

Newsletter

 @OldFordPrimary  www.olfordacademy.org

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

PRINCIPAL'S MESSAGE

For those of you celebrating Eid, I wish you and your family a very joyful and happy time.

Remember school is closed on Monday 31st March and we reopen on Tuesday 1st April which will be a non-uniform day.

Pupils will have a special Eid lunch (see over) and can bring party food to share.

**NEW SCHOOL LUNCH
MENUS INSIDE! - SEE PAGES
36 - 37**



EID AL-FITR



TUESDAY 1ST April

Moroccan Vegetable & Chicken Tagine

with

Moroccan Style Rice

Or

Falafel with Hummus in Pitta Bread

Served with Cous Cous

Served with

Crunchy Mixed Salad

Followed by

Fresh Fruit & Ice Cream

LUNCHTIME CO[®]

MARCH/APRIL/MAY CALENDAR

Monday 31st March	Closure day for Eid
Tuesday 1st April	Eid non-uniform party day - wear own clothes and bring party food.
Friday 4th April	Last day of term
Tuesday 22nd April	Staff inset day - school <u>closed</u> for pupils
Wednesday 23rd April	First day of summer term
Monday 5th May	School closed for Bank Holiday
Friday 23rd May	Last day of half term
Monday 2nd June	First day of Summer 2nd half term

Full year term dates [here](#)

OLGA NIGHT OWLS/AFTERSCHOOL CLUB

This will not be running on the following dates. Please ensure that you have made alternative childcare arrangements.

Monday 31st March

Friday 4th April

Friday 6th June

Monday 9th June

Friday 11th July

Thursday 24th July

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



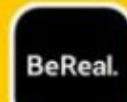
Messenger



Facebook



Snapchat



BeReal

More information on age ratings [here](#)

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 NEEDS YOU!

The Academy Council had a really good discussion recently 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.

HOLIDAY CHILDCARE

The Tower Hamlets Holiday Childcare Scheme provides a good quality, safe and inclusive childcare service. They encourage children to engage and take part in play-based activities both indoor and outdoors. Highly qualified staff plan and provide a wide range of fun activities.

The scheme is [Ofsted registered](#) and provides childcare for children aged **3 to 13 years old**. See the [activity plan](#) for the full timetable of activities available.

Next scheme:

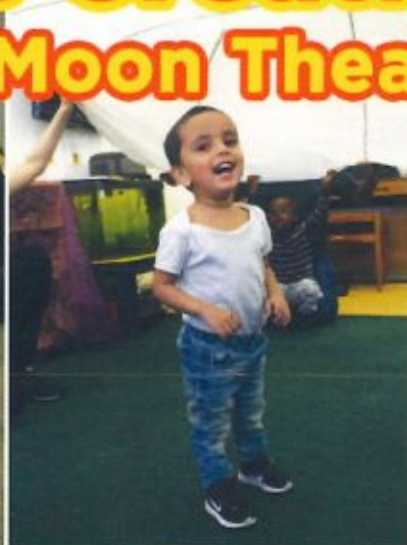
Monday 7th April to Thursday 17 April 2025.

Venue: St Mary and St Michael School, Sutton Street, E1 0BD.

Booking closes: Tuesday 1st April at 12pm or earlier once bookings are full.

Find out more [here](#)

Early Years Creative Play with Half Moon Theatre



**FOR PRE-SCHOOL CHILDREN, BABIES
AND THEIR PARENTS/CARERS**



**Contact us to find out
more and sign up**

**020 7709 8900
youth@halfmoon.org.uk**

**Tuesdays 1:30-2:30pm Overland Children and Family Centre,
60 Parnell Road, E3 2RU**

To book your place please speak to a member of staff at the centre.

**Tuesday 14th January – 25th March
(no session 18th February)**

halfmoon.org.uk
f halfmoontheatre

@halfmoontheatre
halfmoon_theatre



FREE
to attend



**CLARION
FUTURES**



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



WE ARE PLEASED TO OFFER YOU THESE MEMBERSHIP OPTIONS:

FOB FEE :

£26.50

12 Months :

£39.95 Per Month

6 Months :

£42.95 Per Month

Offer available to all OFPA parents/carers and staff



Offer expiry date: 30/04/2025

For inquiries, please contact us at 0203 745 3211 or via email at Bow@anytimefitness.co.uk. To take advantage of this offer, all sales must be processed directly at the Bow branch, with a minimum 6- or 12-month contract. This promotion is exclusive to the Bow location and available only for Old Fold Primary School members.

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, an 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.



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**



BE WELL

HEALTH | WELLNESS | PLAY

FAMILY SEN SWIMMING SESSIONS

Open swimming sessions for children with additional needs and their families. Wheelchair accessible centre with accessible changing and facilities available.

Tiller Leisure Centre
Saturdays and Sundays
12:00-12.45 and 13:00-13.45

All children must be accompanied by an adult with a maximum of 2 children per adult. Suitable for children up to 16 years of age. Note these sessions are not instructor lead.



**Scan
to book**

be-well.org.uk



@BeWell_TH



@BeWellTowerHamlets



TOWER HAMLETS

FIRST KICKS EASTER CAMP



Join us during
the Easter
holidays!

9:30 AM - 3 PM
**AGES
5-12**

WEEK 1

**Mon 14th April - Thurs 17th
April**

WEEK 2

Tues 22nd April - Fri 25th April

This camp is only for children that receive

'Benefit Related Free School Meals'

If eligible you will receive a 16 digit HAF code

To accommodate children with additional needs, we kindly request you contact us before booking



Scan QR to book!



If you would like more information contact us below:

firstkickssportscamp@hotmail.com - 07849502993

St Agnes Catholic Primary School, Rainhill Way, Bow, London E3 3ER

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.

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

ACADEMY COUNCIL

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

Our next meeting is on
**Tuesday 29th April at
9.15am**

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

*Future meeting dates: 29th April, 10th
June*

WHO ARE OUR ACADEMY COUNCILLORS?



Jennifer:

I am a mum to two children at the school, in Year 3 and Reception. As part of the Academy Council, I attend meetings to keep myself informed with all regular updates and most importantly to put across my views or any important issues. I joined the council to make a difference, to have a voice for parents as well as students. If you have any concerns, please do feed them back to us.

Fateha:

I initially joined the Academy Council when my daughter was a student councillor at the time. We decided to try something new together! My children are currently in Year 3 and Year 5. I believe it is important for parents to be actively involved with their children's school environment. Communicating and listening to your child's needs is a great way for schools and parents to work together, and our meetings help us to be directly involved with making change. Other than being a Mother and caring for our new cat Ace. (see picture) There is nothing I enjoy doing more than relaxing (on the very rare occasion I get to do so!).



WHO ARE OUR ACADEMY COUNCILLORS?



Mashhuda:

I have a child in Year 2. I joined the Academy Council so that I could be more involved in my child's education and have an input in how the school operates. I am also a primary school teacher and hopefully can bring some ideas from my teaching experience along. I look forward to working with you all this academic year. Please do approach us with any queries you may have.

Menna:

I have a daughter in Reception and I signed up to join the Academy Council to play an active role in her experiences within school. I currently work in Education and am particularly passionate about positively impacting the lives of young people. Our meetings are open for all parents to join, so I would encourage you to come along (either in person or virtually) to take part in our discussions. I am excited to support OFPA this academic year and look forward to connecting with more of our parent community!



WHO ARE OUR ACADEMY COUNCILLORS?



Kazuyo:

I am a parent of one child in Year 1 and work in the public health sector. I signed up for the Academy Council as the English education system is new to me and I wanted to know how the school operates. It has been a great pleasure to be part of the Council and have made some inputs to the school so far. I am looking forward to making further contributions in the coming year and would love to get to know more parents and hear your ideas. Please feel free to approach us directly!



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



3I - Areeba

Excellence - Areeba has made exceptional effort in her work this week. She has grown in confidence and this is shown through her work. Well done Areeba.

2E - Ayaat

To Ayaat: For always working so hard, being so well mannered and trying your best to do the right thing. You listen and put 100% effort into everything you do. I love having you in 2E!

5I - Imran

Congratulations Imran on such an amazing result on your arithmetic test. This is the result of your continuous hard work, and we can not be more proud of you. Keep it up!



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



1E - Issam

Issam you had a great week in school last week, you came in everyday through the classroom door without any fuss.

In class, you have been speaking up more and answering more questions. I was really impressed with how you joined the Tower of London workshop. You are making lots of progress. Well done Issam.



4E - Kalayah

Kalayah- You are a great team member in 4E. You are always ready to support others and are very helpful around the class. Keep it up!

11 - Khaira

Thank you for being an amazing role model during our trip to Tower of London. Keep up the excellent behaviour!



THIS WEEK'S VALUES WINNERS

RC - Mei

Mei is getting an 'excellence award' for trying really hard to be calm when she finds things difficult. Well Done!



RI - Moissette

Moissette - Excellence - You have had such a wonderful start to Reception. You have quickly learnt our rules and routines. I am so impressed with how you have settled in class. Well done Moissette, keep up the good work.

2C - Rayhan

Integrity - Rayhan, we have all been so impressed with your excellent behaviour and change in attitude. Everyone in Y2 has noticed you are choosing to do the right thing and we are so proud of you! Keep it up!

6I - Ruwayda

Well done Ruwayda! Hard work pays off... you get out what you put in and your results show that! Aim high and keep it up!



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Excellence

enabling everyone to achieve more through education

THIS WEEK'S VALUES WINNERS

3C - Taibur

Excellence- For being an active member in class discussions and always sharing your thought and ideas. I really appreciate your contribution and the class would not be the same without you.

RE - Zayan

You now come to school happy and you always try your best. Keep it up!

5C - Zeeshan

You have an inquisitive mind and you always show a keen interest in what we are learning in class. Keep up with the curiosity as it will help you succeed.



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

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!

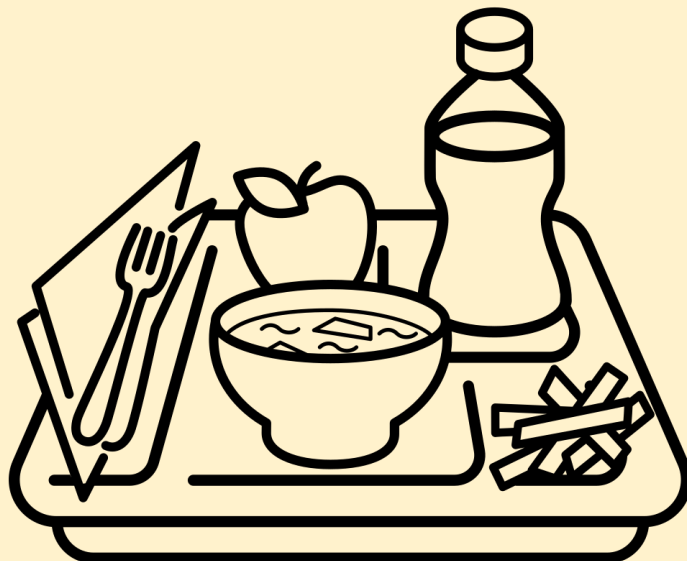
REMEMBER - SCHOOL STARTS AT...



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 SPRING 2025

(From April 2025)



LUNCHTIME CO[®]

WEEK 1 MENU

WEEKS: 21/04, 12/05, 09/06, 30/06, 21/07, 01/09, 22/09, 13/10

Old Ford Primary
A Parodiann Academy



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Margaritta Whole meal Pizza Served with Baked Potato Wedges, Peas & Sweetcorn

Chicken Curry Served with Turmeric Rice, Naan Bread Finger & Mixed Vegetables

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

Homemade Beef Lasagna Served with Whole Meal Garlic & Herb Bread, Mixed Vegetables or Salad

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

MEAT FREE

Quorn Sausage in a Crispy Baguette Served With Crispy Potatoes & Vegetables

Lentil Dahl Served with Turmeric Rice, Naan Bread Finger & Mixed Vegetables

Creamy Leek Wellington served with Roast Potatoes, Carrots, Cabbage and Gravy

Roasted Vegetable Lasagna Served with Whole Meal Garlic & Herb Bread, Mixed Vegetables or Salad

Vegan Quorn Sausage served with Chips, Garden Peas or Baked Beans & Ketchup

PASTA & JACKETS

Jacket Potato with Choice of Toppings served with Fresh Salad

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

Jacket Potato with Choice of Toppings served with Fresh Salad

Pasta Twists with Cheddar Cheese Sauce with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

DESSERTS

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

Chocolate brownie
Or
Fresh fruit pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

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

Pad Thai Style Chicken served with Noodles and stir Fried seasonal Vegetables

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

Beef Mince Chili Wrap Served With Savory Vegetable Rice & Salad

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

MEAT FREE

Spanish Style Vegetable Pasta Bake Served with Whole meal Garlic & Herb Bread, Salad

Green Thai Vegetable Curry served with Noodles and Stir Fried Greens

Quorn Sausage served with Roast Potatoes, Carrots, Broccoli and Gravy

Veggie Mince Chili Wrap Served With Savory Vegetable Rice & Salad

Vegetable Nuggets served with Chips, Garden Peas or Baked Beans & Ketchup

PASTA & JACKETS

Jacket Potato with Choice of Toppings served with Fresh Salad

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

Jacket Potato with Choice of Toppings served with Fresh Salad

Pasta Twists with Cheddar Cheese Sauce with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

DESSERTS

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

Fruit crumble with custard
Or
Fresh fruit pot

Making lunchtime the **highlight** of your day

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

Vegan Sausage Roll Served With Crispy Potatoes & Vegetables

Jerk Chicken Thigh Served with Rice & Beans, Seasonal Vegetable

Roast Turkey served with Potatoes, Yorkshire Pudding, Carrots, Broccoli & Gravy

Beef Bolognese Pasta Served with Garlic & Herb Bread, Mixed Vegetables

Breaded Fish Fingers Served with Chips, Garden Peas or Baked Beans & Ketchup

MEAT FREE

Rainbow Whole meal Pizza Served with Baked Potato Wedges, Peas & Sweetcorn

BBQ Lentil, Chickpea & Vegetable Stew Served with Rice & Beans, Seasonal Vegetable

Roast Vegetable & Beans Pie served with Potatoes Carrots and Broccoli

Vegetable Bolognese served with Spaghetti, Garlic & Herb Bread, Seasonal Vegetables

Cheese, Onion & Mixed Pepper Roll served with Chips, Garden Peas or Baked Beans & Ketchup

PASTA & JACKETS

Jacket Potato with Choice of Toppings served with Fresh Salad

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

Jacket Potato with Choice of Toppings served with Fresh Salad

Pasta Twists with Cheddar Cheese Sauce with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

DESSERTS

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

Victoria sponge
Or
Fresh fruit pot

Making lunchtime the **highlight** of your day

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

