

How to Keep Safe



Copthorne CE Junior School
Our School Councils Guide to Keeping Safe

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Year Three
Staying Safe

- **If you feel unsafe, you must tell some-one. Find an adult that you can talk to. They will always listen.**
- **If you fall over, find a first aider. They will help you.**
- **Keep your words kind and make sure you have gentle hands and feet. Encourage everyone to think before they act.**
- **Talk to your friend if you are worried or not sure what to do next.**
- **Sit on the buddy bench and think about what to do and then some-one might come and help you.**
- **If you are in the red zone, use the tools to help you get back into the green zone like take a break, breathing exercises or have a sip of water.**
- **Go to a safe place like the sensory garden or Miss Ash's room, or your own classroom.**
- **If you want to talk to some-one, you can talk to Child line and take the phone number from the posters in school (0800 1111)**



Year Four

Keeping Safe on the Playground

- **Use kind hands and feet and words**
- **Listen to the grown-ups outside as they are keeping you safe**
- **Look after the round house. Do not use without adult permission.**
- **If you are upset, go to the school council members, a teacher or a peer mentor**
- **Don't mix with other bubbles until it is safe to do so**
- **Don't go in the bushes as they are spikey.**
- **Please pick up your rubbish and put it in the bin.**
- **Walk around the cloakrooms and outside the classroom**
- **Ask the care-taker to mend any holes in the ground or put a barrier around them. Leave any barriers alone.**



Year Five

Keeping Safe at Home

Always let your parents know where you are.

Don't answer the phone or door to people you do not know.

Never cook without an adult.

Don't leave sharp things around.

Do not put fabric on hot surfaces like toasters, stoves and other hot surfaces.

Don't ever go off with someone you do not know.

Don't play or take any medicine from the medicine cabinet.

Don't touch the kettle when it has been boiled.

Do not play with cleaning products.

Don't reply to text messages to people you do not know.

Always tell an adult when you want to go out or when you want to go on the internet. Always age appropriate websites and apps at home.



Year Six

Keeping Safe Online

Don't trust anything that you see online.

Some of it is fake. If it looks too good to be true don't click it.

Don't share personal information with people that you don't know online unless you have confirmed it with a parent/guardian.

Don't open files from people you don't know because it might have a virus on it.

Don't accept friend requests on games and social media from people you don't know.

Check what age the app is before downloading it unless a parent/guardian allows you to.

Tell a parent/guardian if someone being mean to you online.

