



# BURLINGTON JUNIOR SCHOOL

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**From time to time people can feel sad. Sometimes people can feel sad but they may not know why. Usually, if people feel sad, there is a reason.**

**The good news is that at Burlington everyone is here to help you feel happier.**

You can talk to people at home, your parents, grandparents, friends or relatives.

You can discuss things with your friends.

If you are worried, you can simply talk to a teacher or a teaching assistant in your class.

If you are outside you can talk to the staff on duty.

Sometimes people like to talk to the staff in the office.

Mrs Utting, Mrs Sims and Mr Blow are always available to listen and help.

Mrs Cusack also helps children in school who are worried. She can arrange to see you during the day if that helps.

We have a worry box in school. You can write down the worry and put it in the box with your name on. Someone will come and find you to discuss the note.

Some people like to ring Childline 0800 1111. They also have an online message board where you can search for advice from people with similar problems.

**Find someone you can trust to tell your problem to.**



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