

# HAPPINESS CHARTER

At Cottesmore we want everyone to feel **HAPPY** and **SAFE**, but at times we can all feel **UNHAPPY** or **WORRIED** or think that we've been **TREATED UNFAIRLY**.

If that's how you feel - here's what to do.....

We should all have someone we feel we can talk to....

**A Close Friend**  
**A Monitor**  
**A Teacher**  
**Your Form Tutor**  
**Nurse or a Matron**  
**The School Counsellor**  
**Your Set Leaders**  
**Your Set Master**  
**Mr or Mrs Rogerson**  
**Your Parents**  
**Anyone you trust**

If you feel you can't talk to someone, why not leave a note in the **HAPPINESS BOX** outside the staff room?

**Mr Revill** opens it every day: he may share the information he reads with your **Form Tutor**.

The smarter way to a happier school

If all else fails, you can phone



This is a **FREEPHONE** number and someone will be there to listen to you and try to give you some advice.

**NSPCC Helpline: 0808 800500**

You can also call the Children's Commissioner on 08448009113 or email [Info.request@childrenscommissioner.gov.uk](mailto:Info.request@childrenscommissioner.gov.uk)  
Ofsted on 03001231231

If you still need someone to talk to, you can phone your **INDEPENDENT PERSON**.

She is called **RUTH CALVERT** and her phone number is:

**07836 527328**

or you can email her on: [ruthmcalvert@hotmail.com](mailto:ruthmcalvert@hotmail.com)

You do not need permission to phone her and she will always accept reverse charge calls from school.

**REMEMBER:**

Don't be afraid to speak out or ask for help.  
Watch out for those around you and help them to be happy too.



