When you are in school there are lots of people who care about you and your wellbeing.

When people talk about wellbeing, they talk about being:

- Safe
- Healthy
- Achieving
- Active
- Included
- Nurtured
- Respected
- Responsible
Every child in school has an adult who will get to know them well and can help them.

This person is called your Named Person.

If you have any worries or are not sure about anything, either in school or at home, you can talk to your Named Person about it. They will try their best to help you.

Safe
Healthy
Achieving
Nurtured
Active
Respected
Responsible
Included

You can find them:

Their phone number is:

If your Named Person is not there and it is important, please speak to another adult in the school.