

Issue 17 - Friday 17th January 2025

Newsletter



@OldFordPrimary



www.olfordacademy.org



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

PRINCIPAL'S MESSAGE

OLD FORD NEEDS YOU!

The Academy Council had a really good discussion this week about what more parents/carers could do to support the school and help out in things such as fairs and events.

We are also looking at establishing a used uniform shop.

If you would like to be part of this and would like to work with others please contact the school via the usual

info@oldfordacademy.org email address or leave your details at the office.

PARENT/CARER CONFERENCES

These will be held after school on the following days and dates. Your class teacher will contact you to arrange a time.

	Day 1	Day 2
YN	Tuesday 28th Jan. -NC Tuesday 28th Jan. NE Thursday 30th Jan. NI	Thursday 30th Jan. -NC Wednesday 29th Jan. -NE Friday 31st Jan. -NI
YR	Monday 27th Jan. RI and RC	Tuesday 28th Jan. RI, RE and RC Wednesday 29th Jan. RE
Y1	Monday 27th Jan. 1E, 1I Tuesday 28th Jan. 1C	Tuesday 28th Jan. 1E, 1I Wednesday 29th Jan. 1C
Y2	Tuesday 28th Jan.	Thursday 30th Jan.
Y3	Tuesday 28th Jan.	Wednesday 29th Jan.
Y4	Tuesday 28th Jan.	Thursday 30th Jan.
Y5	Tuesday 28th Jan.	Thursday 30th Jan.
Y6	Tuesday 28th Jan.	Wednesday 29th Jan.
Provision	Tuesday 28th Jan.	

PARENT/CARER SCHOOL DINNERS!

There will be limited places available for parents/carers on the following dates:

Year 6 - Friday 25th April 2025

Year 5 - Friday 4th April 2025

Year 4 - Friday 28th March 2025

Year 3 - Friday 21st March

Year 2 - Friday 14th March 2025

Year 1 - Friday 7th March 2025

Reception - Friday 28th February 2025

Nursery (Full time pupils only) - Friday 28th February 2025

Click [here](#) to book a place.

You will receive an email/MCAS message to let you know if you have a place.



HMI -MOCK OFSTED INSPECTION

On Tuesday and Wednesday this week we were visited by Anne and Sue who are retired Ofsted inspectors. They completed a thorough inspection of the school and had a really positive 2 days!

The pupils were amazing (as always!) and were a real credit to the school.

'Old Ford is really special place with high standards where children flourish'

ACADEMY COUNCIL

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

Our next meeting is on
Tuesday 4th March at
9.15am

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

*Future meeting dates: 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>

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

The SEND Parent Ambassadors Information & Recruitment Day

**Do you have a child with SEND?
Would you like to make a difference for SEND
children and their families?**

**Join us for our upcoming Information
and Recruitment Day to see if you would
like to become an ambassador.**

Wednesday 5th February 2025

10am-12.30pm

The Parents Advice Centre

30 Greatorex Street

London E1 5NP

Email: sendparentambassadors@gmail.com



Parent Ambassadors

www.sendparentambassadors.com



Tower Hamlets and City
SEND IASS

Your guide to information and
services for families in Tower Hamlets



LOCAL OFFER
localoffer@towerhamlets.gov.uk

Young V&A

SEND Play January 25

Join sensory artist [Natalya Martin](#) and Young V&A's Play Champions this January to explore a sensory story inspired by an object from the museum's Adventure gallery.

Saturday, 18 January 2025, 10.30 – 12.30

Young V&A, Cambridge Heath Road
Bethnal Green, London, E2 9PA

The Stage, Imagine Gallery

Families, Children with sensory differences or SEND and their families

Drop in, Free event

Join sensory artist [Natalya Martin](#) and Young V&A's Play Champions this January to explore a sensory story inspired by an object from the museum's Adventure gallery.

This session is relaxed and designed with you and your child in mind. You will invited to play with tactile and sensory materials, helping to bring the story to life together.

We know that visiting a museum as a family requires lots of planning. If you would like further information or would like to tell us about your child's needs in advance of the session, please contact us. You will also find more information including a visual story on our access page.

Tel: +44 (0)20 8983 5200

Email: yvlearningevent@vam.ac.uk

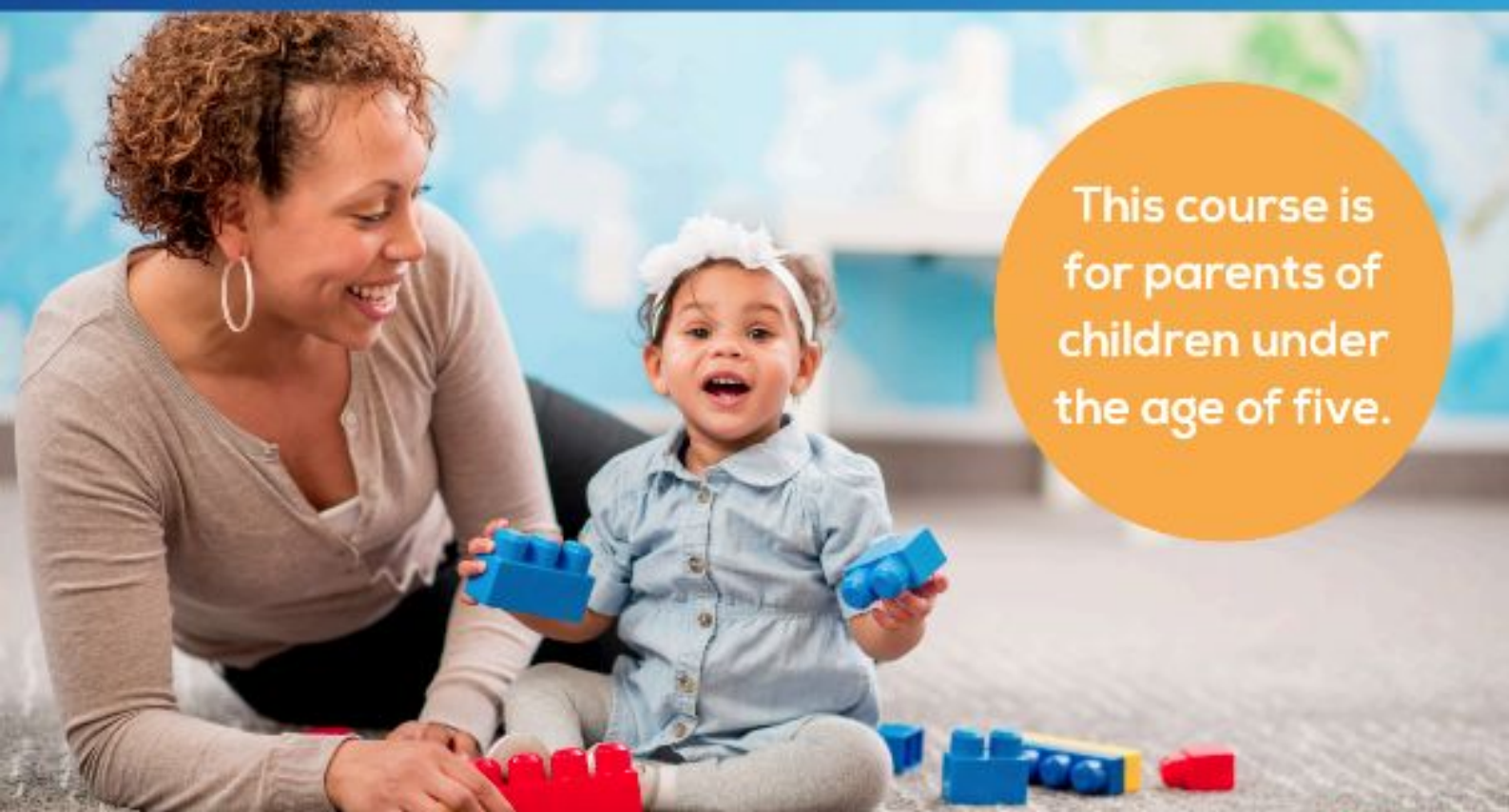
Supporting you and your child: Understanding Emotions Together

Join our course for parents to better understand and support your child's emotions and behaviour.

Learn practical tools to help your child manage their feelings when they're upset, overwhelmed, or overly excited.

Both you and your child will attend fun sessions that include play, discussions, and activities designed to build emotional regulation skills.

To learn more, speak to a member of staff at your local Family Hub or Children and Family Centre.



This course is
for parents of
children under
the age of five.

Supporting you and your child: Understanding Emotions Together



5-week programme for parents of children under the age of five

Want to better understand and support your child's emotions and behaviour? This course will help you learn how to guide your child through feelings especially when they are upset, overwhelmed, or too excited.

We will look at “emotional regulation,” which is how your child manages their feelings in different situations. By the end of the course, you will have new ideas and tools to better support your child in their everyday life.

- The course lasts for 5 sessions.
- Sessions will be run by Educational Psychologists who have lots of experience helping children and families in schools.

You and your child will both attend the sessions. Together, we will explore helpful approaches through play, discussions, and activities. It is important to attend all sessions to get the full benefit of the course.

If your child is in nursery, we can inform them about the sessions and arrange for your child to take time away.



Course dates and times


-  Friday 17th January, 10 - 11:30am
-  Friday 24th January, 10 - 11:30am
-  Friday 31st January, 10 - 11:30am
-  Friday 7th February, 10 - 11:30am
-  Friday 14th February, 10 - 11:30am

It is important to attend all sessions to get the full benefit of the course.

Venue

-  Overland Family Hub, 60 Parnell Rd, Bow, London E3 2RU

More information

-  For more details contact 0207 364 1925 to speak to a member of staff.

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.



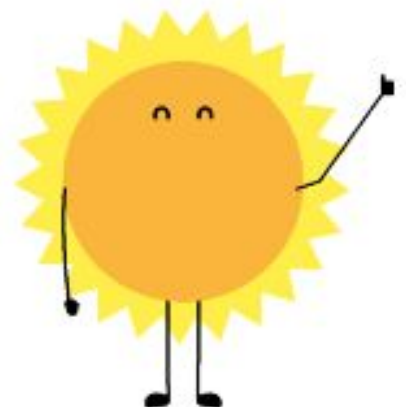
If you are accessing this document online, click the link below to sign up:
[Little Talkers Online Registration Form](#)

- 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.eft.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

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!*

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



3I - Abdullah

Abdullah - For sharing brilliant ideas and producing excellent work in English.



4E - Adiba

Adiba you have demonstrated the community value this week. You listened and followed instructions really well and made sure that others were doing the same on the bus. Well done!

1C - Adam

I would like to nominate Adam for an excellence value award because he has been trying really hard in extended writing. His sentences are sitting beautifully on the lines, and it's wonderful to see his effort paying off. Keep up the fantastic work, Adam!



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
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THIS WEEK'S VALUES WINNERS



RE - Aisha

For coming into school happy and trying really hard with her learning.

Well done Aisha!



5C - Ayah

Ayah, you worked really hard during our writing lesson. I noticed the effort you made to push yourself to exceed by applying rhetorical question. What a great start to the term!

5I - Ayub

You worked independently and made a huge effort in your Extended Writing this week. I am so proud of you Ayub!



THIS WEEK'S VALUES WINNERS



3C - Farheem

Excellence- Well done for trying really hard in writing. You are listening really well in class and as a result have produced an excellent diary entry with beautiful handwriting. Keep it up.



6I - Hamza

Well done Hamza - you have listened to instructions, followed advice and guidance and have a very successful week! I am very proud of you! Keep it up!

6C - Ibrahim

Ibrahim has handled changes to his routine exceptionally well. Well done!

1E - Ibrahim B

Ibrahim, you are always kind and friendly to the children in 1E. You always play nicely and listen to your friends. You always speak up for children who need help. This has not gone unnoticed by the teachers and your friends. We are so lucky to have you in OFPA. ??



THIS WEEK'S VALUES WINNERS

1I - Is'haaq

Well done for inspiring excellence! You always listen and work really hard in all lessons. Keep up the hard work.

4C - Khadija

For always displaying exquisite behaviour, handwriting and manners. You amaze me everyday at how well you present yourself. Keep it up!

2C - Muntasir

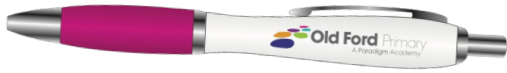
Community - Thank you for coming into the classroom with lots of energy and enthusiasm. It brightens up all of our mornings! Thank you for showing excellent manners by asking me how I am each day. We really appreciate your kindness.

2E - Shafaat

Shafaat, You have tried so hard with your phonics and to improve with your talking. We are so proud of you and want you to keep it up. Well done!



THIS WEEK'S VALUES WINNERS



5E - Yusuf

Excellence: You wrote a fabulous piece of discursive writing this week! We all loved it in 5E. Keep this creativity going.

RI - Zahian

Integrity - To Zahian for always doing the right thing. You always try your best during carpet sessions. You have done so well with your writing and maths work. Well done Zahian, keep up the good work.



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

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!

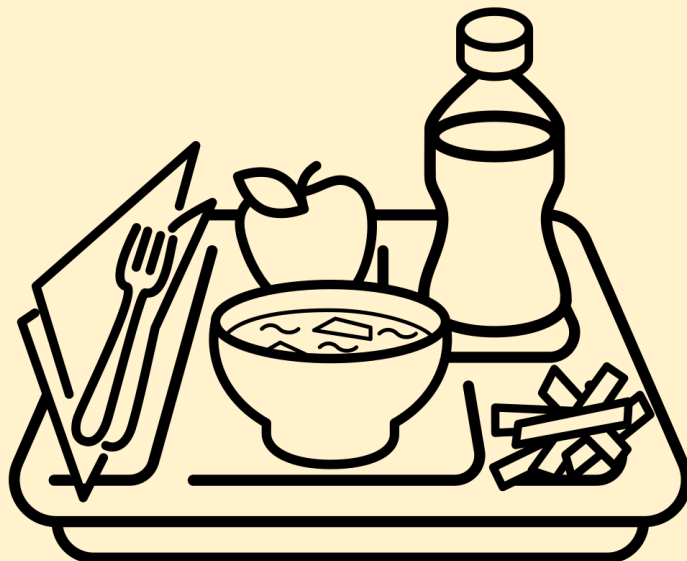
REMEMBER - SCHOOL STARTS AT...



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 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

