



**St John & St James**  
Church of England Primary School

# WHO CAN YOU SPEAK TO IF YOU FEEL WORRIED OR UPSET?

## SAFEGUARDING TEAM



**Mrs J Nagle**  
**DEPUTY - HEADTEACHER**



**Mrs P Cuncarr**  
**HEADTEACHER**



**Miss C Brain**  
**SAFEGUARDING GOVERNOR**



**Mrs G Woolley**  
**SENCO**



**Mrs L Dean**  
**PASTORAL SUPPORT LEAD**

## TALK TO US

**IF YOU FEEL WORRIED, IF YOU ARE UPSET, IF YOU ARE IN DANGER**

**Please speak to any member of staff**

- If you feel upset or worried about anything at all (even if you think it is not important)
- If you feel sad, anxious or unable to cope
- If someone has hurt you physically, emotionally or mentally
- If you feel worried about someone at home
- If you are being threatened or forced to do things
- If you feel unsafe in school, at home or on the streets
- About anything else worrying you

**WHAT TO DO IF YOU NEED TO SPEAK TO SOMEONE WHEN YOU ARE NOT IN SCHOOL**

**Childline: 0800 1111**

**The Police (if you are in danger) 999**

**NSPCC Helpline: 0808 800 5000**