

Talk to Someone

Uffculme School Newsletter March 2017

Sharing your worries with a friend or your family can often help you see problems more clearly

Talk to an adult you can trust, for instance:

Your mum, dad or other carer

An older sibling, aunt or uncle

Workers at your youth club

Your social worker if you have one

Your doctor

The school nurse—Sandra Williamson

- A member of staff at school such as:
- Your tutor
- A subject teacher
- Mrs Balado—Students Welfare Officer (baladok@uffculmeschool.net)
- Mrs Edworthy—Flexible Learning Manager (edworthyb@uffculmeschool.net)
- Mrs Alford—Pupil secretary 01884 840458 (secretary@uffculmeschool.net)

They might not have magic solutions but you might be surprised how helpful it is just tell someone how you are feeling.



Uffculme School Student Welfare Services
Looking out for our students