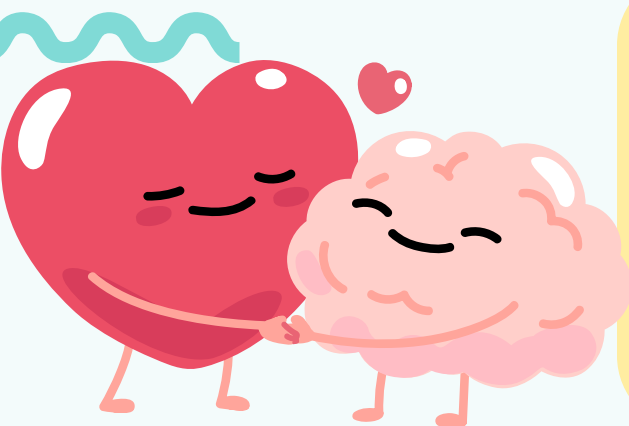


At St Thomas Aquinas, we all want to feel safe,
happy, and ready to learn!
Here are some easy ways to keep your body, mind,
and friendships healthy every day.

Speak Up, Superstars!

If something doesn't feel right — in the playground,
online, or on your way to school — tell a trusted adult.
That could be your teacher, parent, or another
grown-up you trust.

Remember, talking helps and your voice matters!



Healthy Minds = Happy Hearts!

Keep your mind calm and your heart smiling:

-  Take deep breaths when you feel worried.
-  Do something you love every day.
-  Be kind to yourself and others — mistakes help us grow!

Safety Rules for Super Students!

Let's make sure everyone stays safe around school:

-  Walk your bike or scooter once you're inside the school grounds.
-  Stop, Look, Listen, and Think before crossing the road.
-  Use gentle hands and friendly words — everyone deserves respect!



Be a Kindness Hero!

A smile, a wave, or a helping hand can make someone's day brighter.

Let's fill our school with kindness, care, and courage — that's what makes us all Safety Superstars!



Remember: When we feel safe and cared for, we can learn, laugh and shine together!

