

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 Gamble

Headteacher

Mrs Martin

Deputy Headteacher



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

There is always someone who will listen.

