

KEEPING OURSELVES SAFE

As part of our bi-annual Health and Physical Education curriculum focus, all classes will be working through the

Keeping Ourselves Safe Programme, over the next fortnight.

This important learning is developed and led by NZ Police.

Learning is tailored to be developmentally appropriate and aimed to build children's confidence to respond to a range of situations in a way that ensures their safety.

Our Police Education Officer, Kat Payne, will hold a
Parent Information Meeting
this Friday 24th October, 9.15am in the staffroom,
to outline the programme and answer any questions you may have.

Keeping Ourselves Safe is a comprehensive child abuse prevention programme for schools. Its purpose is to:

- teach students a range of safe practices that they can use when interacting with other people, both online and face to face
- teach students how to recognise the difference between healthy and unhealthy relationships, and encourage students who have been or are in danger to seek help

Our tamariki will learn:

- to work out when their safety is at risk
- how to keep safe when they meet and mix with other people
- who and how to ask for help if they, or someone they know, is in danger
- to go on asking for help until someone takes action
- that it is important to make and follow personal, family and school safety rules

More information about the focus areas for each class will be outlined at the meeting. Alternatively, you can visit the 'Keeping Ourselves Safe' page on the New Zealand Police website, where you will be able to find all of the content that will be covered at each year level:

<https://www.police.govt.nz/advice-services/personal-community-safety/school-portal/resources/successful-relationships/kos>

If you have any questions or would like to know more, feel free to touch base with your child's teacher.

