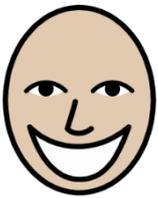




Keeping Children Safe at The Mead Infant and Nursery School



happy

✓ The adults will always do their best to keep you happy and safe and help you do your best learning



learning

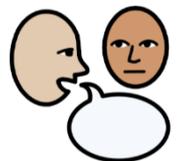


safe

✓ At school you will learn how to protect yourself and stay safe.

Need to talk?

It is important that you know where to go to get help if you are worried or unhappy about something.



talk

- You can talk to any adult in school, they are here to help and we will always listen to your concerns
- You can put your name in the 'Worry Eater' and an adult will speak to you, listen to your worries and help to try and solve them.
- You can use the zones of regulation board to show adults how you are feeling



The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad	Happy	Worried	Overjoyed/Elated
Bored	Focused	Frustrated	Awkward
Tired	Calm	Silly	Angry
Sick	Proud	Excited	Terrified

- There is also a special number called **Childline** you can call; they listen to worries too.

