If you need some help.....

Tell a teacher or an adult you trust. They are there to help you.

Use your voice. Say 'STOP' if someone is being unkind.

Stay Safe. Walk away from unkind behaviour.

Remember you are never alone. We listen and we care.

Everyone needs help sometimes.

Remember

This is our school family.

Here, we look after one another.

Here, everyone is included.

Here, we always try our best to Bí Cineálta.

Dún Bleisce

CRÓCAIRE

Doon Convent NS

Bí Cineálta Policy for Pupils

At our school, we believe everyone belongs.

Our Bí Cineálta Policy helps us to remember that:

- Our school is a safe place.
- Everyone is welcome here.
- We use kind words and kind actions.
- We help each other.
- We treat everyone with respect.

Be Kind

Be inclusive

Be a friend

"Bí Cineálta" means Be Kind in Irish. Being kind makes our school happy, safe, and fair for everyone.

How can we 'Bí Cineálta' everyday?

- Smile and say hello.
- Invite others to join in.
- Share and take turns.
- Listen to others.
- Use gentle hands and kind words.
- Tell a teacher if someone needs help.