

# St. Michael's C of E Primary School



October 2023

# Be Safe, Be Healthy

## Mental Health

We took part in World Mental Health Day, a day to talk about mental health and show everyone that mental health matters. It's also a day to let people know that it's okay to ask for help, no matter what you're going through.

### IT IS OKAY TO

MAKE MISTAKES

NOT BE OKAY

HAVE HARD DAYS

BE YOURSELF

NOT KNOW IT ALL

ASK FOR HELP

START OVER

NEED MORE TIME

## Online Safety

**Be nice to others online** – Treat others with respect online. If someone upsets you, do not react. Block the person on your contacts list, tell an adult you trust and report them to the website. If someone keeps being unkind to you; collect evidence for an adult to see by taking screen shots, saving pictures and emails.



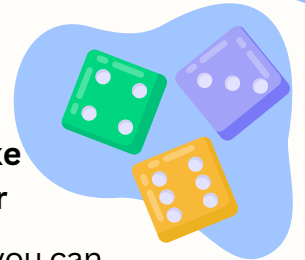
## BE BRIGHT, BE SEEN

Now the clocks have gone back and the darker mornings and nights are creeping in; here are 5 top tips to help you keep safe and seen at this time of year.

1. During the day, bright and fluorescent clothing is best.
2. At twilight and night time, reflective clothing or tape that is picked up in car's headlights is best.
3. It is against the law to cycle at night without a white front light, a red back light and a red reflector at the back.
4. Always choose routes and cross at places that are well-lit.
5. Where possible, cross the road at a pedestrian crossing

## Keep Active

**Find a dice and play this game, or make up your own actions for each number**



- 1 – run on the spot as fast as you can
- 2 – hop on one foot changing foot every 4 hops
- 3 – touch the floor and reach high up to the sky
- 4 – touch your elbow with your opposite knee and swap
- 5 – march on the spot with knees high
- 6 – stand with legs wide and touch toe with opposite arm, alternate each arm.