

Whilst You Are At Home

We are going to stay in touch



5th May 2020



Cheshire
Constabulary

Positive Message of the Week

Hello **everyone**, So here we are again. Everyone at Cheshire Police hope **you** have all been able to stay positive even though we know it can be difficult for some, but we have come this far and we have confidence in **ALL** of **YOU** that we can hold it together.

We are all in this together around the World.



The Children of Cheshire are doing an **AMAZING** job at the moment by doing what our government is asking us to do by staying at home as much as possible, so that we keep ourselves and others safe and healthy, by washing our hands, and by getting some exercise every day, a little or a lot. We are so very proud of **YOU ALL**.

We have said this before but it is important that **you** remember the changes going on at the moment, might make **you** feel scared or worried, it is ok to have these feelings. Please speak to the people in your home that care about you, let them know how you are feel.

We all need to remember this situation won't last forever.

During this time of staying at home or isolation some children will be spending more time online than ever before. They may be tempted to join groups, share pictures or participate in live streaming, please Do Not, by Not joining some of these groups or live streaming we can keep **you** safe.

Personal Messages From Your Local PCSO

PCSO Georgie said."I am looking out for more activities I can enjoy whilst out on patrol!



PCSO Georgie: Said...
"Hey Kids, love the selfie."



PCSO Georgie said "lets make sure we put up our rainbows, there great!"



PCSO Georgie Said...
"Wow I love all the rainbows in your windows"



Police messages Online safety

You are all smart children and we want you to remember the Online Safety messages you have talked about in School with your teachers and the Police. This week we would like you to tell your parents how you stay safe when you are using the internet.

We have put a reminder on the last page if you have forgotten any of them.



Parents

Set up rules for using the computer and the internet.

Never let your child give out personal information.

Check the Websites and services your children use.

Get to know your child's online friends.

Keep the computer in a communal area of the house.

Check age ratings on games.



Cheshire Constabulary

Riddle: What can't be used until it's broken?
Answer on slide 9, no peeking until you've had a go at this!

Joke

What do you call a pig that does Karate?
Slide 9 for punch line!

Activities

Who watched Britain's Got Talent 2020, last week ?
We, really enjoyed listening to the Children's choir singing an Anti-Bullying song. We know that our very own Cheshire Children could make up an equally Powerful song! Have a go....
Please share this song with your family and everyone you know, when we get back into School. We'd love to hear it.



Could you do this at home?

**ART
MAKES
CHILDREN
POWERFUL**



Riddle: What has two hands and a face?
Answer on slide 9, no peeking until you've had a go at this!



If it is your Birthday this week

Happy Birthday



Happy Birthday to you, Happy Birthday to you, Happy Birthday Special person
Happy Birthday toooo yooooou



Can anyone copy this!

Answers to Riddles

“Riddle: What can't be used until it's broken?

Answer: An Egg.

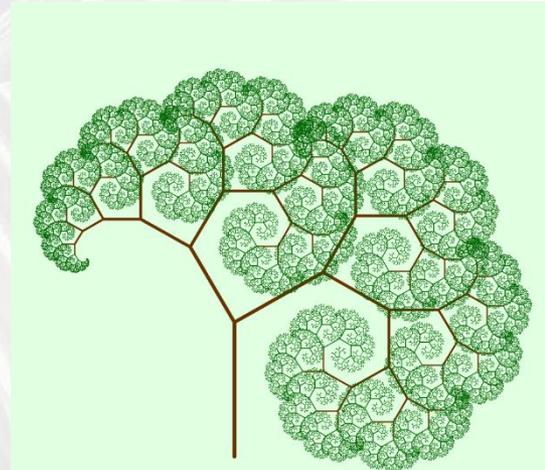
Riddle: What has two hands and a face?

Answer: A clock.

What do you call a pig that does Karate?



Wa Wa Waaaaa



benice equation

Have a go at this!



Until next Time

12th May 2020



- Stay safe, by Washing your Hands and stay at home until it's time for some exercise.
- Stay healthy, by doing a bit of exercise every day.
- Keep positive, by reminding yourself, You are an Amazing Child.

And remember we won't be indoors forever

[Childline | Childline](#)

1. <https://www.childline.org.uk>
2. Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send **Childline** an email or post on the message boards



O2 NSPCC resources

Download our parent and child online safety resources.

The screenshot shows a webpage with a blue header and a white body. It features a grid of resource cards, including one with a large grid of text and another with a diagram of a house.

<https://www.o2.co.uk/help/nspcc/helpline>



Stay safe online

Remember the 5 SMART rules when using the Internet and mobile phones.



S

SAFE: Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.



M

MEET: Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.



A

ACCEPTING: Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!



R

RELIABLE: Information you find on the internet may not be true, or someone online may be lying about who they are. Make sure you check information before you believe it.



T

TELL: Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

