

You are not alone.....

If you are feeling

- Worried or nervous
- Frightened or anxious
- Lonely or all by yourself
- Worried about coming to school
- Generally sad or upset about something



These are people you can talk to in school....



Mrs Shaw

Pastoral Manager

Mrs Chappell

Principal



Don't forget, you can always talk to your teacher or teaching assistant as well.

There is always someone who will listen.

We also have a worry box in each class!

