

St. Michael's C of E Primary School



June 2024

Be Safe, Be Healthy

Trusted Adults

Trusted adults are the grown ups who make us feel safe, who we can turn to when we need help, who we can share problems and worries with.

Who are your trusted adults at home?

Who are your trusted adults at school?



Bullying isn't welcome here!

What is bullying?

It is the repeated, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face to face or online.

Kindness, acceptance, and inclusion are all important actions to think about—they have the power to make a difference in our school and community. These qualities can help others feel respected, valued for who they are, and included in the group. Whether it's holding the door for someone, inviting someone new to sit with you, or saying thanks, you can help create a world without bullying one action at a time!

When children stand together against bullying, they can make their classroom, their school, where they live, and even the world a better place!

Online Safety

Keep your personal information private – Think carefully before sharing information like where you live, your email address or where you go to school on your profile or when chatting online. You might be sharing your personal details with more people than you think.

The Daily Mile

The aim of The Daily Mile is to improve your physical, emotional, social and mental health and wellbeing – regardless of age, ability or personal circumstances. Every one can join in.



It improves **bone health and muscle strength** in children.²



It **enhances fitness and improves heart health**.^{3, 4}



It **reduces body fat and promotes healthy body composition**.^{4, 5}



It **supports self-esteem and happiness**.^{6, 7, 8}



It **helps reduce anxiety and increases confidence**.^{9, 10}



It **improves focus and concentration**¹¹ and can help improve classroom behaviour.¹²



It **improves memory function**,³ **maths problem solving** and performance.^{13, 14}



It **supports improved academic attainment**¹⁵ and cognitive performance.^{16, 17, 18}