

High Mill Primary

THE PIT STOP

**Worries should be shared
problems can be solved ... and taking
a calm moment can help build you
back up.**

Have a Pit Stop with staff where you can share worries to lighten the load, get ideas for solving problems and develop strategies for managing your emotions.

**Fridays @ 11:45am
in
The Hive**

Complete a referral slip and pop in the Pit Stop pocket so we know to expect you!



