

# KEEPING MYSELF SAFE WEEK

6 - 12th February 2023



Keeping Myself Safe Week is an opportunity to shine a spotlight on the importance of children staying safe

## MONDAY - KEEPING SAFE WEEK

The whole school will be introduced to the themes around Keeping Myself Safe.

Sparks Film School will be working with the Wellbeing Ambassadors, Digital Leaders and Cycling Club to create a Keeping Safe video.



## TUESDAY - SAFER INTERNET DAY

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children. The theme for 2023 is, 'Want to talk about it? Making space for conversations about life online'. Children will be talking about the enjoyable things that can be done online as well as reinforcing the importance of speaking out to stay safe. For more information visit: <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>



## WEDNESDAY - CHILDREN'S MENTAL HEALTH

This year's theme for Children's Mental Health Week is 'Let's Connect'. Let's Connect encourages people to connect with others in healthy, rewarding and meaningful ways. Children will be learning about ways they can connect to family, friends and others which will support their mental health as well as that of other people. Look out for the Wellbeing Ambassadors at work! For more information visit:

<https://www.childrensmentalhealthweek.org.uk/schools/>

## THURSDAY - BIKE & SCOOTER SAFETY

Some simple rules can keep children safe on two wheels. Children will be learning more about bike & scooter safety when on the road. For more information visit: <https://www.brake.org.uk/get-involved/take-action/mybrake/knowledge-centre/advice-for-parents-and-families>



## FRIDAY - DRESS TO EXPRESS

**Dress to Express on Friday 10th February** is an opportunity for children to use clothing to express their feelings or show how they stay safe. For example, some children might like to wear something bright to show how they stay safe or wear a colour which expresses their emotions.

