

Need to talk?

There are lots of ways to stay safe and all of the grown-ups in our school know how to keep you safe too. It is really important to talk to a trusted adult or a friend who you can rely on if you have any worries.

You can talk to any adult in school (or any other adult that you trust) if you need to, we will ALWAYS be there for you—just tell us!

Alternatively, you could also talk to Childline:



Your School Councillors or Trust Leaders are always happy to help too!



Keeping Children Safe at The Mease



The Mease Spencer Academy wants a happy and safe environment for all of our children to learn. This leaflet will help you to understand how to keep safe and it will help you to decide what could be a problem and where to get help and support.

What's included in this policy:

- Behaviour at The Mease
- How we stop Bullying
- Signs of abuse
- How to keep safe
- Good attendance
- Who to ask for help

Key Stage 2

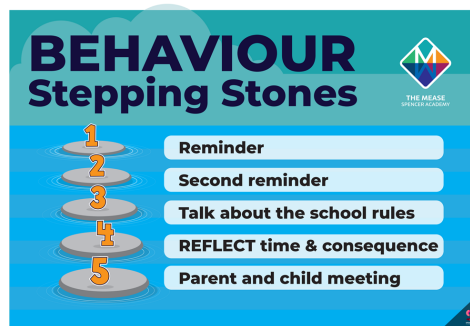
Behaviour —At The Mease, we want everyone to be safe and happy. We know, for this to happen, great behaviour is very important.

We have 3 school rules and a golden rule. These are:



Ready	Work hard, wear correct uniform, arrive on time, have everything we need, be ready to start our learning
Respectful	Be respectful and helpful, listen to other people, be honest, look after property and our environment
Safe	Be gentle, "Wonderful walking"
Our Golden Rule: To Be Kind	

Our Behaviour Stepping Stones help us to refocus. They remind us of how important it is to make the right behaviour choices.



Attendance—Our attendance is very important! We should come to school every single day unless we are very poorly. If we don't come to school regularly, we will find it hard to learn.



Health and Safety—Everyone at The Mease has a responsibility to keep each other safe. If we see anyone without a visitor badge, politely ask who they are or point them out to an adult. If we see any dangers around school, we should tell a grown up too or let our TRUST leaders know.



On-line safety - Whenever we use technology it is important to keep safe on line. The SMART targets help us to remember the rules for using technology safely. Remember to TELL if you have any worries.

If you are worried about online sexual abuse or the way someone has been communicating with you online, visit CEOP (Child Exploitation and Online Protection). The link can be found in the Safeguarding page on our school website.



What is Bullying?

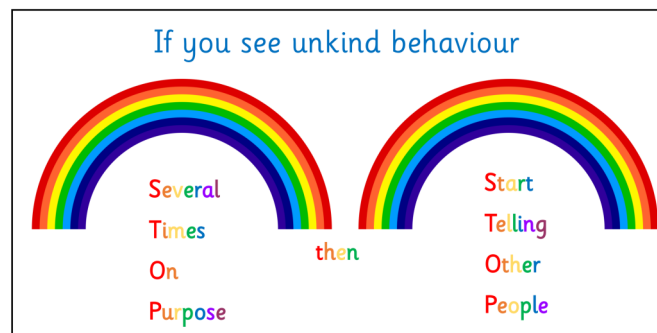
In our school a bully is someone who hurts someone more than once, by using behaviour which is meant to hurt, frighten or upset another person.



Bullying can be:

Emotional	Hurting people's feelings, leaving you out
Physical	Punching, kicking, spitting hitting, pushing
Verbal	Being teased, name calling
Racist	Calling you racist names
Cyber	Saying unkind things by text, e-mail and social net-working

When is it bullying and what should I do?



Who can I tell?

A Friend Mum/Dad Teachers
 Trust Leaders school friends
 Lunch time Staff Any other trusted adult

If you are bullied:

Do	Don't
• Ask them to STOP if you can. • Use eye contact and tell them to go away. • Ignore them. • Walk away. • Use the STOP box if you are too scared to speak openly about it. • Talk to the Communication Leaders. • Talk to any grown up. • Tell your friends. • TELL SOMEONE!	• Do what they say. • Get angry or look upset. • Hit them. • Think it is your fault. • Hide it.

What should I do if I see someone else is being bullied?

- ⇒ Don't walk away and ignore the bullying.
- ⇒ Tell an adult about what you have seen.
- ⇒ Tell the bully to stop if it is safe to do so.
- ⇒ Don't stay silent or the bullying will keep happening.

STOP

BULLYING

Sometimes, children get hurt in other ways by adults or other children. The four main areas that we learn about are:

Physical Abuse —hitting, smacking, shaking, throwing, burning, biting, etc.



Sexual Abuse —touching you on a part of your body like your bottom, chest or anywhere you don't like or making you watch inappropriate things or act in an inappropriate way.

Emotional—This means when someone upsets you or makes you feel bad. If someone in your family says horrible things to you and makes you feel sad or useless.



Neglect—This means things like not providing meals or warmth or clothing or perhaps not taking you to the doctors when you are ill.

Ways we can show great behaviour:

- ⇒ Being ready to start our learning
- ⇒ Using the correct volume of voice
- ⇒ Great listening
- ⇒ Super lining up
- ⇒ Wonderful walking
- ⇒ Caring for others
- ⇒ Keeping our cloakrooms clean and tidy
- ⇒ Reporting any concerns or worries

Our **REFLECT** values help us too:



If you are unsure, please ask our Trust leaders to show us our Behaviour videos.