers and for always doing the right thing. Thank you for coming in with a smile and keeping a positive attitude in class!



1I - Zakariyya

You always try your best in every lesson. You always join in on the carpet/class discussions. Keep inspiring excellence, well done!



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

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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!

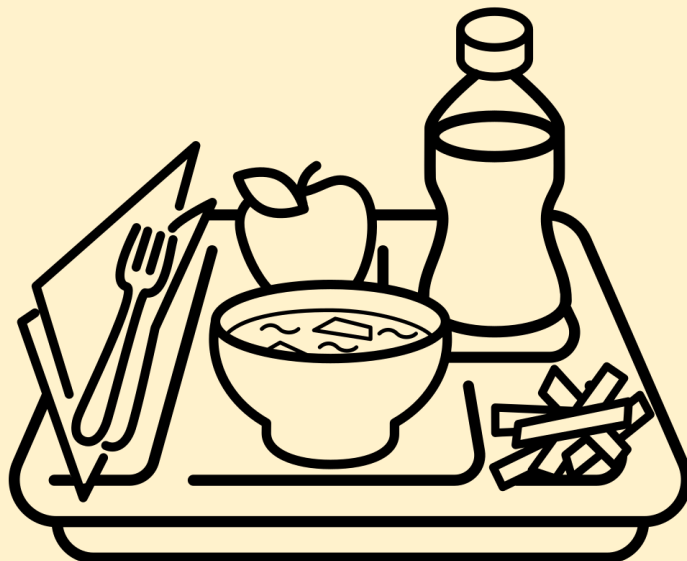
REMEMBER - SCHOOL STARTS AT...



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
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

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
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

<p>SEPTEMBER</p>  <p>National Hispanic Heritage Month Tuesday 16th</p> <p>International Day of Peace Thursday 19th</p>	<p>OCTOBER</p>  <p>World Teachers Day Friday 4th</p> <p>Black History Month Thursday 17th</p>	<p>NOVEMBER</p>  <p>Guy Fawkes / Bonfire Lunch Tuesday 5th</p> <p>Diwali Thursday 7th</p>	<p>DECEMBER</p>  <p>National Odd Sock Day Thursday 4th</p> <p>Christmas Dinner Day Date to be agreed with school</p>	<p>JANUARY</p>  <p>Veganuary Thursday 16th</p> <p>Chinese New Year Wednesday 29th</p>	<p>FEBRUARY</p>  <p>National Pizza Day Monday 10th</p> <p>International Stand Up to Bullying Day Friday 28th</p>
<p>MARCH</p>  <p>Pancake Day Tuesday 4th</p> <p>World Book Day Thursday 6th</p>	<p>APRIL</p>  <p>Eid al-Fitr Tuesday 1st</p> <p>Easter Lunch Last Roast Dinner date before Easter</p>	<p>MAY</p>  <p>International Harry Potter Day Thursday 1st</p> <p>Spring Picnic Thursday 22nd</p>	<p>JUNE</p>  <p>World Environment Day Thursday 5th</p> <p>Healthy Eating Week Tuesday 10th</p>	<p>JULY</p>  <p>Ice Cream Station Tuesday 1st</p> <p>Leavers BBQ Lunch Agreed with each school</p>	

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.

TALK

P

A

N

T

S

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

