

# St. Cuthbert's Catholic Primary School



## Being Happy at School

### Years 1 and 2

Date reviewed: September 2023

Date of next review: September 2024

A Child Friendly Policy

## Being happy at school

At school we want you to feel safe and happy. At school we learn to be kind to each other.



When someone is **not** kind we want to know.



**TELL ME SO I CAN  
HELP.**

## Ways of being unkind

Sometimes we hurt people but we don't mean it. When this happens we say **sorry**. This is what happens **most** of the time in school.



Sometimes you may get **hurt on purpose**.

They may hurt you by kicking or hitting you.



They may hurt you by making you **feel silly**, calling you names or making you feel **left out**.

## Bullying

*Bullying is when you keep picking on someone because you think you are better than them or in charge of them.*

- Calling someone names.
- Hurting your feelings.
- Not letting you play games.
- Making fun of someone's size.
- Making fun of the colour of skin.
- Making fun of the way someone talks.
- Pushing, Punching or kicking.

## Being Friends

When we are friends it should make us feel good and happy.

Words for **good** friendships:

|      |        |       |         |
|------|--------|-------|---------|
| fun  | honest | share | listen  |
| safe | trust  | equal | support |



Words for **bad** friendships:

|       |         |       |        |
|-------|---------|-------|--------|
| push  | hit     | bossy | scared |
| angry | nervous | sad   | alone  |

TALK

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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.



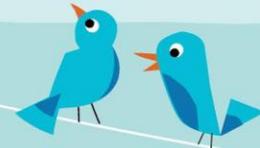
## **A**LWAYS REMEMBER YOUR BODY BELONGS TO YOU

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



What do I do if I am being hurt?

The first thing you should do is **tell someone**.

You could tell the **person**, tell a **friend** or tell a **teacher**.



You should **try not to**:

- **Do** what the person says.
- Let what the person says or does **upset** you.
- Get **angry** or hit them.

Who can I tell?

If you feel sad or upset **tell someone.**

If your **friend** feels sad or upset **tell someone.**



You can tell a **teacher** or an **adult** at **school** or at **home** and they will **help** you.



**Let's keep St Cuthbert's a happy place!**