

Our motto is ...

**“Learning Without Limits”**

### Important websites and phone numbers

Childline 0800 1111

NSPCC 0808 800 5000

[www.there4me.com](http://www.there4me.com)

[www.childline.org.uk](http://www.childline.org.uk)

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

# Being Safe staying safe



### Looking after our pupils

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

### If you are worried about anything, speak to:

- ✔ Your class adults
- ✔ Mrs Hunter, Mr Hussain, Miss Moxon, Mrs Farhat and Mrs Lee
- ✔ The DSL: Mrs Hussain, Mrs Bowling , Mrs Cockroft and Miss Field



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 Beech Hill School. 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 you feel angry, frustrated or annoyed:

- Count to ten—it can help give you time to think and calm down
- Breathe slowly and deeply, 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'

