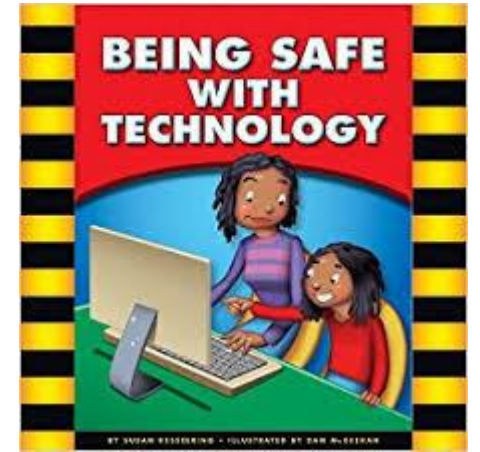




Safe



Our Thinking Circles are made up of children from classes P3 – P7. Once a month we discuss aspects of our lives, how we feel about them and how the school can help us.

Over the year we will be talking about being safe, healthy, active, nurtured, achieving, respected, responsible and included.



We talked
about feeling
safe at school.

In our groups 84 of us felt safe at school.



13 of us felt unsafe.



We talked about why we might feel unsafe.

We are
scared of
terrorist
activity.

We don't like it
when people
shout!

We are
scared of
being bullied

Sometimes
children tell us
stories that
make us feel
unsafe.

We don't like it
when others are
angry or upset in
class.

We talked about what we could do in school to make us feel safer.

Make sure school gates are closed and locked.

Keep strangers out of our school.

Fix locks on toilet doors.

Try and keep calm in school.

Follow rules to keep us all safe and happy.

Our school is getting telephones in every class to help us communicate better with each other.

We are getting new doors which need a special pass, this will keep us all safe and stop any strangers coming into our classes.

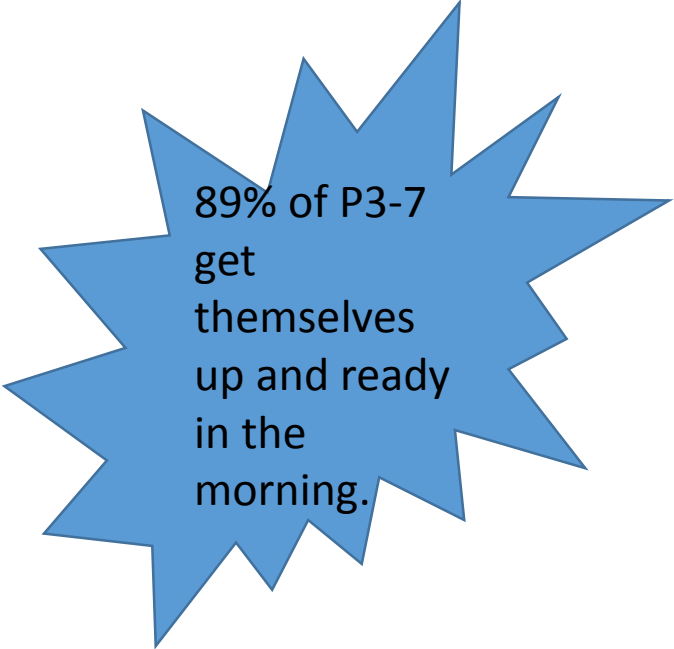
We talk about situations that happen in the world and we know we have adults in school who we can talk to if we are worried.

Healthy Living


I wonder what being healthy means?



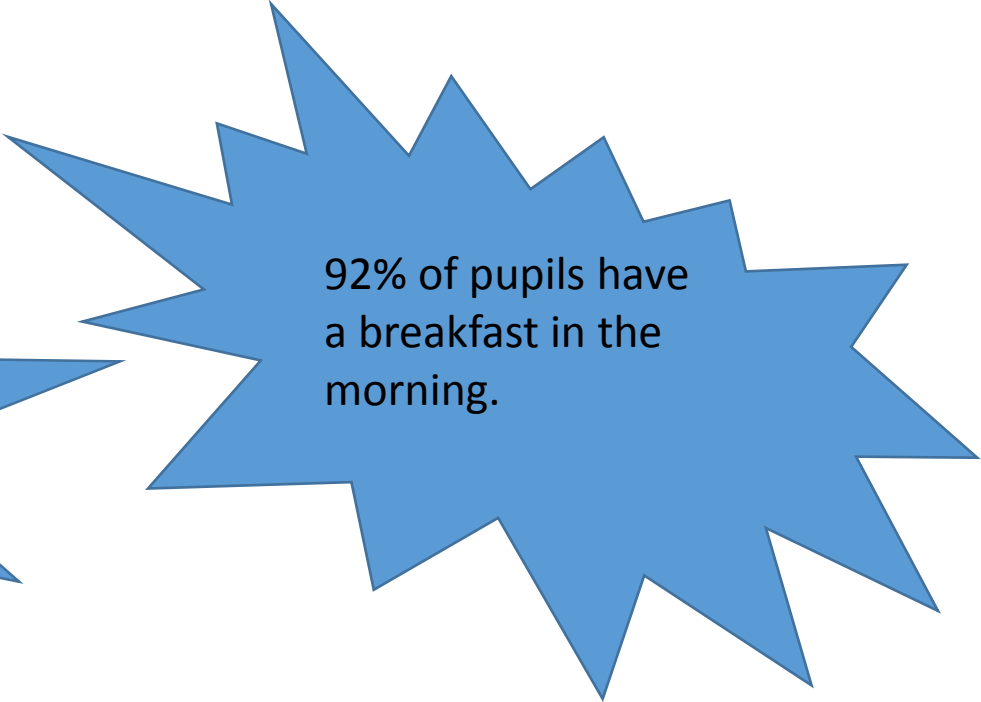
This week we talked about being healthy, what we need to do, what we do and how the school can help us.



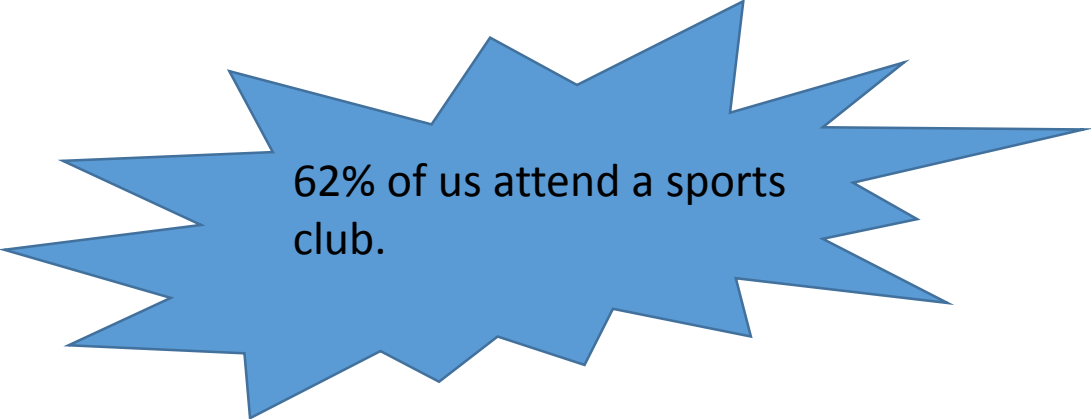
89% of P3-7
get
themselves
up and ready
in the
morning.



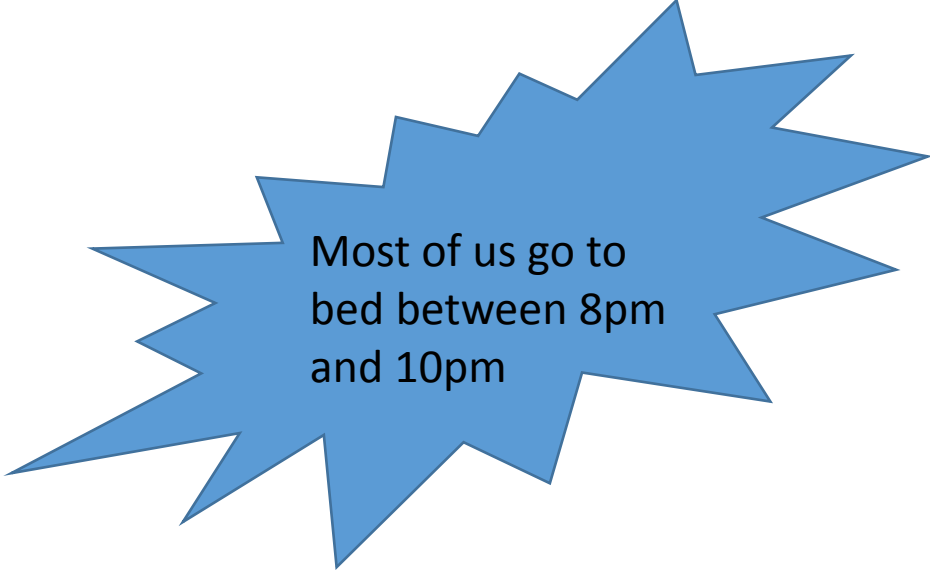
86% of us sleep
for 8 hours or
more.



92% of pupils have
a breakfast in the
morning.



62% of us attend a sports
club.



Most of us go to
bed between 8pm
and 10pm

play
swimming
trampoline
Fresh cycling running
games go sugar less
air exercise
drink
Use walk park brushing
walking dog
teeth milk
water eat
fruit

When asked what else we could do in school to keep us healthy the following suggestions were made

- Provide more fruit at lunchtime.
 - Outdoor learning.
 - Access football pitch.
 - Have more clubs.
 - Free fruit at breaks.
 - Daily mile everyday.
 - Cooking lessons.

Future Plans:

New cooking kitchen is being fitted during the holidays.

Every class will grow their own vegetables to be used in cooking.

There will be a focused outdoor learning week each term.

There will be after school cooking classes for families.

**Next our thinking circles will be
discussing being Active.**