

much more. This is sometimes called **Personal Development**, this is at the heart of our School Ethos.

- We think that it's important for you to know where to get help if you are worried or unhappy about something.

If you need to talk – we promise to listen:

- You can talk to any adult in school – including your teacher, Mr Tomlinson, Mrs Gibbens.
- Miss Fisher has had special training to help you if you are worried about your mental health and wellbeing.
- It is the job of Mr Tomlinson, Mrs Gibbens and Rev Ruth Colby to keep you safe – talk to us if you are worried. These three adults have additional safeguarding training, they are called Designated Safeguarding Leads.
- Put something in your class worry box or write a note for your class teacher.
- Tell a friend and go with your friend to tell an adult.
- Remember you can Speak Out to Stay Safe. ChildLine are available to help you, too: 0800 1111. On our school website is a special **CEOP** button, you can find help here too.



Remember, don't keep a secret if someone is:

- Bullying you;
- Saying funny things to you that you do not like or which upsets you;
- Touching you in an inappropriate way;
- Trying to give you tablets, cigarettes, vapes, drugs or alcohol;
- Hitting you or hurting you;
- Taking your things;
- Sending unkind messages on the internet or on your mobile device.

Remember: You can talk to us about anything that is worrying you, whether it's happening in school or away from school and whether it's about you or someone else.

Let's continue to Take Care of ourselves and each other.

East Bridgford St Peter's C of E Academy.

A happy and safe place to learn, achieve and enjoy together.