

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.



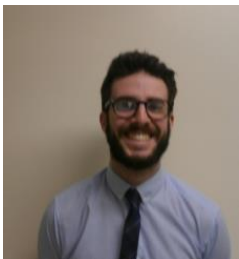
There are people in our school that you can talk to...



Our Safeguarding Lead
Miss Taylor



Deputy Safeguarding Officer
Mrs Clewlow



Deputy Safeguarding Officer
Mr Hope

**Or if you would prefer, either speak to an adult in your class
or use the worry box in the shared area.**