



Don't keep it all inside...
tell someone you trust!



St Mary's
Catholic Primary School and Nursery

At School...

- There are many people at St Mary's who are here to help you



Headteacher & Deputy Headteacher

Mrs Wright & Mrs Messenger

- They will talk to you and your parents about what is worrying you, and find a way to help



Your Class Teacher

- Your class teacher can help with any problems or worries you might have

- Have a chat with them anytime and see what they can do!



Teaching Assistants & Playworkers

- Teaching Assistants help you with your learning, and playworkers help you at SMART Club, they are also happy to talk to you if you feel upset or worried



What to do if you are worried...



Learning Mentor

- Mrs Murray is the Learning Mentor, she talks to children about anything which is making them feel sad or worried, she can help you to find a solution



Your Team Leader

- The Team Leader for your year group will be able to help you if you are worried:

Year 1&2 - Mrs Colgan; Year 3&4 - Miss Broad;
Year 5&6 - Mrs Harding

SENDCO

- Mrs Hemming is the SENDCO, she talks to children and families about anything which is affecting their learning. She can help to get more support if needed



At Church...

- Father Nick will be happy to talk to you when you see him at Church or at school



A Friend...

- Confide in a trusted friend, they may help you to tell someone else



Your Family...

- Chat to a family member, they may be able to give you advice

