



St Gabriel's CE Primary School

Children's Pocket Book Guide to School



“Stand firm... be courageous” 1 Cor 16:13

Self-belief **Cour****A**ge **Res****I**llience **Ambi****T**ion **H**armony

Our School Vision



I am a member of St Gabriel's family.

I want to be the best that I can be.

I'm learning lots about myself and my own abilities: things I'm good at and the things I find hard.

I'm learning the confidence to always have a go, to always try my best.

I'm learning to **believe in myself**.

I'm learning to find the **courage** to be me and to stand up for what I believe.

I'm learning **resilience** to keep on trying, even when it's tough.

I'm learning to think for myself, to ask questions and find answers.

I'm learning to have **ambition** for big dreams!

I'm learning to live in **harmony**: to be happy in myself, to be a good friend, to treat others in the way I want to be treated.

I'm learning about **faith** and the Christian message of hope and love in Jesus Christ.

We are a Church school



- We belong to the **Church of England** and the **Diocese of Blackburn** – do you know what this means?
- We are also named after the **Angel Gabriel**. He was a messenger – look at our school badge. The symbol represents this with trumpets!
- Our school is a 'Beacon' of faith, proclaiming the **Gospel** message. Our Christian ethos is the 'golden thread' that binds us all together.
- We are also linked to **St Gabriel's Church**.
- Do you know the **Lord's Prayer** and the **Grace**?
- School **worship** is a very special part of school life.

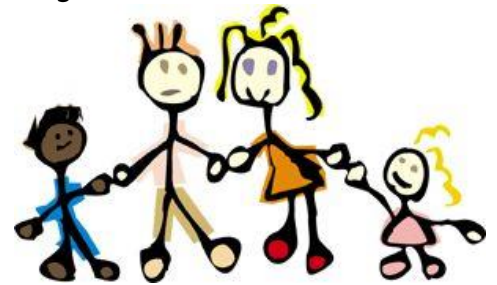
- We say **prayers** at the end of the day and before we eat lunch.
- Do you know the **Vision Statement**? It's printed above – it's a vision for you!

Our school

- Do you know why school is so important? Your teachers give you 'building blocks' for **learning**. You get the chance to experience new things and meet new challenges. Sometimes you'll succeed and sometimes you'll need to work at it. It's all about **doing YOUR very best...** always having a go and keeping on trying. You'll learn how great it feels to work hard and do well. You'll grow in confidence. After Year 6 you'll move on to high school. After a bit more growing up you might choose to go on to college or university, choose a career and get a job!

It all starts at primary school... St Gabriel's!

- Make sure you always **travel safely** to school. Be careful of traffic on the Crescent, crossing busy roads and walking alone. Do you know the importance of going straight home?
- Try to keep healthy by choosing to **walk or cycle**. Always encourage your parents to park safely around school – it's better to walk further and keep safe!
- It's really important that you are on time (punctual) and that you don't miss any time at school. Did you know we have **attendance** certificates at the end of the year for all those children who never have a day off?



Our staff

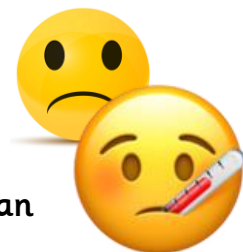
- Do you **know them**? Teachers, Teaching Assistants, Headteacher, Deputy Headteacher, Office staff, Welfare and Kitchen staff, our Site Supervisor and Cleaners?
- All our staff have special **ID badges** with their photos on.
- Other special people to know are the **Vicar** and our **Governors**.
- Guests to school all wear '**Visitor**' badges.



Feeling happy and safe in school



- Do you know **who to talk to** if you're feeling unhappy or worried about something?
- You will **always be listened to by a trusted adult in school**. Never be frightened to ask.
- Do you know **what to do** if you're hurt or feeling unwell?
- Would you know what to do if you **saw something unsafe in school**?
- Would you know what to do and what not to do if someone had an accident and was **bleeding**?
- **Keeping safe** at the beginning and end of the day is really important – if you were **dropped off too early or not collected on time**, would you know what to do?



- Do you know about keeping safe **around our building** – what about litter, playing in the garden or gazebo, playing ball games, finding dangerous items (glass, cans)?
- **Security of our building** – do you know how the main entrance door works and the importance of NEVER letting anyone in?
- Do you know the rules about opening the **school yard gates**?
- You should recognise and know all regular staff in school, but new people will wear badges to show that they have been welcomed as 'Visitors'.
- **Fire evacuation** practices – do you know what to do and where to go?

Friendships and our school family

- School is like one **big family**... we need to look after each other.
- Make sure you **include everyone**, don't leave people out. Ask – would you like it?
- Sometimes friends might disagree or fall out. Do you know the difference between **falling out and being bullied**?
- We explain bullying as:



Planning to hurt or upset someone

Several

Times

On

Purpose

- Bullying is horrible. You must always tell a trusted adult, so that we can make it **STOP**.

Keeping safe online

- Do you know the school rules for using our computers and keeping safe online?
- Do you understand the importance of **online safety**, including social network sites and chat rooms?
- Do you know the importance of not sharing your **personal details** online?
- Do you know what cyber bullying is?
- Do you know the **SMART** rules?



Keeping safe outside of school

- Do you know about '**stranger danger**'? Never go anywhere with anyone you don't know. Even if you do know someone, it's always good to check with your mum, dad or another trusted adult first.
- Always **go straight home after school**, or after playing out.
- Never play near **water** or a **railway** line.
- Do you know how to **cross the road** safely?
 - Always ride your bike safely, wearing your helmet. When you are in Year 5 you can do a '**Bikeability**' course to improve your cycling skills.
 - Do you know the rule of 'get out, stay out' in the case of a house **fire**?
 - Never play with **matches** or **candles**. Fires can easily be started but can be difficult to put out and are very dangerous.



Keeping healthy and feeling happy

The best ways to keep healthy and happy are to:
Eat healthily and regularly.

- Breakfast, lunch, dinner and a healthy snack.
- Do you know the kinds of food you should eat to keep you **healthy**? Do you know what foods can be **unhealthy** if you have too much of them?
- Do you know what our School Council recommends about bringing **snacks** to school?
- Our school lunches are carefully planned to give you a **balanced diet**.



Keep active

- Run around, **exercise**, keep active to look after your **heart and lungs** and strengthen your **bones**... and because it's fun!
- Do you know what **clubs** and **sports** take place in school for you to get involved in?



Sleep well every night

- Children need lots of sleep. Are you getting enough?
- Read a **story**, or get someone else to read to you, last thing at night.

Do something creative every day

- Draw a **picture**, read a **book**, **write** something (a diary, a story), listen to **music**, help with cooking...
- Limit your time on computer games and apps.



Spend time with friends

- **Talk** with friends, **play** games, **share** your feelings, **laugh** together!
- Play with your pet – walk your dog, cuddle your cat.

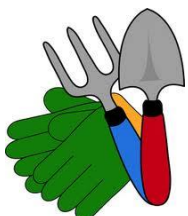
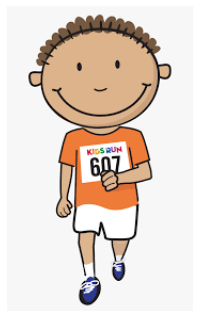
Just... be!

- Try not to doing anything. Just be **still** and **quiet**. Think. Relax. It's harder than you think. Have a go!



Extra fun opportunities in school

- Part of growing up is about discovering your **gifts and talents**, trying new things which build you up on the inside and make you feel really good about yourself. You can do this in lessons when you give it your best and you succeed.
- But also... you can learn to play an **instrument**, join the **school orchestra**, join the school **choir** and perform at special events.
- You could be part of a sporting team and take part in **athletics**, cross country **running**, **netball**, **gymnastics** or **football**.
- You could learn the **ukulele** or become a keen **gardener**. Whatever you may like, there are always plenty of extra activities going on for you to get involved in or just try out.



Don't lose out. Get involved!



Rewards and responsibilities

- If you've done something special **outside of school** and received a certificate, a trophy or a medal, don't forget to bring yours in when your teacher asks – so we can celebrate your achievement.
- Did you know that the **School Council** is a chance for you to share your thoughts and ideas across school? We need representatives from each class. It could be **YOU!**
- Our **Worship Beacons** are children who plan and lead worship across school. They play a very special part – sharing their faith and leading by example.
- We want you to become **grown up** – so that you can be relied on to carry out special tasks and be **responsible**, to set **good examples** to others, to be **independent** and **organised**.



We also want to celebrate all YOUR **hard work** and **achievements** in school.

*Every day is a chance to learn something new
and to improve on something you have
already tried.*



We're hoping that your time at St Gabriel's will enable you to learn and achieve your very best!

We also hope that you understand the Christian values which are at the heart of our school...

*and when you leave St Gabriel's,
you will spread your wings and fly!*

