

Our School Values

Our school values are very important to us.
Our school motto is...

Friends together,
Learn forever

It is very dear to all of us.

Our school values are

- ▶ Honesty
- ▶ Kindness
- ▶ Listening and respect
- ▶ Caring for each other and ourselves.

Important websites and phone numbers

Childline **0800 1111**

NSPCC helpline **0808 800 5000**

Textline **0800 056 0566**

www.There4me.com

www.childline.org.uk

www.kidsmart.org.uk

School Phone numbers

Eastern Primary **01639 882819**

John Rogers (Governor) **01639 886541**

NPT Local Authority **01639 763598**



Looking after our pupils.

All our teachers and staff want to make sure you are happy and safe in school.

All our staff agree that we should:

- ▶ treat pupils with respect
- ▶ involve pupils in decisions that affect them
- ▶ notice when someone is feeling worried or upset
- ▶ listen to our pupils when they need us to.

If you want to talk to someone, or you have a problem or question, you can talk to anyone you can trust.

Name

Rights of the Child

*“Rights” are things that every child should have or do.
All children have the same rights.”*

We believe the Rights of the Child are very important at Eastern Primary. Look out for them on posters around the school. Here are some of them...

Article 3 - All adults should do what is best for you.

Article 12 - You have the right to give your opinion and for adults to take it seriously.

Article 16 - You have the right to privacy.

Article 19 - You have the right to be protected from being hurt and mistreated.

Article 37 - No one is allowed to punish you in a cruel or harmful way.



How to deal with feeling angry

There are some simple things that you can do as soon as you feel angry, frustrated, or annoyed:

- Count to ten – it can help give you time to think and calm down
- Breathe slowly and deeply – in through your nose, out through your mouth, say the word ‘relax’ as you breathe out
- Keep your voice slow and quiet
- Think before you react – does it matter enough to me to get so angry?
- Leave a situation - call a 'time out'

Being Safe on the Computer

<http://www.kidsmart.org.uk/>



Safe Don't give out personal information online.



Meeting someone you have only been in touch with online can be dangerous.



Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!



Reliable if you like chatting online it's best to only chat to your real world friends and family



Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

