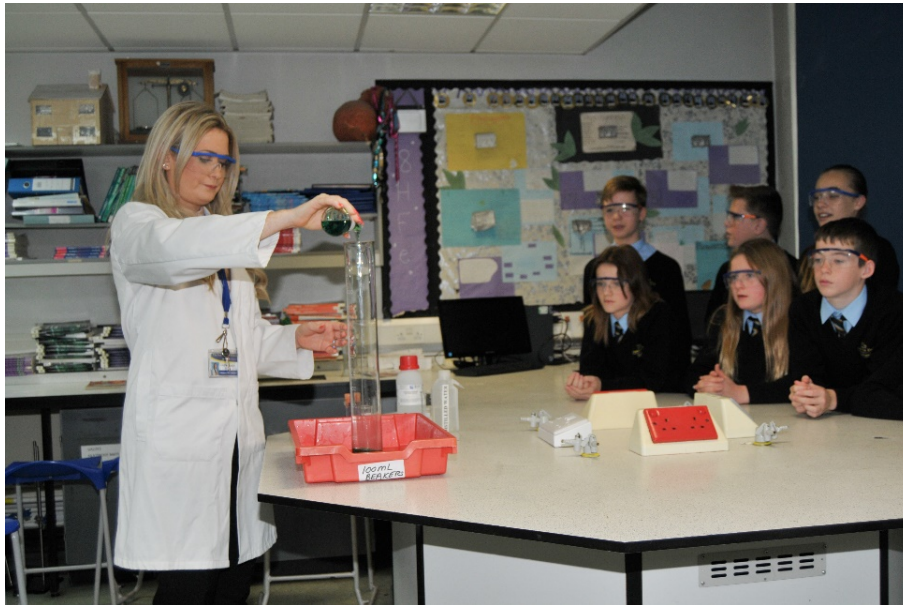


THE
SWEYNE PARK
SCHOOL

Welcome to Sweyne Park Year 6



Booklet 3
**Happy and
safe**



Rights Respecting School

Sweyne Park is a UNICEF Rights Respecting School and currently holds the Gold award in recognition of our work on children's rights. We build our work around the United Nations Convention on the Rights of the Child (UNCRC), ensuring that all children are aware of their rights and of the importance of respecting them, both for themselves and others.

We believe that children are empowered through knowing and understanding these rights and that this builds a fair, safe and positive learning environment in which all children can achieve their potential.

When you join Sweyne Park you will have the opportunity to not only learn about your rights, but to help other children around the world to have their rights respected, too, through the wide range of fundraising and charitable activities that take place.

We look forward to welcoming you to our school, where you can join us on our Rights Respecting journey!

What if I feel anxious?

Remember....

- It is perfectly normal to feel anxious about joining a new school.
- Everyone is in the same position.
- We will organise a range of activities during tutor times that will help you to feel as settled as soon as possible.
- We will introduce you to all the people that can help you if you are feeling anxious.
- Your self-esteem plays a big role in helping you to feel less anxious.

Asking for help

There are many people who could help you, but might not know that you need help unless you tell them.

Friends

Ask friends or other pupils if you don't know where to go. You can ask them what the homework was if you are not certain. They can also help to work out new situations like going to the canteen.

Teachers

Ask your teachers if you don't know what to do in class or for homework. They will also be able to help you if you have forgotten something or don't know where to go.

People at home

People at home will be able to help you plan and organise your equipment and homework. They will want to know if you have any problems. They will be able to help you work out the best person to ask if you have problems with work or may try and contact someone in school and ask them to help you.

Self-esteem checklist as you join Year 7

Feel special

- Discover your own unique talents and qualities, and value your own strengths.
- Feeling special does not mean feeling better than others.

Set goals

- Work towards a goal.
- Have pride in your accomplishments.
- Make the most of your opportunities for success.

Try and try again

- We value persistence.
- Try things your own way, face challenges and take risks.



We will help you to...

- take risks, make choices and solve problems;
- build confidence in the world, take chances, make choices and take responsibility for them;
- demonstrate and develop skills;
- take on tasks you show an interest in, then help you to follow through to completion;
- feel that your contribution is valuable and earn praise.

We give lots of rewards at Sweyne Park and always look to praise pupils who are showing respect and working hard.

Praise is a valuable self-esteem builder



Self-esteem comes from feeling valued and secure, and from developing competence.

What do I do if I feel that I am being bullied?

Bullying will not be tolerated.
We will deal with the issues and help you.
The following slides will guide you should you ever feel that someone is being unkind to you.

Tell an adult

- You have the right to come to school without anxiety or fear of others.
- Taking action is better than doing nothing.
- Standing up for what you know is wrong is a sign of maturity.
- It is braver to tell than to hide it.
- If you think there is something wrong with you, is it because the bullies have made you feel this way? This is a common effect of being bullied and **IT IS NOT TRUE.**
- Bullying does not say anything about **YOU**. It says a lot about the **BULLY**.
- Talk to us and we can help you.

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*To be successful at Sweyne Park you need
to remember three things:*

Be ready

Be respectful

Be safe

**We are looking forward to welcoming you
to Sweyne Park School.**

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