



NORTH PRIMARY SCHOOL

Our Child Friendly Safeguarding and
wellbeing Advice



This leaflet is designed to help children in our school
to understand ways to ensure their safety and
wellbeing



We want every child to feel safe at school and know how to take care of themselves.

We want to provide a safe and secure environment for our children, staff, parents, volunteers and visitors.

This leaflet contains information that might be helpful if you are worried about something at school or at home.

If this leaflet does not help you, please find a member of staff and talk to them. They may be able to help, or they can find someone who can help you.

Who works in my school?

Teachers, Learning Assistants, Office Staff, cleaners, Lunchtime Supervisors, Caretakers, volunteers. Kitchen Staff and students all work at North.

All our staff, supply teachers, regular visitors and volunteers will have a Disclosure and Barring Service Enhancement Clearance (D.B.S for short). This means they have been checked by the police to see if they are suitable to work with children.

If a grown up at North does not have one of these, then they will not be allowed to work with you alone without another adult present.

Special named adults who can help: Safeguarding and Child Protection



If you are worried about anything that you feel you cannot talk with your teacher about, then you can speak to any grown up at school you feel comfortable to talk to.

Mrs Forster, Mr Hickman and Ms Maqbool have all had extra special training to help children when they are worried about things at school or at home. You can talk to them whenever you need to.

What might children be worried about?



Children worry about all sorts of things (just like adults), but some things need a grown-up to help them. These are some of the things children have talked about with adults at North in the past:

- Bullying (at home or school)
- Not having enough food to eat
- Being hurt by children or adults at school or at home
- Being frightened by grown-ups at school or at home
- Cyberbullying, unkind or rude texts or communications on social internet sites such as Instagram, Skype, Whatsapp and Facebook.
- Going on holiday or a break when you don't want to go, or are unsure of where you are going.
- Being told things by grown-ups that make you feel uncomfortable
- Parents arguing a lot at home
- Changes to your body (expected and unexpected)
- Being encouraged or forced to do or think things that feel wrong or extreme

If you want to talk to Mrs Forster, Mr Hickman or Ms Maqbool, please come and find one of us and we will make time for you.

What can you do to keep yourself safe and look after your wellbeing?

- Tell someone you trust if you are worried about something
- Tell someone you trust if you know another child who is unhappy or worried about something
- Follow safety rules around the school
- Follow your teachers sensibly if there is a fire alarm
- Tell an adult if you see someone doing something dangerous
- Don't talk to strangers and NEVER go off with someone you don't know – especially people you have met online.
- Never leave the school site without permission
- Do lots of exercise and get fresh air when you can
- Wash hands before you eat and after the toilet
- Try to eat a balanced diet
- Brush your teeth and keep yourself clean
- Get plenty of sleep.



The internet can be fun and a great way to chat, share files and listen to music.

But remember to ***be smart and stay safe!***

Keep personal info like mobile number and address to yourself.

Not all people you meet online are real or honest.

If you publish a pic or video **ANYONE** can change or share it.

Remember you can block people you don't know in chat and Instant Messenger.

If you find anything that makes you uncomfortable online, tell an adult you trust like a parent or teacher.



For more information visit:
www.thinkuknow.co.uk

