

Issue 19 - Friday 31st January 2025

Newsletter

 @OldFordPrimary

 www.olfordacademy.org

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

PRINCIPAL'S MESSAGE

Next Friday, 7th February we will be celebrating Number Day and raising money for the National Society for the Prevention for Cruelty to Children. The NSPCC do a lot of great work in our country, helping keep children safe. The 'PANTS' rule at the end of this newsletter which we cover regularly with all our pupils is one of their better known initiatives.

Please help us raise money for this very worthwhile cause and dress in a number themed outfit next Friday!

SUE IS LEAVING!

After many years of service at Old Ford Sue is leaving us today! I am sure you will join me in thanking her for all her work with our children.

Good luck Sue!



PUPILS ON SOCIAL MEDIA

Lately we have been made aware of an increasing number of problems outside of school with children using social media such as Snapchat and Tik Tok.

Children under 13 should NOT be using these apps. Please ensure you are keeping an eye on your child's use of the internet. There is more information over the page.

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 from the National College [here](#)

3+



YouTube Kids



PopJam

13+



Twitch



YouTube



Twitter



Monkey



Pinterest



TikTok



Instagram



Kik



House Party

16+



WhatsApp



Messenger



Facebook



Snapchat



BeReal

More information on age ratings [here](#)

FEBRUARY/MARCH CALENDAR

Friday, 7th February - **Number day**

Friday, 14th February - **LAST DAY OF HALF TERM**

Monday 24th February - **FIRST DAY OF HALF TERM**

Thursday 6th March - **Class photographs**

Thursday 27th March - **Parent sleep workshop**

Monday 31st March - **Provisional closure day for Eid**



On Friday, Leonie and other staff took the Old Ford Choir along to The O2 to take part with 9,000 other children in the 'World's largest children's choir'

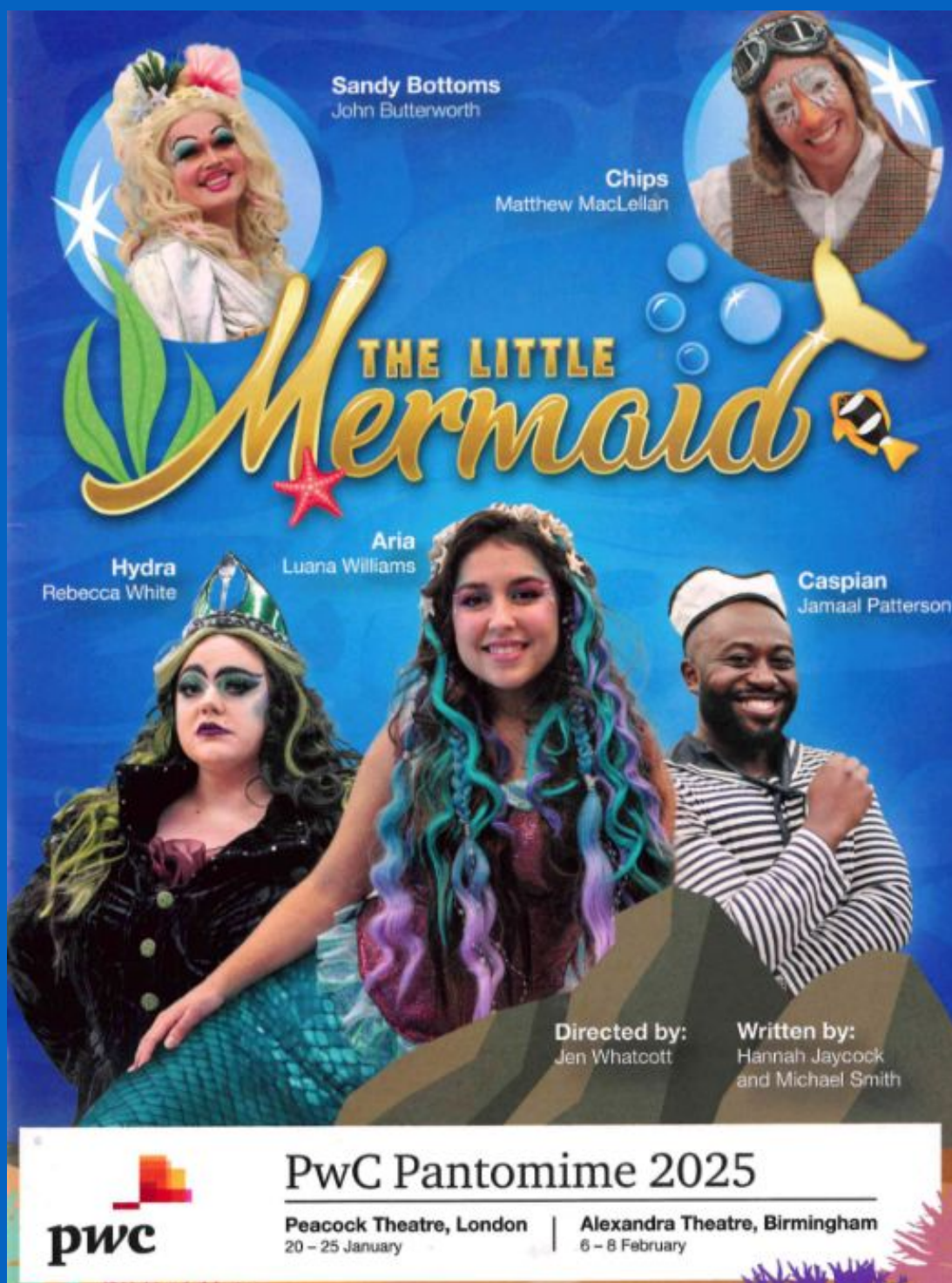
They had a bit of an adventure getting back to school because the Tube was closed, but everyone still had a great time and sang their hearts out!



THE LITTLE MERMAID PANTOMIME

On Friday night a group of staff took around 60 of our pupils to the West End to see 'The Little Mermaid.'

They all had an amazing time!



Sandy Bottoms
John Butterworth

Chips
Matthew MacLellan

Hydra
Rebecca White

Aria
Luana Williams

Caspian
Jamaal Patterson

Directed by:
Jen Whatcott

Written by:
Hannah Jaycock
and Michael Smith

THE LITTLE Mermaid

pwc

PwC Pantomime 2025

Peacock Theatre, London | Alexandra Theatre, Birmingham

20 – 25 January | 6 – 8 February

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.



OLD FORD AFTERSCHOOL CLUB?

As you might be aware, a small number of our pupils use the afterschool care club at Olga school. (see next page for details)

At the last academy council meeting, parents raised a point about whether Old Ford could host its own club.

The charge for the club would be similar to the Olga cost (around £10 per night) and we would need a sufficient number of parents to make this worthwhile.

If you might be interested in this, please let the administration team know so we can gauge interest.

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.

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.



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 **finned** or face **legal action** for taking your child on holiday during term time.

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

PAPPA YOUNG PRESENTS

Father Figures Stay n Play Club

A Stay n Play Club for Male Carers & Father Figures to connect, bond & build relationships with their young ones from an early age. We welcome all Fathers, Uncles, Grandfathers, Older Male Siblings & Godfathers to our Community

All Sessions Free >>> **1st Session: Sat 18th Jan 2025**

When **Every Saturday | 11:30AM - 1PM**

Where **Isle of Dogs Children's Centre | Stebondale St | E14 3BX**

Who **Father Figures with New Born - 6 Years Old**

Treats **Healthy Snacks & Refreshments + Family Days Out**

Point of Contact: Ceejay - Stay n Play Club Lead

 **fatherfiguresmatter@gmail.com**  **+44 (0) 7940 342 219**

Scan to Register



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.towerhamlets.gov.uk/parents-advice-centre



Tower Hamlets and City
SEND IASS

Your guide to information and
services for families in Tower Hamlets



LOCAL OFFER
localoffer.towerhamlets.gov.uk

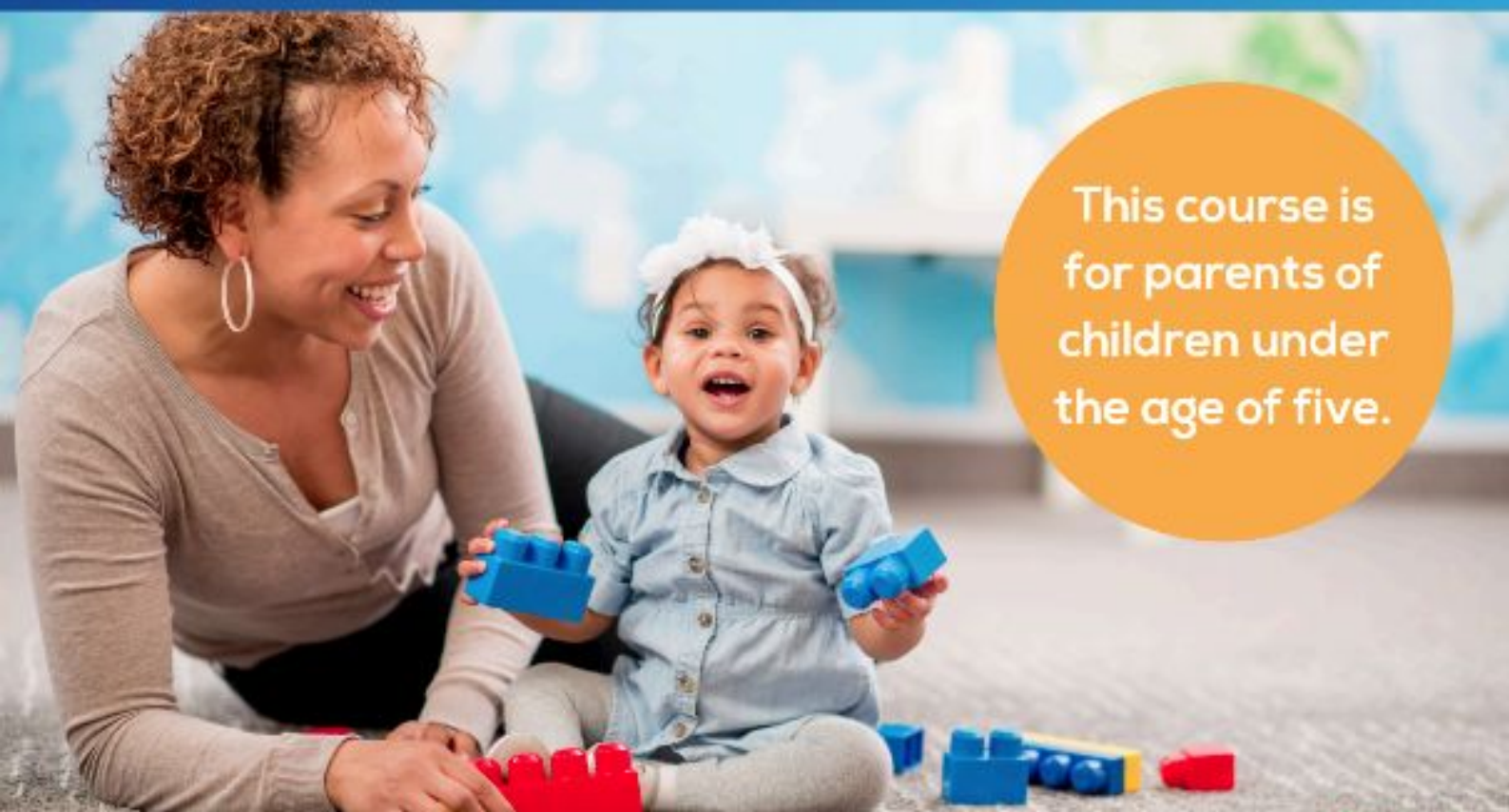
Supporting you and your child: Understanding Emotions Together

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.



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

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!*

CAKE WITH KEVIN VALUES WINNERS!

Over the page...



THIS WEEK'S VALUES WINNERS



2E- Aaron

Aaron, I am so proud of how hard you've been trying in your lessons to work independently. In Shared Reading I have noticed how you have become more confident and are listening carefully. Because of this your work has really improved. Well done!

RC - Aidan

Aidan has been working really hard and trying his best with his writing. He has also been very brave trying new activities.

1C - Alayna

I would like to nominate Alyana for an integrity value award. She has been exceptionally helpful in class and consistently demonstrates integrity. During our music lesson this week, Alyana took the initiative to help other pupils in remembering the sign language used in our songs, without any prompting from adults. Keep shining Alayna!



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



4E - Amgad

Amgad- Well done for listening and following instructions during swimming this week. Your attitude and behaviour was noticed by all the adults. Keep it up.



1E - Joud

Joud has only been at our school for less than two weeks, but she has settled in really well. She always tries really hard in her lessons, always giving 100%! It has been lovely watching you make very quick progress with your reading and writing. Well done Joud and welcome to Old Ford.

2C - Ihram

Excellence - Well done for your excellent work in Shared Reading. I have noticed you having a go at all of the questions and trying your best to read the text carefully to find the answers. Great effort and keep it up!



THIS WEEK'S VALUES WINNERS



5I - Moosa

Moosa, you have shown good disposition towards your learning across all subjects. I am so proud of you!



1I - Sara

You always play so nicely with everyone. You are kind to your friends and always offer to help them. Keep it up!

5E - Tanisha

Excellence: You have been on fire this week. With class discussions, tidying around the class, your work ethic and confusing me with your explanations! Keep it up (just not the confusing me part).

RE - Umar

For trying really hard with your writing in phonics and using the magnetic boards to make your words. Well done Umar H. Keep it up.



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THIS WEEK'S VALUES WINNERS



5C - Zara

Time away from school has not stopped you from diving back in effortlessly. You have been working hard across all subjects. Well done!



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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



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!

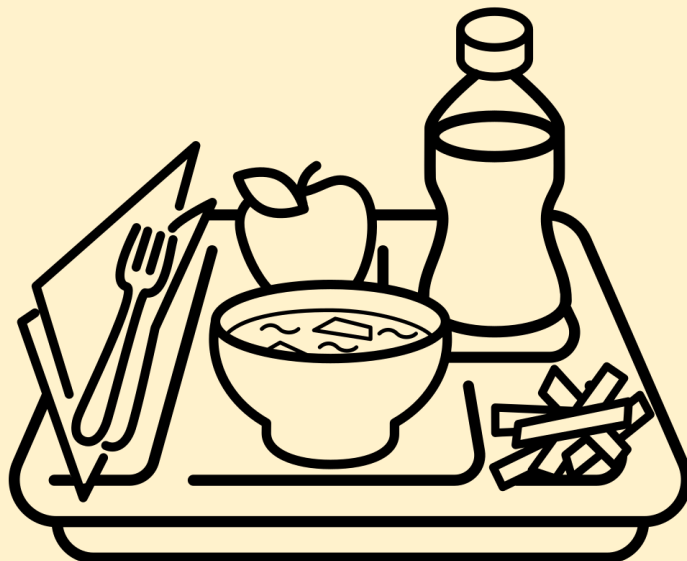
REMEMBER - SCHOOL STARTS AT...



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

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|---|---|---|---|--|--|
| <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

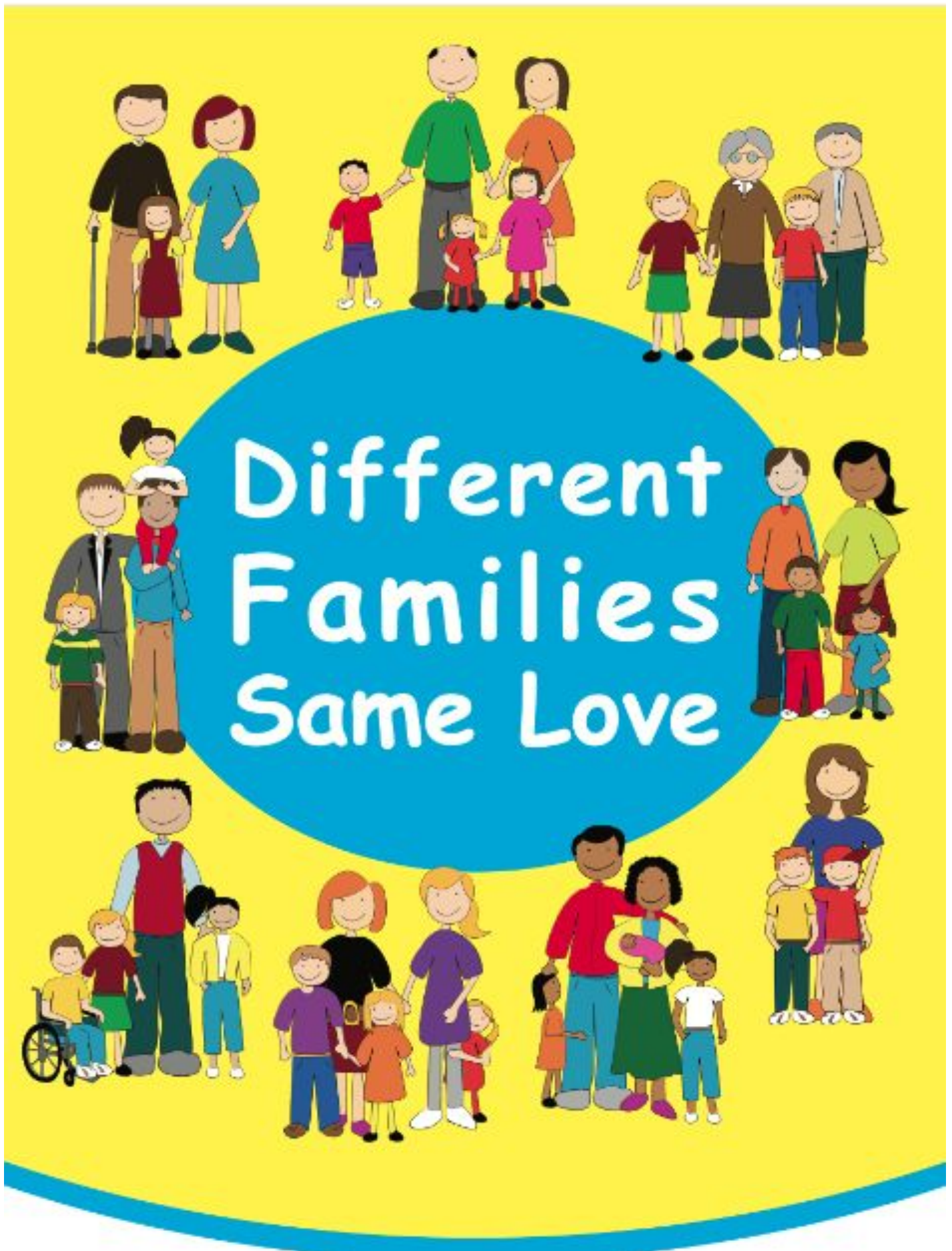
2) **Email** the school on **Info@oldfordacademy.org** and please put **ABSENCE REPORT in the subject line** and then state:

- 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.

In assemblies this week, we are looking at **different families**. There are a variety of different families in our school, in our city and in our country. What is important, is that whatever our family looks like, the **love** is the same!



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

