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**St. Sinneach’s National School**

**Colehill**

**Co. Longford**

**Uimhir Rolla 14672 F**

## **Our Be Kind Plan**

Let’s make our school a happy and kind place for everyone!

### **What does it mean to be kind?**

* Use kind words
* Help others
* Include everyone
* Respect differences
* Be a good friend

### **What is bullying?**

Bullying is when someone hurts another person on purpose again and again.
It could be:

* Saying mean things
* Leaving someone out
* Hitting, pushing, or hurting
* Being mean online (cyberbullying)

💡 **If you’re not sure, ask a teacher.**

### **What to do if you see or feel bullying:**

* **Tell** a teacher or adult
* Use the **Worry Box**
* **Talk** to someone you trust
* **Be brave**—speaking up helps everyone

### **Everyone belongs!**

At Colehill NS, we are:

* Kind
* Fair
* Inclusive
* Supportive

No matter your name, language, family, religion, or how you look—you are important and welcome here!

### **How we show kindness every day:**

* **Buddy system** – Older pupils helping younger ones
* **Artwork and displays** – Showing respect and kindness
* **Sports and team games** – Playing fairly and including others
* **Paired reading** – Sharing stories and learning together
* **Circle time** – Listening, sharing, and supporting each other
* **Special weeks** – Like Wellbeing Week and Grandparents’ Day
* **Being helpful** – Offering a hand when someone needs it
* **Including everyone** – Making sure no one is left out
* **Using kind words and actions** – Every day, with everyone
* **Celebrating differences** – Respecting what makes us unique



 💬 “Every little act of kindness makes a big difference!”

**Remember:**

* Be Kind
* Tell an adult if something is wrong
* You are not alone
* You help make our school a better place