



Remember..... If you feel unsafe or have worrying feelings in your tummy....come and speak to an adult....we can help!

Keeping children safe is everyone's responsibility




St Paul's Catholic Primary School
 'Do Everything With Love'
 (First letter of St Paul to the Corinthians 16:14)

**Feeling Good,
 Feeling Safe**

All staff are here to keep you safe these members of staff are in charge of your safety



Zoe Killick
 Designated Safeguarding Lead



Sophie Were
 Abbie Cammiade



Laura Jones



Steph Smith



Fiona Burgess

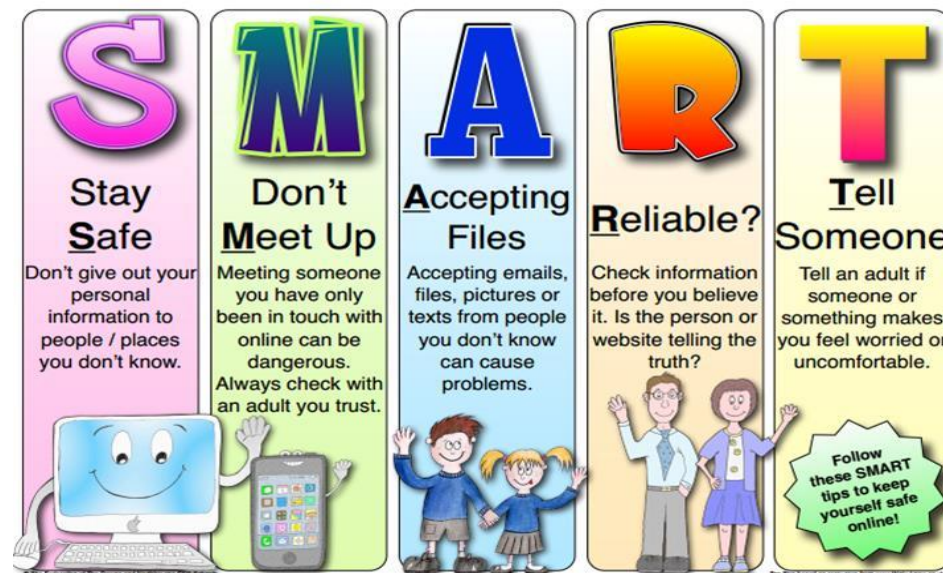
Deputy Designated Safeguarding Leads

School Phone
Numbers
School Office
023 9237 5488

Important Phone
Numbers

Childline
08001111

NSPCC Helpline
0808 800 5000



Looking after You

All our teachers and staff want to make sure you are happy and safe in school. We believe the rights of the Child are very important at St Paul's School.

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All adults should do what is best for you

You have the right to give your opinion and for adults to take it seriously

You have the right to privacy

You have the right to be protected from being hurt

How to deal with feeling angry

Here are some simple things that you can do as soon 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—in through the nose, out through your mouth, say the word 'relax' as you breathe out
- Keep your voice slow and quiet
- Stop! Think before you react—does it matter to me to get so angry?
- Leave a situation—'time out.' - Remember to let an adult know where you are.