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## Keeping Ourselves Safe (KOS)

Dear Parents and Caregivers

In Week 6 all learning teams will begin teaching our health unit, Keeping Ourselves Safe (KOS). This unit has been developed by the New Zealand Police for use in our schools. Lessons will be taught in conjunction with Constable Duncan Ashton, who is working with our staff around this programme.

Keeping Ourselves Safe (KOS) is a positive personal safety (child protection) programme that aims to provide children and young people with the skills to cope with a range of challenging situations. It will help them to learn strategies to keep themselves safe in their interactions with other people.

Programmes have been developed for two levels of the primary school, each building on the one before. Each one is linked to the New Zealand Curriculum.

Knowing What to Do Years 0 – 3:

Topics covered include understanding feelings, especially safe and unsafe, coping with hazards, different types of touch, tricks, bribes and treats, saying 'no' and getting help.

Getting Help Years 4 -6:

Topics covered include recognising danger and strategies to keep safe, bullying, different types of touch, acting responsibly with younger children, reporting abuse and getting help.

These units cover important and sensitive topics that will be handled with care and consideration with our students. For more information Constable Ashton, along with some staff, will be available straight after school next **Monday 13 August in Room 7**. At this meeting more information will be shared on the content of these sessions and there will be an opportunity for you to ask questions. The following link also provides further information for parents:

<http://www.police.govt.nz/advice/personal-and-community-advice/school-portal/resources/successful-relationships/keeping-1>

This programme has been successfully taught in New Zealand Schools for many years and is on our long-term plan to be taught every second year.

Please feel free to contact me if you have any further questions.

Kind Regards

Brent McDowell  
Acting Principal