

You are not alone....

If you are feeling:

- Worried or concerned
- Frightened and anxious
- Lonely and isolated
- Guilty
- Unable to eat or sleep properly
- Generally upset about something



**There are people in our school that you can talk to...
Or if you would prefer, speak to an adult in your class.**

**Our Learning Mentor:
Mrs Crank**



**Our Deputy Safeguarding Officer:
Mrs Acton**

**Our Safeguarding Officer:
Mrs Chesney**



Or if you would prefer, speak to an adult in your class.

**Or pop a note in the worry boxes in your classroom, or
online on the virtual worrybox.**