



Parent

Eating a balanced diet that includes plenty of fruit and vegetables

Current class teacher

New Year 7 form tutor

Good friend

Friends in private chat group

Advice website
e.g. Childline or NSPCC

School social media platform

Someone they know in KS3
or 4

Family friend

Google

Family pet

School (pupils') online
chat group



Dear...

Good luck for starting KS3!

Remember to ...

You know that ...

You can always ...