

# 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.

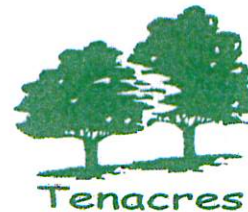


## S PEAK UP, SOMEONE CAN HELP

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



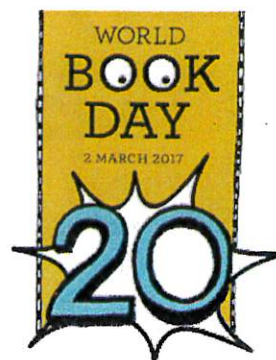
TENACRES FIRST SCHOOL  
NEWSLETTER  
MARCH 2017



Just when you thought Tenacres couldn't get any more exciting .... Here's what's been happening over the last few weeks:

## Read All About It!

We have been absolutely amazed at the amount of reading that has taken place along with the fundraising. A huge thank you to everybody for the £1000 raised for the Readathon and the World Book Day dressing up. The school will receive £200 in book vouchers to add to our Library collection.



## Commando Joe

Commando Joe is a group of ex-military that work in schools to develop children's ethos of teamwork, resilience and perseverance. Year 3 enjoyed their first curriculum session last week which focused on working as a team. Commando Chris is on the playground at playtime to encourage all of our children. He will also be on the playground before school from 8.30am every Tuesday to 'meet and greet' all our families.



# Tenacres Got Talent



Children are very excited with our 'Tenacres Got Talent' competition whether they are entering or as an audience member. Auditions are currently taking place in classes and TAPS council will be judging Round 2 on Tuesday 21st March. The finalists will then perform for the whole school as part of our Red Nose Day celebrations on Friday 24th March.

## Red Nose Day 2017

The 2017 red noses have arrived! There are 9 to choose from and they will be on sale from Monday 20th March. Children can purchase these during the school day for £1. On Friday 24th March we will be inviting children to wear their own clothes to include something red for a £1 donation.

**RED  
NOSE  
DAY**

## MFL storytelling workshop

On Friday 10th March children were visited by Esther from the Freshwater Theatre Company who treated children to a rendition of Goldilocks & the Three Bears and The Three Little Pigs in FRENCH! Several brave children joined in with the stories playing the parts of the animals and the audience were encouraged to repeat the phrases and vocabulary used in the tales.

This week the whole school will be focusing on the NSPCC campaign 'The Underwear Rule'. As part of our 'Keeping children safe' (Safeguarding) curriculum they have been reminded of the importance of understanding that their body belongs to them and they should tell an adult if they are worried or upset.

