

WELWYN HATFIELD

Crucial Crew

Your Home Learning Pack



WELWYN HATFIELD

Crucial Crew

Crucial Crew is a scheme which aims to teach Year 6 pupils 'crucial' life skills and lessons in personal safety and crime prevention in a fun, positive and interactive way.

Unfortunately due to circumstances out of our control, we were unable to deliver the Crucial Crew event to you this year (2020) therefore, we have produced this online home learning pack so that you can still learn and benefit from the important messages and most importantly, don't miss out on the fun!

Teachers and Parent/Guardians – we hope that you will be able to go through this learning pack with your children at home/school. Should you have any questions regarding this pack or the Crucial Crew project please contact Welwyn Hatfield Community Safety Partnership at feelsafe@welhat.gov.uk



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Online Safety

Making sure you stay safe online is just as important as making sure you stay safe in real life. You wouldn't cross a road without looking both ways would you? So why would you enter a website without checking if it is safe first? You also wouldn't put up posters with your personal information around your local town would you? So why would you give out personal information about yourself online?

Read our top tips on how to keep yourself safe and pay attention ready for the next activity!

- 1 NEVER post personal information about yourself online. This includes where you live, your e-mail address or your phone number. If you can – to avoid sharing your full name why not jumble up your first or last name? E.g. Daisy Smith = Daisy Shmit
- 2 Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself (or anyone) online most people can see it and may be able to download it, meaning it will no longer be 'just yours' anymore.
- 3 Keep your privacy settings as high as possible. Ask an adult how to help you with this if you aren't sure.
- 4 DON'T befriend people you don't know. You wouldn't let a stranger into your home so why would you have them as a friend online? Speak to an adult about people who you aren't sure of.
- 5 NEVER meet up with people you have met online. Speak to a parent/guardian if anyone ever asks you to do this.
- 6 Remember not everyone online is who they say they are.
- 7 Think carefully about what you say before you post something. Once it's posted it is out there forever and you will be held accountable.
- 8 NEVER give out your passwords and make sure they are something that nobody will be able to guess. (See Divergent Drama's video on how to choose your password below.)
- 9 Respect other people's views. Even if you don't agree with someone else's views remember to be kind and considerate.
- 10 If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer and tell a trusted adult immediately.
- 11 If you are worried about something and don't feel comfortable talking to a trusted adult, you can contact **Childline** on **0800 1111**.



Our friends at Divergent Drama created this awesome video to give you tips on how to keep your special passwords safe!

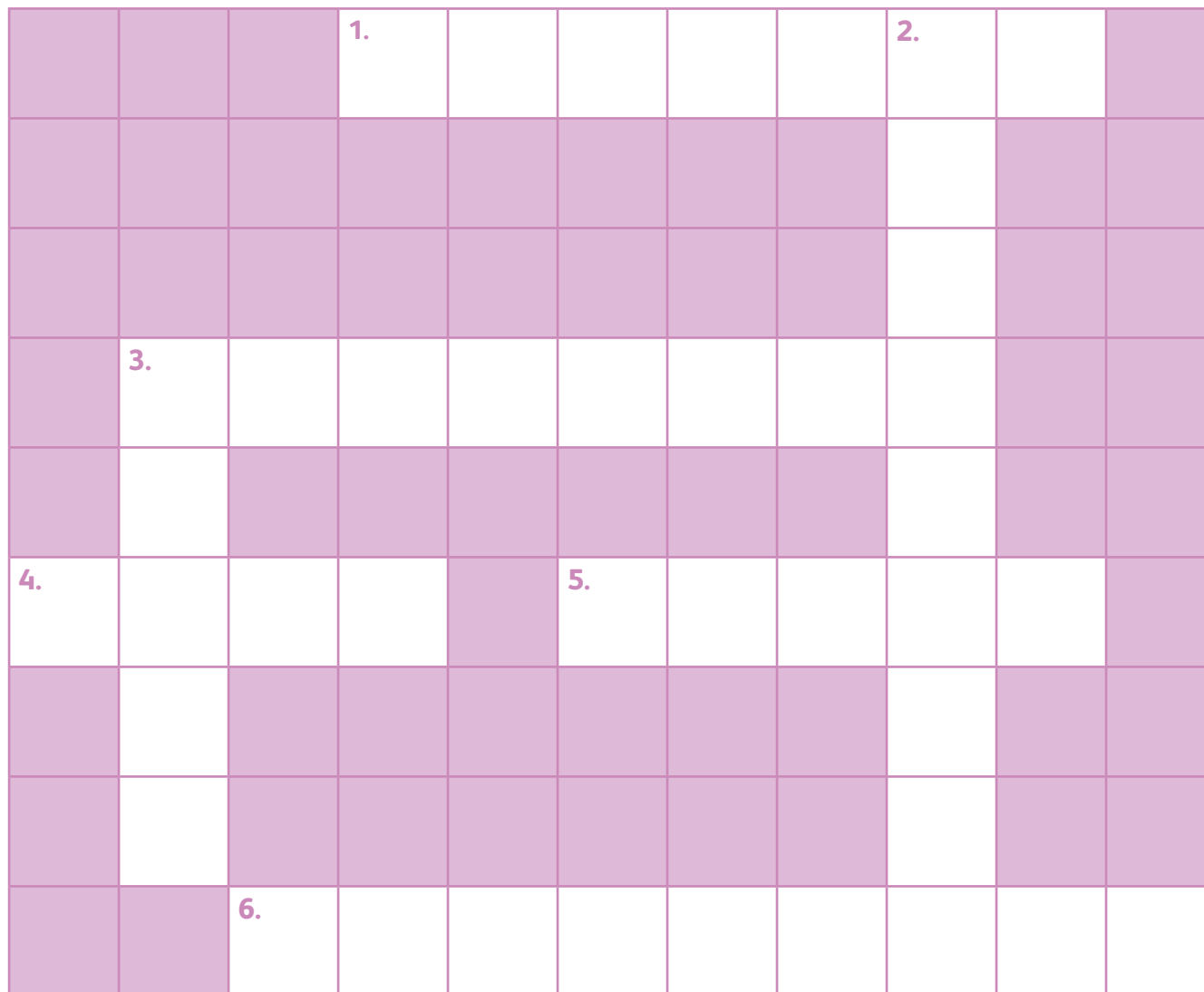
Now that you have taken note of some of our top tips and advice – here's a fun crossword to help you remember some of the things you've learnt.

Across

1. What settings should you make sure are in place and are at the highest setting? [7]
3. What type of information should you never post online? [8]
4. What item do Divergent Drama recommend using to help you create a strong password? [4]
5. Who should you tell if something has worried you online? [5]
6. Who should you never befriend online? [9]

Down

2. From who else, other than a trusted adult, can you get support and advice if something has worried you? [9]
3. What number should you never post online [5]








First Aid

First Aid is an important skill that helps to save lives. Here we will learn some of the basic lessons about how to help others who are unwell or in danger.

Hazards

What is a hazard?

-  A hazard is a source or a situation which has the potential to cause damage, injury or illness.
-  Hazards can have an impact on people, property, the environment or a combination of these.
-  Simply, a hazard is something that could cause harm.

Discussion time – think of 3 things that could be a hazard and **why** you think they could be a hazard. Discuss your answers with your teacher or parent/guardian.

Calling for help

If you find that someone is in danger, or may be unwell the best thing to try and do is call for help.

This could mean shouting loudly – “**HELP, HELP**” if there are people nearby who may hear you.

OR

if you have a mobile phone, or there is a telephone nearby, calling the emergency services as soon as possible.

If there is an **e** _ _ _ _ _ **y** you can dial 999 or 112 to get the emergency services.

The call operator will ask,
“Which service do you require?”

F _ _ _

P _ _ _ _

A _ _ _ _ _ ?

You will need to tell them which service you need.

It is really important that you give information to help them arrive at the correct location i.e. address.

Don't forget though – only call for help if it is safe to do so. If there are any hazards around which could cause harm to you, make sure you move to a safe place to make any calls.

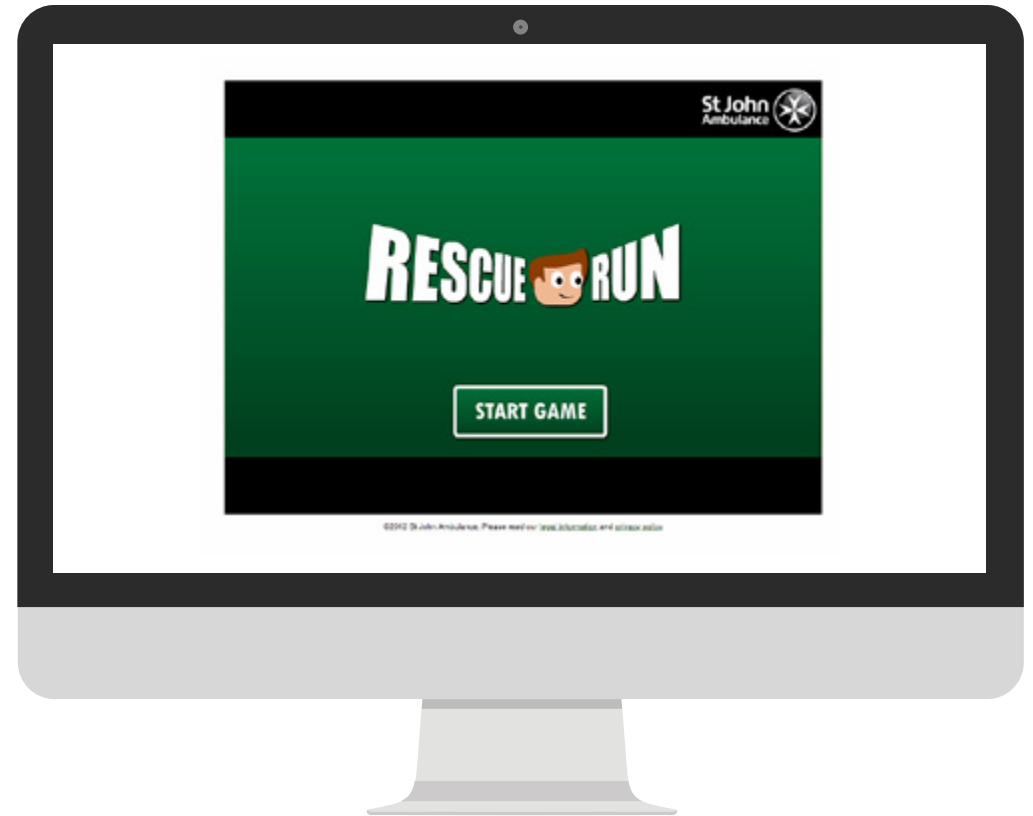
Dr ABC and CPR

CPR is the term used for cardiopulmonary resuscitation (try spelling that without Google!) and the main reason to need to give CPR is if somebody is seriously unwell.

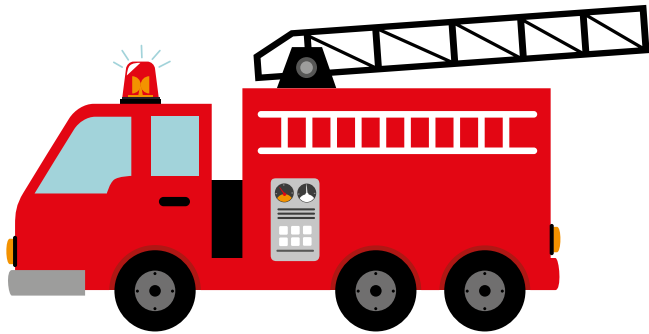
It should only be performed when a person shows no signs of life or they are unconscious, unresponsive and not breathing or not breathing normally.

Our friends at St John Ambulance have put together two handy videos below which will teach you the basics on how to use DR ABC and give somebody CPR. Remember - only give rescue breaths when you feel comfortable to do so.

Watch this video first



Now you know the basics, make sure you try out St John Ambulance's free and interactive online game. Don't forget to keep track of your high scores and share with your class mates!



Fire Safety

Fire is extremely dangerous and is not something that should ever be played with.

Thankfully, most households are very safe and have the correct fire safety precautions in place which minimise the risk of fires happening.

However, there are still many dangers and hazards in the household which, if not taken care of, could result in a fire.

Have a go at sorting the things below into the correct boxes.
(Write which ones you think go in which box, tick them off as you go!)

Fire Hazard

- Candles
- Over loaded plug sockets
- Pair of odd socks left on the floor
- A wonky shelf
- A laptop charger left on the bed
- An unprotected light bulb
- An overloaded rubbish bin
- A blocked entrance/exit to a door

Non-Fire Hazard

- A dog sitting on the bed
- A spilt glass of drink
- An unattended oven hob which is turned on
- Wires left on the floor
- An ashtray on the sofa
- A mirror on a windowsill
- Matches left in reach of small children

Answers are at the back – don't cheat though!

Fire Action Planning

Would you know what to do if there was a fire in your house? How would you get out quickly and safely?

Don't worry if it isn't something you have thought about before. Our next activity, we hope, will help you to come up with an action plan for your family on what you should do if there was a fire at home.

Some tips to get you started:

- Have you got a smoke alarm? All homes should have smoke alarms. They are very important because they can detect a fire in your home, even before you realise there is one, and alert you.
- If you discovered the fire, how would you alert the rest of your family?
- Think about the exits out of your home. What if the door is locked? Do you know where the keys are kept?
- How will you call the emergency services?
- Will you take anything with you? It is important not to take anything with you unless it is absolutely important. Your safety is the most important thing so nothing should slow you or your family down. If you are going to plan to take something think about a phone to make the emergency call to **999** or your pet which may not survive if you left them.

Your Action Plan

Think about how you would get out of your house quickly and safely if your smoke alarms sound. Make an Action Plan of up to five key points to tell the rest of your family what you could do to get out quickly and safely.



1

2

3

4

5

**Fire exit**



Cyber-Bullying

It is estimated that bullying affects 1 in 2 people at some point in their life. That's a huge amount, half the population to be exact.

One form of bullying, and quite possibly the most popular type, is cyber-bullying. Cyber-bullying is any type of bullying that takes place online, on smart phones, social media or apps. Cyber-bullying can happen 24 hours a day, 7 days a week and it can go viral very fast.

| | 1 | 2 | 3 | 4 | 5 |
|----------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Blackmail | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Harassment | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Exclusion | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Impersonation | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cyber Stalking | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

There are different types of cyber-bullying and there are different terms which can be used to describe the way that someone might be being bullied online.

Have a go at matching the descriptions below to the correct terms. Tick which number matches with which term.

- 1 Sending threatening, offensive, rude and insulting messages.
E.g. nasty or humiliating comments on posts/photos and in chat rooms.
- 2 When someone hacks into someone's email/social network account to send or post vicious or embarrassing material about others. This could also be setting up a fake profile of somebody else.
- 3 The repeated use of electronic communications to harass or frighten someone.
E.g. sending threatening emails or messages.
- 4 Where others intentionally leave someone out of a group such as group messages, online apps or gaming sites.
- 5 The action of demanding something from someone in return for not revealing compromising/ embarrassing information about them. E.g. someone threatening to show embarrassing photos of you if you don't do as they ask.

Time to get SMART!

If someone is bullying you, here is what you can do to put a stop to it... get SMART!

S

+

M

+

A

+

R

+

T

Screenshot

Screenshot or screen grab any nasty messages so that you can show a trusted adult.

My Privacy Settings

Make sure your privacy settings are as high as possible and make sure only people you trust can see your information.

Avoid talking to them any further

Avoid further communication or retaliation to those sending the messages. Do not 'feed' the bully by reacting to what they have said or done – try to ignore them.

Report

Report the incident(s) to the website/social media app where they took place. All social media sites should have a way of reporting this type of bullying.

Talk to someone

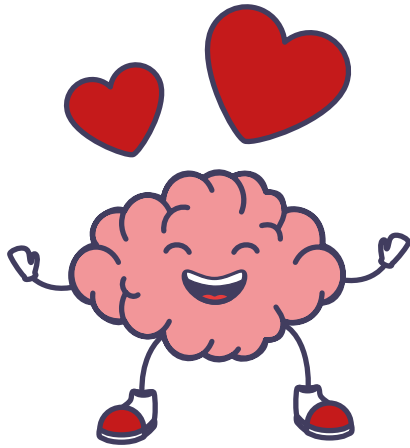
Talk to a trusted person. Whether it is a parent, carer, teacher or friend. If you are being threatened or harassed you can also talk to the police and report it.



As we've already mentioned – anything posted online can be shared instantly and can go 'viral' in a matter of minutes.

Watch this story about Katie who unfortunately learnt this the hard way.

Now you've watched Katie's story, write down some notes in the box about how you think Katie felt after the picture was sent around. How will you make sure this doesn't happen to you, or one of your friends?



Emotional Wellbeing

How you feel every day is important and it's ok if some days you may feel different to others. Everybody has good and bad days. The most important thing to remember is to take extra steps on those 'not so good days' to help you feel more like your normal self.

There are five ways to wellbeing which we want you to know about!



1. Connect

It is important to stay connected to those around you, this could be your family, friends or even your pets! Sit down and have a chat with someone you care about, ask them how they are and really listen.



2. Be Active

Exercise is a great way to boost our mood. We know it might not feel like it at the time but we *promise* you will always feel better afterwards. And it CAN be fun! It doesn't have to be much, you could go for a walk at lunchtime, play some football in the back garden or create an obstacle course at home to complete (safely and with permission of course!).



3. Take Notice

Taking notice of our surroundings and being aware of how we feel in the moment helps us to feel more grounded and relaxed. Try sitting down in a quiet room with a pen and paper, close your eyes and write down all of the different sounds you can hear. It might be a washing machine on in the background, your siblings arguing or the birds tweeting.



4. Learn

Learning something new every day is a saying you've probably heard before and it is something that can really help lift our wellbeing and self-esteem. This could be finding something new about one of your classmates, reading a new book or learning a new word.



5. Give

People who report that they have a greater interest in helping others are more likely to rate themselves as happy. Research has also shown that carrying out an 'act of kindness' once a week can also increase people's wellbeing. Try doing something nice for someone else in your household once a day. This could be making someone a cup of tea, helping them with the cooking or making them a special gift.

Five days to wellbeing challenge

Now that you know what the five ways to wellbeing are, we want **YOU** to take part in the **Five Days to Wellbeing challenge**. Remember to tick off each daily task as you go and share your progress with your friends. You could even use the hashtag **#5Days2Wellbeing**



DAY 1 – CONNECT



Sit down with one of your family members, make sure the TV is turned off and there are no distractions.

Now set a timer for 15 minutes and ask them how they are. Make sure you really listen to what they are saying.

Carry on the conversation until the timer stops – you'll be surprised how quickly the time can go.

Write down some of your notes here:

TICK HERE



DAY 2 – BE ACTIVE



Do some exercise! If you are able to – go for a walk or jog with another member of your family. Or we've given an idea that you can do at home indoors or outdoors – why not give it a try?

- **Warm up:**
Jogging on the spot – count to 30
- **10 x Star Jumps**
- **10 x High Knees**
- **10 x Push Ups**
- **10 x Lunges**
- **Warm down:**
Jogging on the spot – count to 30

How did you find it?

TICK HERE



DAY 3 – TAKE NOTICE

Sit down in a quiet area of your home and grab a pen and paper. Set a timer for 5 minutes. Close your eyes and listen to all of the different sounds you can hear. Write down each sound as you hear it.

Once you have done that, really think about how you are feeling. Are you hungry? Energised? Tired? Write up what you noticed in the box below.

TICK HERE**DAY 4 – LEARN**

Now is your day to LEARN something new! We want you to ask your parents' permission to use the internet and find out five interesting facts about where you live (your town/village) and write them down in the box below.

TICK HERE**DAY 5 – GIVE**

Day 5's challenge is to get creative! We want you to have a rummage for materials in your house and make something to give to a member of your household or a friend when you are able to see them.

Here's some of our favourite ideas:

- Make a card for someone telling them all the things you like about them
- Paint a stone to gift someone as a paper weight
- A photo collage of your favourite memories
- Draw a picture and frame it

TICK HERE

Just Talk

Sometimes talking about our feelings can be a little difficult, especially when we are not feeling ourselves. This is completely normal and is often because we just want to forget about them or we don't want to burden others. However, it is really important that we do not bottle these feelings up inside us, we **must talk** about them.

This might mean talking to a friend, someone we trust or a family member (even your pet!) or it could be writing it down.

This is why we have created a handy journal that we want you to fill out every day or on days where you feel like you are not yourself. We have included a couple pages of it here for you but to print out the full version at home please visit: one.welhat.gov.uk/your-borough/just-talk

Now, we understand that some of you may not have a printer at home (we don't either!) so if you would like us to send you a copy in the post please ask your parent/guardian to email us at feelsafe@welhat.gov.uk where we can send one to you.

You can also find more information about the Just Talk Campaign by visiting www.justtalkherts.org



Date: _____

3 things that went well today...

□ _____

□ _____

□ _____

The best part about my day was...



What worried me today...

Why did this worry me?

Tomorrow will be a great day because...

Write down any other thoughts or feelings you have; good, bad or sad.



Healthy Lifestyles

So we have covered how to keep our wellbeing healthy – but what about keeping our body healthy?

Healthy Lifestyles, Healthy Breakfasts!

Why eat breakfast?

Breakfast helps get the day off to a good start, by providing some of the energy and nutrients that you need for good health e.g. starchy carbohydrates, fibre, B vitamins, calcium and iron.

It can also help your brain function better and can help you focus at school.


Don't skip breakfast! Waking up 10 minutes early to have breakfast and a drink, can make a big difference to your day.



Healthy breakfast ideas

- Weetabix with semi-skimmed milk, a banana and a glass of water
- Porridge with berries, chopped nuts and 150ml of unsweetened fruit juice
- Wholegrain toast with peanut butter and a glass of semi-skimmed milk

What should a healthy breakfast include?

- 1 Starchy foods (carbohydrates) as they are a good source of energy. Eating a variety of wholegrains and food high in fibre, such as breakfast cereals, wholemeal bread and oats is best. Fibre is important for a healthy digestive system. Aim to eat breakfast cereals that are low in salt, sugar and saturated fat.
- 2 At least one portion of your 5 A Day (fruit and vegetables) 
- 3 A drink (low fat milk, water or 150ml unsweetened fruit juice), to stay hydrated.

In addition some protein (e.g. eggs or baked beans) and a low fat dairy food (e.g. natural yoghurt) is a good choice.

Try and avoid foods high in sugar, salt and fat such as pastries, sweet muffins and croissants. They tend to be high in energy (calories), sugar and saturated fat which are not good for us.

Now for some fun!

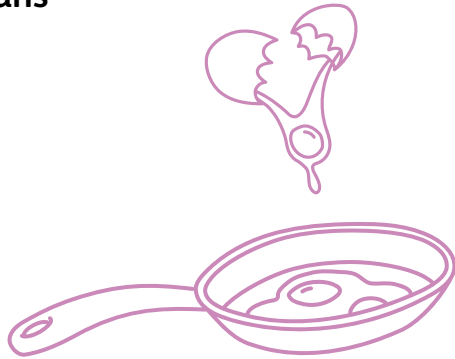
Try using our breakfast diary sheet to record what you eat for breakfast for a week.
What changes could be made to make it healthier?



| | Food | Drink | Healthier changes |
|-------------|----------------------|------------|---|
| Example Day | White toast with jam | Whole milk | Wholegrain toast with peanut butter and semi-skimmed milk |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |

Breakfast Word Search

- Baked beans
- Banana
- Cereal
- Eggs
- Fruit
- Milk
- Muesli
- Oats
- Orange juice
- Porridge
- Protein
- Toast
- Water
- Wholegrains



Now use the space below to design your own ideal breakfast.
What would it include? What drink would you have?
If you have printed this out – draw a picture of it!

And finally - tomorrow for breakfast why not make our healthy muesli recipe?
What changes might you make to it (keeping it healthy still)?

Home-made Museli (serves 4)

Ingredients

- 2 cups porridge oats
- 2 bananas
- 8 apricots (dried & ready to eat)
- ½ cup sultanas
- 1 small pot Greek yoghurt
- 1 pint semi-skimmed milk
- 2 small spoons honey (optional)
- Raspberries & blueberries (optional)



Equipment

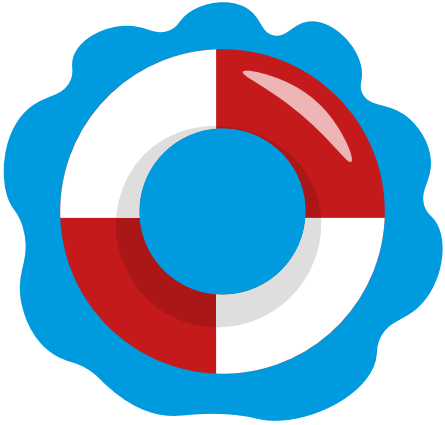
- Chopping board
- Sharp knife
- 1 cup
- 4 Bowls
- 4 Dessert spoons
- 1 teaspoon

Method

1. Measure ½ cup porridge oats into each bowl
2. Chop apricots into small chunks and share amongst the bowls
3. Sprinkle sultanas evenly into the bowls and give each bowl a gentle stir
4. Slice the bananas and place on top of the mix
5. Add ¼ pint milk to each bowl
6. Add a spoonful of Greek yoghurt (optional)
7. Add a small drizzle of honey

Tips

- Try different dried fruit for variety (e.g. raisins, bananas, cranberries)
- Greek yoghurt is a good substitute for milk (or use as well as milk). It mixes well with fruit. Alternatively, a low fat natural yoghurt would also work well.
- Frozen & tinned fruit are other healthy options



Water Safety

As the weather gets warmer it is more tempting to go and pop to a nearby lake (or pool if you're lucky enough!) but although we might think it is safe because we know how to swim and are confident in our ability, there are still dangers to be aware of.

We want you to always follow the water safety code.

ALWAYS FOLLOW THE WATER SAFETY CODE

Whenever you are around water:

STOP AND THINK

Look for the dangers. Always read the signs.

STAY TOGETHER

Never swim alone. Always go with friends or family.

In an emergency:

CALL 999 OR 112

Shout for help and phone 999 or 112.

FLOAT

If you fall in, float or swim on your back. Throw something that floats to anyone who has fallen in.



ANTI-SOCIAL behaviour

Anti-social behaviour is defined as:

“Behaviour by a person which causes or is likely to cause harassment, alarm, or distress to persons not of the same household as the person.”

Some examples of anti-social behaviour include:

- X** Graffiti
- X** Noise nuisance
- X** Large groups causing problems
- X** Drug use or dealing
- X** Being rowdy

Did you know?

Did you know that with a criminal record you might not be able to:

- Travel to certain countries like America or Australia
- Get certain jobs like becoming a Teacher or Doctor
- Volunteer
- Go to University



Now we know many of you would never take part in any type of anti-social behaviour, however, as you grow older, go to your secondary schools, you may form new friendships which could have an impact on how you behave without you even realising it.

When you are out and about we want you to remember the three C's:

C Company

think about who you are with

C Choices

it's up to you to make the right choice

C Consequences

if you are involved in something that leads to a serious crime, you could be arrested and charged which could impact the rest of your life

A story about Tom...



1 Tom was an ordinary boy who went up to Senior School and made lots of new friends. Tom's new friends liked to hang about at the park, drink alcohol, shoplift and get into fights with others. They did this because they were bored and could not think of anything else to do.



2 The local Council started to receive complaints and wrote to Tom's parents. They had a meeting to understand why Tom was getting into trouble and explained the impact of his behaviour on others. Tom said he was sorry and that he would not do it again.



3 A few days later, Tom was out with his friends and they decided to smash a bus stop and one of Tom's friends, Josh, threatened an elderly lady with a knife he had taken from home – everyone apart from Tom ran off when they saw the knife. The elderly lady was not hurt but she was very shaken up.

Have you heard of Joint Enterprise?

Joint Enterprise is where two or more people can be convicted of the same criminal offence in relation to the same incident, even when they had different types or levels of involvement in the incident.


For example:

If you were to drive your friend to someone's house where they then entered their home and stole some money. You could be convicted of joint enterprise because you were a part of it. Even if you did not know what your friend was planning to do.

In the box below we want you to write down what you think the consequences might be for Tom after the incident? Remember what you have just learnt about joint enterprise.

Here's what happened next...

4



The incident was in fact captured on CCTV and Tom and Josh were arrested and charged with robbery and possession of a weapon because this was deemed to be 'joint enterprise'. If they are convicted they will go to prison.

It is important to remember that who you hang around with or are friends with can impact your life. If you are worried about who you are friends with, you can talk to your teachers or a trusted adult.

If a friend or anyone asks you to do something or take part in something that doesn't feel right, you are entitled to say NO. Go home and talk to a trusted adult.

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Crucial Crew

Your Home Learning Pack

Well done for getting to the end of the pack! We hope you have learnt things that you will remember as you go on to secondary school and also had some fun.

Remember you can discuss any of the themes in this pack with your parent/guardian or teachers. If anything in here has worried you make sure you let someone know.

Now good luck and be safe!



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Fire Safety Answers

Fire Hazard

- **Candles** – candles are a fire hazard if not used carefully and safely. They should never be left unattended and be in a protected holder away from any flammable items. They should also be kept away from any electrical items.
- **Over loaded plug sockets** – overloaded plug sockets can over heat and cause a fire. Make sure you don't overload them and keep them well ventilated (not underneath blankets or cushions!)
- **A laptop charger left on the bed** – laptop chargers, and any other electronic chargers, can get very warm whilst they are in use and switched on. If kept on the bed they could overheat and cause a fire. Keep them on the floor or on a hard surface.
- **An unprotected light bulb** – similarly light bulbs can get very warm when in use so if something is covering it or touching it, could cause a fire.
- **A blocked entrance/exit to a door** – if the entrance/exit is blocked how will you escape if there is a fire! Though this will not cause a fire, it will be a hazard if there was one in your home.
- **Unattended oven hob which is turned on** – if you are cooking never leave the hob unattended and make sure it is always switched off once you are finished with it.
- **An ashtray on the sofa** - fabric can be extremely flammable so for safety make sure ashtrays are always on a hard secure surface and ideally, outside.
- **A mirror on a windowsill** – if it is a sunny day and a mirror is left on a windowsill the sunlight and reflection can cause burns to whatever the reflection is on which could then lead to a fire.
- **Matches left in reach of small children** – matches and lighters should always be kept out of reach of small children as if played with the wrong way, could cause a fire.

Non-Fire Hazard

- **Pair of odd socks left on the floor**
- **A wonky shelf**
- **An overloaded rubbish bin** – but this could be a fire hazard if someone disposed of a match in without thinking!
- **A dog sitting at the top of the stairs**
- **A spilt glass of drink**
- **Wires left on the floor** – though this is not a fire hazard