

Dear Parents/Carers,

The Kidsafe programme has started this week in your child's class. The purpose of this programme is to develop your child's ability to recognise unsafe situations and to take action to help protect themselves.

Over the next few weeks children will be looking at the following areas:

Self-confidence and self-esteem; feelings/talking about feelings; dealing with bullying; respecting our bodies; inappropriate touching; secrets in relation to abuse; communication skills; assertion skills: saying 'No'; computer/internet safety; ratings on DVDs and computer games; how it feels to hear arguing; looking after our mental health and emotional well-being.

As parents/carers you are your child's most important people in helping to ensure their safety. After each session we will send home a letter telling you what we did during the session so that you can talk to them about what they've been doing.

Today, the children discussed how they already keep themselves safe and the meaning of **trust**. Children were helped to become more aware of their feelings so that if they are sad, scared or worried they will have the vocabulary to voice those feelings. We called these sad, scared or worried feelings '**yukky feelings**.'

We would welcome any comments you or your children have in relation to this session.

Kindest regards

N Gregan

Mrs N Gregan
Head teacher

For further information you can visit

Visit KidSafe at www.KidSafeuk.co.uk

**You are precious
in my eyes.**

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