

S

Share, worries and concerns with a trusted adult. Know that we care and the support will be there.

A

Act to protect. Be careful about the friends you select on Social Media. You could befriend a stranger who puts you in danger.

F

Faith gives you strength, hope and resilience. Work, play but don't forget to pray.

E

Expect high standards of yourself and learn from mistakes. The successes of tomorrow are built on the mistakes of today.

G

Give yourself time to grow up. You have the rest of your life to be an adult.

U

Use all opportunities to learn and you will achieve the career that you yearn.

A

Ask, if in doubt. If it does not feel right, it is usually wrong.

R

Relationships are key to personal development and a 'happy me'. When you fall out with a friend remember the times they made you smile.

D

Dress to impress. Be cool. Wear your uniform to and from school with pride.

I

Internet is for learning. Surf safely. Be discerning. Don't post pictures or messages that you would not want your future boss to see!

N

No is a word that will give you power. It tells people that you are a confident individual who will not be led. Use it wisely and it will win you respect and true friends.

G

Good practice is required at all times. Safeguard yourself by keeping your computer locked when not in use.



M

Make the most of yourself. You are already God's work of art. He plans to make you his MASTERPIECE.

E

Enjoy school. Keep the rules - they are there to keep you safe. Your happiness, safety and success is at the very heart of St Louise's.

