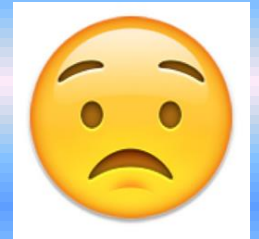


BEING HAPPY & FEELING SAFE AT



If I am feeling unhappy, worried or unsafe I can:

.Talk to **my friends**, my parents or carers, **my class teacher** or any other **members of staff**.

.Use the **feelings scale** at register time to share **how I feel** with my **class/ my class teacher** and at the end of every week **Mrs Wilkinson** will look at the scores and see if everyone is **ok**.

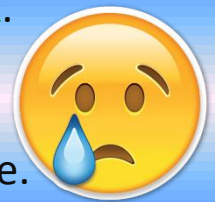
.Ask a **lunch time supervisor/dinner lady** to help me.

.Find a **Peer Mediator** to **help** solve any issues at play time.

.Ask **Mrs Wilkinson** to **support me with my feelings**. She may suggest a **Circle of Friends** or a **weekly chat**. **This is nothing to worry about**.

.I could call **Childline** on **08001111**

.**Mrs Wilkinson** and **Mr Arbon-Davis** are our **safe guarding team** and they can **help me and my family**. **They are happy to talk**.



IT'S ALWAYS BETTER TO TALK!

KEEP
CALM
AND
TALK
ABOUT IT

