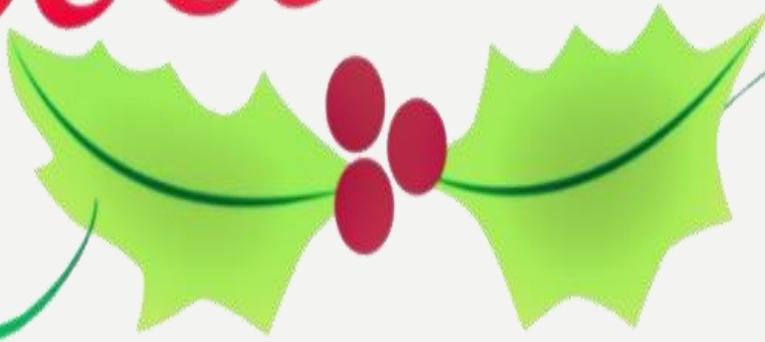


hello  
DECEMBER



### Your Designated Safeguarding Lead is Mrs Fennelly

If you have a worry you can talk to your teacher or an adult you trust.

We also have other important people in school who know what to do if you have a serious worry – their pictures are below:



Mrs Fennelly  
Headteacher

### Deputy Designated Safeguarding Leads



Mrs De Board  
Assistant Headteacher



Mrs Richards  
Gruffalo Class Teacher



Mrs Holland  
Inclusion Leader



Miss Garrard  
Nurture Lead

NSPCC  
**HELPLINE**  
0808 800 5000  
[help@nspcc.org.uk](mailto:help@nspcc.org.uk)



## Dates for your Diary

Date	Year group	Event
15th December	Whole School	Dolce Christmas lunch
16th December	Whole School	The Friends Christmas Raffle Draw
17th December	Whole School	Christmas Party Day- more information to come



KS 2 Christmas Performance  
Dates for your Diary

Date	Year group	Time
Tuesday December 7th	The Players and Year 4	10:00-11:00 in the school hall
Tuesday December 7th	The Players and Year 3	1:30-2:30 in the school hall
Wednesday December 8th	The Players and Year 5	1:30-2:30 at St Benedicts Church
Thursday December 9th	The Players and Year 6	1:30-2:30 at St Benedicts Church



## KS 1 Christmas Performance

Date	Year group	Time
Monday December 13th	Reception	1:30-2:00 in the school hall
Monday December 13th	Year 2	2:00-2:30 in the school hall
Monday December 13th	Year 1	2:30-3:00 in the school hall
Tuesday December 14th	Reception	9:30-10:00 in the school hall
Tuesday December 14th	Year 2	10:00-10:30 in the school hall
Tuesday December 14th	Year 1	10:30-11:00 in the school hall



Tickets for all performances must be booked prior to attending.

Please go to: **ParentMail- payments- shop** to do this



## Simon de Senlis Primary Weekly Update – 3rd December 2021



Dear Parents and Carers,

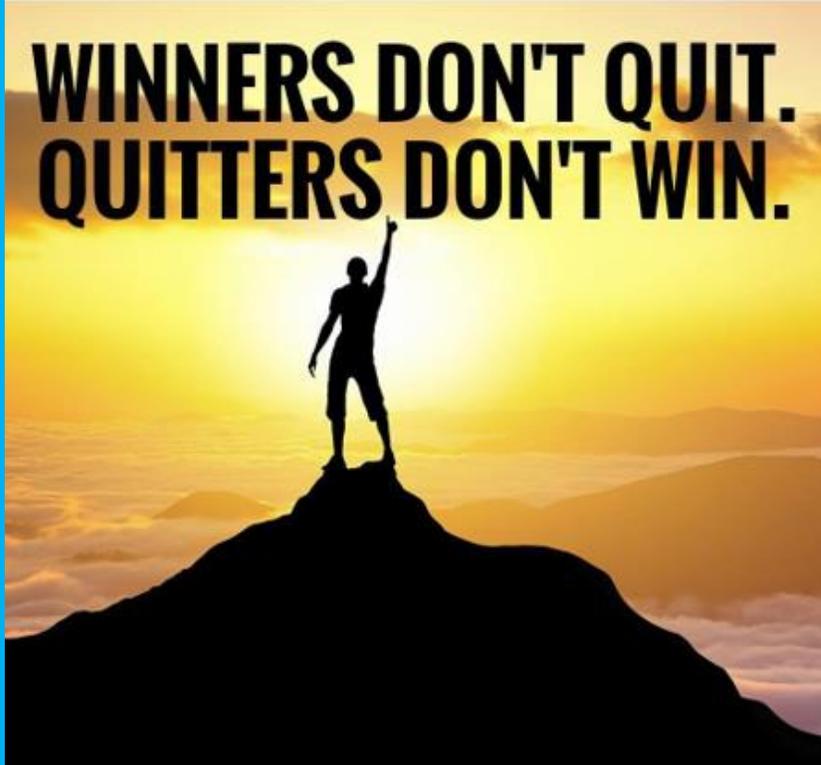
The festive spirit is clearly starting to appear across the school and the local community with lights and baubles decorating trees and windows. The sight of these bright lights brings hope and happiness to many and are always a wonderful welcome as the weather becomes cold and frosty.

At school we are continuing with our dedication to learning along with enjoying the wonder of this magical time of year. The school is filled with children singing, reciting lines, preparing costumes and props, with excitement and joy palpable for all.

Next week we will begin our festive performances with Year 3, 4, 5, 6 and the SU joining 'The Players' to deliver their outstanding performance of Creepy Crawly Christmas. During our final week of term, we then turn to Reception, Year 1 and 2 to showcase their performances. Please do book your ticket for the performances to celebrate your child's achievements and to join us in spreading joy at this time of year.

As always, I am so proud of every child in school as they continue their learning journeys with such drive, dedication and enjoyment.

Please wrap up warm over the weekend, enjoy the frosty weather and I look forward to seeing you all next week. Mrs Fennelly



**Well Done  
Everyone, Keep  
Going!**

**Each Friday the classes have a poster that is shared within the Star of the Week celebration.**

**This week we discussed being resilient and having a positive growth-mindset. We agreed that we should be proud of all of our achievements so far this term and be excited about the great learning that will continue to take place over the coming weeks.**

# Christmas Crafts Workshop at Northampton Museum Saturday December 11th.



## Christmas crafts workshop



# N

Celebrate the festive season by making a Christmas wreath, card or a pudding decoration in our new studio space. Drop in – no booking required. Suitable for children aged 3-8 years. Children must be accompanied by an adult at all times.

Saturday 11 December

11am-3pm

£3 per child

## Great ideas to try at home.....

**Use your popper to practise your phonics and spelling!**



**Use an ice cube tray to freeze your own natural hanging baubles for the garden!**





**Every Christmas, instead of children sending cards to each other at school, we hold a collection for others who are less fortunate than ourselves. This year, we will be supporting Re:Store Northampton.**

**Re:Store are a food bank charity who support many families within our local community and across Northampton. Although they have enough food to donate to families at this time, they don't have enough toiletries and sundries such as: shampoo, shower gel, shaving foam, toothpaste, toothbrushes, plus any baby toiletries.**

**Our Christmas Collection will be for the above and in doing so we will be sending our help and support to families for the same price as a box of Christmas cards.**

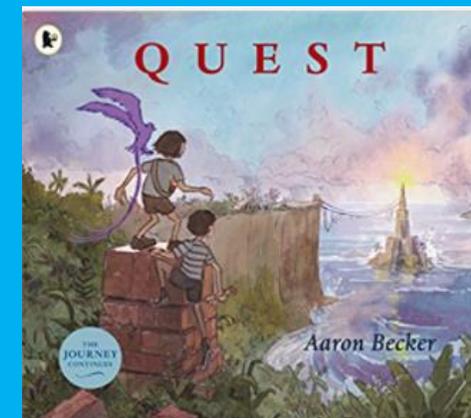
**Please bring any donations to school from Monday.**

**Many thanks**

# The Quest



**We are so proud that the writing from Simon de Senlis, based on the whole school reading and writing unit, *The Quest*, is being showcased at Hunsbury library. We hope you can visit the library to see the amazing work by the children.**





Miss Garrard says...

## THANK YOU!



I would like to say a huge thank you to the parents who have signed up for the online triple p course and who attended this weeks support group.

It was so great for everyone to get together and share their own personal experiences and challenges in a safe space.

I hope that the one thing that can be taken away from the support group is that you are not alone!

If you feel you would benefit from accessing the online course or attending the support group please get in contact with me directly or email 'triple p' to [info@simondesenis.org](mailto:info@simondesenis.org)

I will be running the group every Thursday for the next 8 weeks from 9-10am.

Next week I will be providing croissants with our tea and coffee.

- Cope with difficulties and emotional stress
- Encourage good behaviour
- Prevent tantrums & manage misbehaviour
- Take the stress out of shopping
- Manage problems calmly and without yelling
- Get your child to co-operate and follow instructions
- Strengthen your relationship as you teach them new skills



## Northamptonshire Specialist SEND Support Services

Specialist SEND Support Services provide early intervention to assist in identifying a child's special educational needs and disabilities (SEND) at an early stage and may provide advice on relevant support.

The SEND Support Service offers advice and support to children, young people, families, carers and a range of educational establishments for children with a wide range of special educational needs and / or autism, aged 0 to 19 years.

### Parent Consultations

Consultations can be made from anyone seeking advice for an individual child. This is an opportunity to seek advice and support from one of our practitioners. Consultations are usually for about an hour and are for parents or carers to attend without the child or young person.

Support and advice can be accessed by requesting a telephone consultation with one of our practitioners and this can be arranged by emailing [sss@childrenfirstnorthamptonshire.co.uk](mailto:sss@childrenfirstnorthamptonshire.co.uk) with your name, preferred contact number, the area you live in Northamptonshire, the child's age and a brief description of what you would like to discuss.

In line with the latest government policy the SEND Support Service is only offering face to face meetings where the work cannot be carried out virtually.



## Parent Workshops

There are also a range of free courses and workshops available for parents to access from the service. Your child does not need a formal diagnosis for you to access these courses or workshops.

These include:

- Reflections courses - A course for parents or carers to enhance understanding of social communication difficulties (including autism) in children aged up to 7 years old.
- Spectrum courses - A course for parents or carers to enhance understanding of social communication difficulties (including autism) in children or young people aged 8 to 19.
- A range of other courses including; anger and emotions, anxiety, eating and food, sensory, toileting and puberty.

For more information or to book onto a course please visit:

[https://www.northamptonshire.gov.uk/councilservices/children-families-education/SEND/specialist-support-for-send/Pages/SEND\\_support\\_service.aspx](https://www.northamptonshire.gov.uk/councilservices/children-families-education/SEND/specialist-support-for-send/Pages/SEND_support_service.aspx)

Ms Holland (Inclusion Leader)



La Multi Ani!



This is the greeting for National Romanian Day. The day is celebrated on Wednesday the 1st of December.

### [National Day in Romania in 2021](#)

Read about National Day in Romania in 2021. This public holiday is always celebrated on December 1st. It is the National day of Romania and celebrates the Union of Transylvania with Romania in 1918.

<https://www.officeholidays.com/holidays/romania/romania-national-day>



# #BECYBERSMART

Barefoot Computing is a fantastic website with lots of resources and Scratch projects you can do at home! It also has lots of child-friendly online safety information and has a range of resources and games for children of various ages to use which helps them to understand how to stay safe on the internet.

The Phiserman is one of the games available for children to play at home:

By accepting a challenge from a cyber security expert, the children consider how a criminal might try and discover a secret code for a padlock. Through exploration of a programme they then go on to learn about the use of variables and conditional loops in code, and how to create stronger, more secure pins and passwords.

Using The Phiserman game children explore an underwater village, they learn how to recognise the signs of phishing and help the residents stay safe as they come under attack from the Phiserman.

<https://barefootgames.org/the-phiserman?ref=https://www.barefootcomputing.org/>



## Turtle

Hi, I'm Turtle the new head of the Cyber Security team in our underwater village, Kelpy Deeps. Today I am here to help you learn about phishing.

## What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can choose open inappropriate content in various ways - from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

**WHERE IS IT FOUND?**

**SOCIAL MEDIA**  
Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is highly popular with young people but is equally best suited for those featuring established dancing or comedy. Some social media users also create fake profiles or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

**GAMING**  
Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, sexual, gambling or alcohol-related content. Playing games consistently for their age helps help children to children when they are online. Some games also include in-game chat, where other (usually adult) online players often use language that you probably wouldn't want your child to hear or repeat.

**STREAMING**  
The range of video streaming services available online means that users can find almost anything they want to watch on-screen. Children are more at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, self-harm, bullying, sexual violence, and profanity. Some streaming platforms can't always determine that it's not an adult who's watching.

**ADVERTS**  
Online adverts frequently include age-inappropriate content, usually gambling and nudity or partial nudity, although adverts for alcohol, cigarettes and other content. Some search engines also feature adverts that are inappropriate for children. If you've recently looked up a new toy store, shop or bus stop or related website, adverts that are inappropriate on a screen could reflect this the next time your child browses your device.

## Great advice for parents from National Online Safety regarding age-appropriate content online

## 18 Advice for Parents & Carers

**TALK IT THROUGH**  
Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Support your child if they can't always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they've seen, how they felt and how they came to find the content in question.

**CONNECT, DON'T CORRECT**  
If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer support to prevent them from repeating the same mistake. It's equally vital to help them deal with the emotions that the situation has raised. You could talk them about any similar experiences you might have had at their age, and how you dealt with it.

**BLOCK, REPORT, CONTROL**  
After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. In further safeguarding your child online, set up parental controls on internet-enabled devices that they use. This will automatically restrict the content of your child being exposed to age-inappropriate content in future.

**GET SPECIALIST HELP**  
Age-inappropriate content can occasionally have a negative impact on a child's mental health, which is exacerbated if they're exposed to it through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

**STAY CALM**  
Even though it is obviously difficult to stay relaxed in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reassure the child that it would be easy to talk to you about similar issues in the future.

**Meet Our Expert**  
Claire Ferguson is a registered counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is on working with children and adolescents, the opportunity for the mental health professionals of today's world, as well as resources and techniques to understand and cope with.

**NOS National Online Safety**  
#WakeUpWednesday

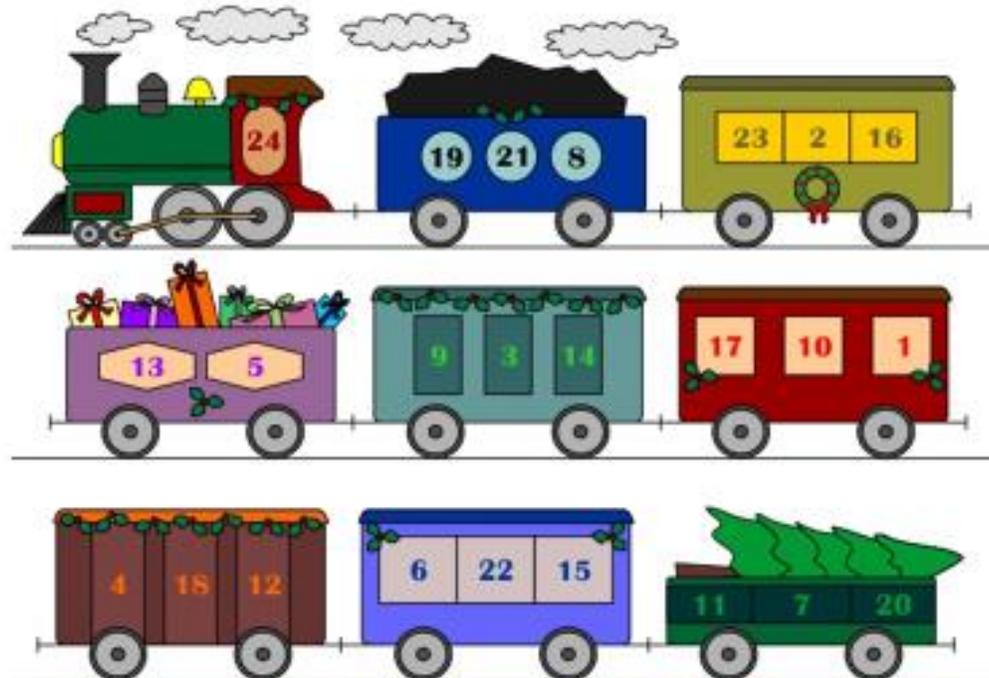
www.nationalonlinesafety.com @nationalonlinesafety /nationalonlinesafety @nationalonlinesafety

None of this guide or its contents should be used in place of professional advice. © 2021 NOS

## MATHS

Here are twenty-four maths activities, one for each day in December during the run-up to Christmas.  
We hope you enjoy working on them!

[Advent Calendar 2021 - Primary \(maths.org\)](http://maths.org)



Mrs Phelps and Miss McGarrity

## English - December Book Recommendations!

If you are looking for Christmas present ideas, or just simply a new book to read, take a look at this amazing round up of the 100 most recommended books for different age groups.

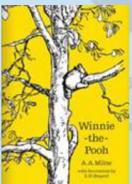
With everything from classics to new authors, there is bound to be something that you will enjoy!

<https://www.booktrust.org.uk/books-and-reading/our-recommendations/100-best-books/>

Here are just some of the suggestions:

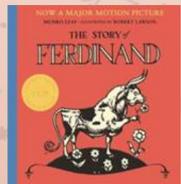
### Winnie-the-Pooh

Author: A A Milne  
Illustrator: E H Shepard  
Interest level: 4+  
Reading age: 7+



### The Story of Ferdinand

Author: Munro Leaf  
Illustrator: Robert Lawson  
Interest level: 4-5



### Harry the Dirty Dog

Author: Gene Zion  
Illustrator: Margaret Bloy Graham  
Interest level: 3-5



### The Magic Faraway Tree

Author: Enid Blyton  
Interest level: 7+  
Reading age: 7+



### Pippi Longstocking

Author: Astrid Lindgren  
Translator: Tiina Nunnally  
Illustrator: Lauren Child  
Interest level: 6+  
Reading age: 8+



### Dog Man

Author: Dav Pilkey  
Interest level: 6-8  
Reading age: 6+



### Millions

Author: Frank Cottrell Boyce  
Illustrator: Steven Lenton  
Interest level: 9+  
Reading age: 9+



### Once

Author: Morris Gleitzman  
Interest level: 10+  
Reading age: 9+



### Planet Omar: Accidental Trouble Magnet

Author: Zanis Mian  
Illustrator: Nasaya Mafaridik  
Interest level: 8-11  
Reading age: 8+



0 – 5 years

6 – 8 years

9 – 11 years

## How to play



## TV TRIATHLON

1

As you are watching TV, take part in an indoor triathlon - swim, bike, run.

2. Swim

Stand up or sit on the sofa. Pretend to swim using breaststroke. Keep going for 60 seconds.

3. Bike

Lie on your back on the floor. Raise your legs and pretend to cycle. Keep going for 60 seconds.

4. Run

Stand up and march or run on the spot. Keep going for 60 seconds.

5

Repeat the whole sequence. See if you can keep going for 10 minutes.

### Variations

- Change the order of swim, bike and run.
- Change how you do each movement, e.g. crawl instead of breaststroke, high knees for run.
- Make up your own movements for these or other sports.

### Challenge yourself

- Can you move faster?
- Can you make the movements bigger?
- Can you last longer than 60 seconds for each part of the triathlon?

Have you been watching TV lately? Then why not try this active TV Triathlon. Enjoy

Miss Bland



*Books...*

*...Chocolate*

*Christmas treats...*



The draw will take place on **Friday 17<sup>th</sup> December**

# Christmas Colour Raffle



Wiggins/  
Robinson class – **ORANGE**  
Year R – **RED**  
Year 1 – **BLUE**  
Year 2 – **GREEN**  
Year 3 – **YELLOW/GOLD**  
Year 4 – **SILVER**  
Year 5 – **PINK/PURPLE**  
Year 6 – **WHITE**

*...Stationary*

*Toiletries...*

*...Bottles*

*Please bring contributions into school by Monday 13th December*

*Tickets available now on ParentMail!*



## Teaching Assistant School Vacancy

**We are looking to recruit a reliable and committed SEN Teaching Assistant to join our hard-working team and 'make a dent in the universe'. The successful candidate will be able to work effectively as a member of the team, have excellent interpersonal skills and consistently support the school values and approaches. The successful candidate will be working 1:1 with a child in our Special Unit. The role is available to start in January 2022. Hours of work: Monday to Friday 8.45am to 3.15pm term time only. The role is fixed term until 31st August 2022. Closing date for applications is Thursday 9<sup>th</sup> December.**

**For more information, please email [info@simondesenlis.org](mailto:info@simondesenlis.org) or see the advert on [www.teachnorthamptonshire](http://www.teachnorthamptonshire)**

## Why not have a go at some of these ideas for kindness through December?

**December Kindness 2021**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Give a gift to someone who is homeless or feeling lonely	2 Leave a positive message for someone else to find	3 Give kind comments to as many people as possible today	4 Spread kindness and share the December calendar with others	5 Contact someone you can't see with to see how they are	6 Offer to help someone who is facing difficulties at the moment	7 Support a charity, cause or campaign you really care about
8 Be generous. Feed someone with food, love or kindness today	9 See how many different people you can smile at today	10 Share a happy memory or inspiring thought with a loved one	11 Do something helpful for a friend or family member	12 Notice when you're hard on yourself or others and be kind instead	13 Listen wholeheartedly to others without judging them	14 Buy an extra item and donate it to a local food bank
15 Contact someone who may be alone or feeling isolated	16 Help others by giving away something that you don't need	17 Appreciate kindness and thank people who do things for you	18 Contact an older neighbour and brighten up their day	19 Look for something positive to say to everyone you speak to	20 Give thanks. List the kind things others have done for you	21 Ask for help and let someone else discover the joy of giving
22 Get outside. Pick up litter or do something kind for nature	23 Call a relative who is far away to say hello and have a chat	24 Be kind to the planet. Eat less meat and use less energy	25 Congratulate someone for an achievement that may go unnoticed	26 Choose to give or receive the gift of forgiveness	27 Bring joy to others. Share something which made you laugh	28 Treat everyone with kindness today, including yourself
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2022	32	33	34	35

**ACTION FOR HAPPINESS** **Happier - Kinder - Together**

Take a look at what's on in the local area in East Hunsbury Life.

## EAST HUNSBURY LIFE What's On December

### Thursday's

2nd 10am - 12 noon

6th

7th 10.30am - 12.30pm

7th 7pm

11th time tbc

14th 7pm

19th time tbc

23rd 12 noon - 1pm

30th 10am - 12 noon

### Tai Chi in the Park

Grangewood Park

### Cuppa with a Copper

Hunsbury Library

### Senior Strollers

a Collingtree Walk

### Seniors Coffee morning

The Abbey Centre

### Resources Committee

Hunsbury Library

### Outdoor gym taster session

Penvale Park

### Full Council meeting

Blacky More Community Centre

### Community Litter Pick

location tbc

### The Big Sing

Hunsbury Library

### Cuppa with a Copper

Hunsbury Library

For more info or to sign up contact  
[community@easthunsburyparishcouncil.gov.uk](mailto:community@easthunsburyparishcouncil.gov.uk)

01604 708429



**Dolce Christmas lunch  
is Wed 15 December**



## CHRISTMAS LUNCH 2021

- MAINS -  
Roast Turkey  
Roasted Vegetable & Stuffing Tart
- SIDES -  
Carrots  
Peas  
Optional Brussel Sprouts  
Chipolata, Gravy  
Roast Potatoes
- DESSERTS -  
Chocolate & Orange Pudding  
Fruit  
Yoghurt

**dolce**  
schools catering



**PACESETTER**  
SPORTS & WELLBEING



# CHRISTMAS HOLIDAY CLUBS

MONDAY 20TH - THURSDAY 23RD DECEMBER

CHILDCARE  
VOUCHERS  
ACCEPTED

## ABINGTON PDC

**9AM - 4PM**  
**£22.50 PER DAY**

## MULTISPORTS & GYMNASTICS

Northampton NN1 5JS

**96%**

OF CUSTOMERS  
ON OUR SUMMER  
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T. 01604 686367 / 686200 E. [info@pacesettersports.co.uk](mailto:info@pacesettersports.co.uk)

ABBAY COMMUNITY THEATRE PRESENTS

# AGATHA CRUSTY

## and the PANTOMIME MURDERS



BOOK  
ONLINE!

A COMEDY THRILLER  
BY DEREK WEBB



2 - 4 DECEMBER 2021 7.30PM  
ABBAY CENTRE, NORTHAMPTON    TICKETS £8/£3  
[www.abbeycommunitytheatre.co.uk](http://www.abbeycommunitytheatre.co.uk)



*noda*  
Inspired by a musical theatre



West  
Northamptonshire  
Council



**It's time  
to apply for  
a Reception  
place**

[www.westnorthants.gov.uk/admissions](http://www.westnorthants.gov.uk/admissions)



**APPLY FOR A  
SCHOOL PLACE**

Does your child turn 4 on or  
before 31 August 2022?

**DEADLINE:**  
5 p.m. Saturday  
15 January 2022

# **A NEWSPAPER FOR OUR CHILDREN ON THE FOLLOWING PAGES**

3RD DECEMBER 2021





## Lost Egyptian Sun Temple Unearthed

Archaeologists in Egypt have unearthed ancient remains in Abu Gorab, south of Cairo. They say it is one of the most important discoveries made in decades! The ancient remains are one of the four lost sun temples, which were built by Egyptian pharaohs about 4500 years ago in an attempt to turn themselves into living gods. Pyramids, on the other hand, were built to ensure a pharaoh's status as a god in the afterlife. The ruins were found buried underneath another sun temple made by Nyusera, sixth king of the Fifth Dynasty, who ruled Egypt from 2400 to 2370 BC. Dr Massimiliano Nuzzolo, assistant professor of Egyptology at the Academy of Sciences in Warsaw, Poland, said: 'We knew that there was something below the stone temple of Nyuserre, but we [didn't] know if it is just another building phase

of the same temple or if it is a new temple...I have now many proofs that what we are excavating here is one of the lost sun temples.' There were six sun temples in total with two of the temples having already been found. That leaves just three more to be discovered!



*Pictured: The lost 4500-year-old sun temple  
Source: @\_qbhatti Twitter*

# Sharks In The Thames?

In 1957, the river Thames in London was declared biologically dead, but a recent study has found that seals, seahorses and even sharks have been



*Pictured: The river Thames*

*Source: @PixiedustJtT Twitter*

living in it! Scientists from the Zoological Society of London (ZSL) compiled 'The State of the Thames' report, which noted an improvement in water quality since the 1960s and an increase in the number of birds, mammals and fish, including three species of shark: Tope, Starry Smoothhound and Spurdog. Alison Debney, Conservation Programme Manager at ZSL, said: 'This report has enabled us to really look at how far the Thames has come on its journey to recovery since it was declared biologically dead, and, in some cases set baselines to build from in the future.' The report also found that climate change is increasing the water temperature by 0.2°C annually and pollution from sewage spills are on the rise as well.



# Picture News

Your weekly  
school newspaper

## IPad Eye Tracking

Eye tracking has been used for years to enable people with paralysis or conditions such as cerebral palsy to use computers. However, a new iPad accessory can now do the same for Apple's tablets! TD Pilot, created by Swedish eye-tracking company Tobii Dynavox, is an iPad case that adds assistive eye tracking and a wheelchair mount. The TD Pilot works using eye tracking interactions such as looking around instantly moves the large circular cursor, and holding your gaze in any place acts like a click to press a button or open an app. Tobii Dynavox CEO, Frederik Rubin, said: 'We already make iPad-based solutions where they basically control with joysticks and fingers, but up until very recently, eye tracking was not something you could do with an iPad or iPadOS.' The TD Pilot is a prescription-only device that is ready to order now.



*Pictured: Apple iPads  
Source: Canva*

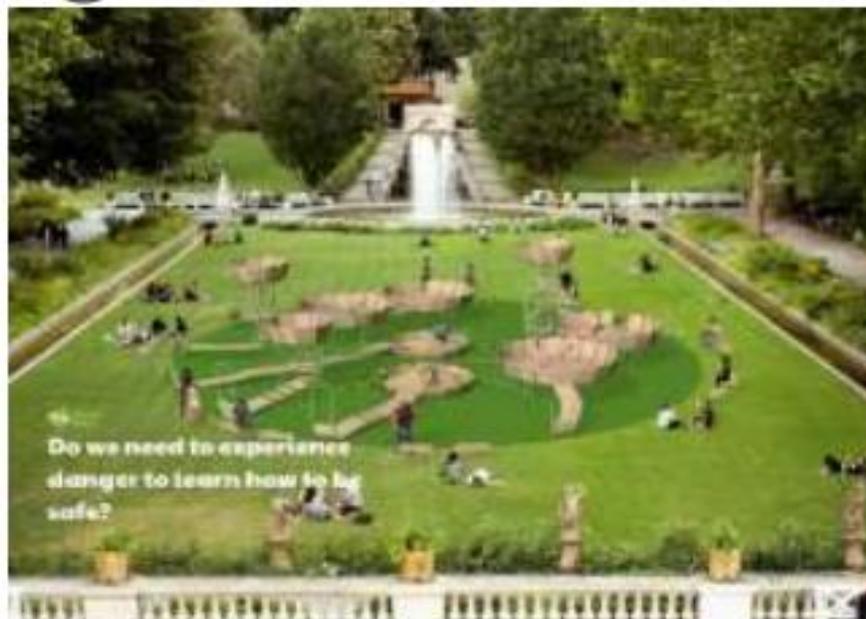
# Your thoughts on last week's news...

*No, we do not need to undertake danger to learn how to be safe. We can slowly learn how to be safe by ourselves. If we learn too slowly then we must be taught. But we certainly do not need to be hurt in the process.*

*Praneel – age 7*

*I think yes! Think of the possibilities of not learning how to be safe.*

*Owen – age 10*



What was your opinion on this week's news? Visit our discussion area, found here:

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)  
to share your thoughts!

*No you can learn from your brain not from danger we all know things to be safe of from the age of 5. Even if you experience danger you could learn from it but being placed into danger on purpose you could get hurt and then that is not a good way to learn from it.*

*Annie – age 10*

I think...



**YOUR  
COMMENTS**

Share your thoughts on our online  
discussion board:  
[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)

Email: [help@picture-news.co.uk](mailto:help@picture-news.co.uk) Tweet: @HelpPicture  
or post to: Picture News Ltd, Colber Lane, Bishop  
Thornton, Harrogate, North Yorkshire, HG3 3JR