

Whilst You Are At Home

We are going to stay in touch



2nd February 2021



HM Government

NHS

WASH



HANDS

COVER



FACE

MAKE



SPACE

Positive Message of the Week

Hello Everyone, we are into the 4th week of the national lockdown and you are all doing very well.

This week we are going to be looking at being kind to one another, and when possible be there for our friends if they are not happy or feeling upset.

We know it is difficult being away from friends and family but we can stay in touch via social media.

In our presentation this week there will be a few activities to get involved with.

If you are worried about anything please remember to talk to someone you trust.



Positive
Thinking



Positive
Thinking

Messages from PC Panda



"Please be kind to your class mates"



"feeling a bit down, please speak to a trusted adult"

"Try and include everyone"

"If your friends feel sad ask them how they are"



Online Safety-Online Bullying

This weeks online safety message is going to be about Online Bullying/Cyberbullying and how we can help stop this.

What is Online/Cyberbullying?

Cyberbullying is any form of bullying which takes place online or through smartphones and tablets. Social networking sites , messaging apps, gaming sites and chat rooms



Stop this by.....

Don't respond

Don't retaliate

Block the bully

Talk to a trusted adult

Stop Cyberbullying

Be a friend, not a bystander

Save the evidence

Don't be a bully

Be civil



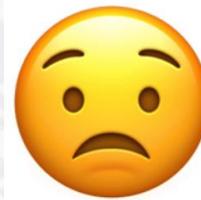
Here is a
colouring sheet,
You could colour
and
put up in your
schools



Confused



Worried



If you are feeling.....

Upset



Sad



We all need to talk at times,
look out for each other



This weeks activity

Word search

How do I feel

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | W | O | R | R | I | E | D | U | O | F | R | K | P |
| Z | O | I | H | L | O | B | O | P | T | F | M | V | D |
| B | E | S | T | R | O | N | G | S | R | E | H | V | U |
| E | P | G | C | Y | I | Q | A | E | U | E | A | Z | N |
| W | O | G | D | B | F | W | W | T | S | L | F | Y | A |
| F | S | S | T | R | E | S | S | I | T | I | Y | X | L |
| N | I | C | F | A | L | A | L | U | E | N | E | B | F |
| D | T | X | B | J | B | N | B | K | D | G | B | I | O |
| Y | I | G | R | I | J | X | V | B | A | S | A | D | R |
| E | V | G | V | I | N | I | M | V | D | Y | C | R | E |
| S | I | Z | T | N | B | E | D | W | U | P | P | J | D |
| Z | T | Q | A | O | S | T | S | W | L | Y | J | R | Z |
| P | Y | Z | L | U | B | Y | D | Z | T | A | M | R | L |
| F | O | L | K | F | S | P | E | A | K | O | U | T | M |

POSITIVITY
STRESS
TALK
FEELINGS
TRUSTEDADULT
BESTRONG
UPSET
SPEAKOUT
ANXIETY
WORRIED





Useful Services for you,
your Parents and Teachers.

GP's Service

NSPCC Helpline
0808 800 5000

Wellbeing officer in school



YOUNGMINDS

NHS - 111

[Childline | Childline](#)

1. <https://www.childline.org.uk>

2. Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send **Childline** an email or post on the message boards

<https://www.o2.co.uk/help/nspcc/helpline>

Until next Time 9th February 2021

- Keep washing your hands, remember Hands, Face and Space.
- If you are feeling upset, worried or confused please speak to someone
- Keep positive, by reminding yourself, You are an **Amazing Child**.



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