



Holland House School

Dear Parents,

A quick message about the importance of gently talking to your children about Body Boundaries. The key is to get the balance right. We don't want to make the children fearful and paranoid but neither do we want to downplay the importance of keeping themselves safe! This can be a delicate issue but there is a great resource on Tooled Up education, [OK or NO WAY?](#) which helps you to approach this topic in a sensitive manner, providing a spring board for a family discussion too.

**BODY BOUNDARIES:
OK OR NO WAY?**

It is important to teach children about body boundaries at an early age. We want them to realise that they control their own body and that everyone has a right to their own personal space. It's sensible to talk about contacts where it might be appropriate for someone else to touch them, such as at appointments with the dentist, doctor or hairdressers, as well as situations where being touched is not appropriate. They should know that it is OK to say no, even to people who they love and care about. Our OK or NO WAY quiz will open up family discussion about speaking up if they are touched in a way that makes them feel uncomfortable and also help to cultivate a sense of respect for others' boundaries.

TOOLED UP
RESOURCES FOR ALL AGES

BODY BOUNDARIES: OK OR NO WAY?

There are lots of times in the day or week when other people might need to touch our bodies. However, only some adults are allowed to touch us, for particular reasons. It is important to think about who these adults might be.

TAKE THIS QUIZ WITH YOUR FAMILY AND TALK ABOUT WHETHER THESE SITUATIONS ARE OK OR NO WAY!	😊 OK	😞 NO WAY
My friend wants to hold my hand going into class.	<input type="radio"/>	<input type="radio"/>
The hairdresser touches my hair and shoulders.	<input type="radio"/>	<input type="radio"/>
The doctor asks to touch my body to examine me.	<input type="radio"/>	<input type="radio"/>
My swimming teacher offers to dry me off with the towel.	<input type="radio"/>	<input type="radio"/>
My grandpa always pats me on the head when he sees me.	<input type="radio"/>	<input type="radio"/>
My music teacher asks me to sit on their knee.	<input type="radio"/>	<input type="radio"/>
My dad's friend wants to tickle me all the time.	<input type="radio"/>	<input type="radio"/>
My mum wants to hold my hand when we cross the road.	<input type="radio"/>	<input type="radio"/>
My babysitter cuddles me while we are watching television.	<input type="radio"/>	<input type="radio"/>
My teacher pats me on the arm sometimes when they are saying well done.	<input type="radio"/>	<input type="radio"/>
My nanny holds me tight when I am upset.	<input type="radio"/>	<input type="radio"/>
My grandma wants to kiss me goodbye.	<input type="radio"/>	<input type="radio"/>
The dentist touches my mouth and face when I go to visit her.	<input type="radio"/>	<input type="radio"/>
My gymnastics coach helps me to handstand by holding me round the waist.	<input type="radio"/>	<input type="radio"/>
My mum wants to wipe some dirt off my face.	<input type="radio"/>	<input type="radio"/>
The school nurse cleans up a cut on my knee and puts a plaster on it.	<input type="radio"/>	<input type="radio"/>
My dad asks if he can help to wash my hair whilst I'm having a bath.	<input type="radio"/>	<input type="radio"/>
My Aunty asks me if I want to have a hug goodbye.	<input type="radio"/>	<input type="radio"/>
My friend's older brother asked me not to tell anyone about a game where they hug me.	<input type="radio"/>	<input type="radio"/>
An adult who has touched me told me to keep it a secret.	<input type="radio"/>	<input type="radio"/>

Can't find the resource that you need? Please get in touch with your requests to feedback via our Facebook page or email: feedback@tooledup.co.uk

On another but linked note, for the last couple of weeks, we have also been reworking our Behaviour and Sanctions policy in consultation with the children. All classes from Y6 all the way down to Reception have given their input and we were really pleased to hear and act on their Voice. Interestingly, whilst the younger children were quick to separate behaviours into right and wrong, they struggled to see different levels of “wrongness”, which was very helpful for us as staff to know. The older children had some highly articulate and reasoned discussions on the topic and I would like to thank the Y6 children in particular for the work they put into organising the misdemeanours into Levels with sensible and appropriate corresponding sanctions.

Whilst the main core of the policy remains the same, we are refreshing certain aspects. I will be finalizing the policy next week ready for implementation on the 31st January when it will be put on our website. It will be a robust, 2-pronged approach including rewards and sanctions which will vary in accordance to the misdemeanour but the focus is always for the child to understand the impact of their behaviour and to seek solutions/alternative responses. Teachers will be carefully explaining the new Level System to pupils next week so that everyone is clear on the new system.

Simultaneously, Staff are being very vocal in praising the good behaviour we expect, awarding extra certificates for behaviour which reflects our ethos and the 4 Pillars of Holland House, and rewarding exemplary behaviour with Merit Tokens that go towards a class collection. The Prep and Pre-prep class with the most reward tokens each half-term get an extra-playtime. (Congratulations to Y3 and YR who were last term’s winning classes when we were trialling the system) I’m delighted to say that this has already had a great impact and we have seen much improved playground behaviour since starting the reward scheme.

Wishing you all a super weekend,

Emily Brown

Headmistress

Certificates Awarded

Miraan Sakhujia Y1

Isabella Chung Y1

Musa Ahmed Y1

Pranav Nimmakayala Y4

Sanvi Randeria Y4

Dhiyani Halai Y5

Una McDonald Y5

Maiya Nagiah Y2

Aarya Shah Y2

Ria Somaiya Y2

Dylan Bhudia Y2

Summer Sobczak Y3

Enzo Daoud Y5

Sona Shah Y5

Reya Arhi Y3

Ayushi Gill Y3

Saanya Shah Y6

Maahi Malde Y6