

## **My End of Year Reflection July 2024**

Before Cherry Tree I was lost. I went to two different secondary schools, and they were both unsupportive and did not help me with my learning. In my previous school I did not have any friends and was bullied by a lot of classmates. I was showing signs of ADHD and hadn't had a diagnosis, so no extra support was given to me. I was just another one of the many students with problems they didn't want to deal with. I then started to get really bad anxiety which stopped me from making friends and progressing socially. I had a hard time trying to control my anger and got mad easily as I felt like no one heard me. Which got me in trouble numerous times. I went to a dark place with my mental health. I started to self-harm and ran away from home a couple of times as I hadn't had the help I needed at the time and hadn't been given any strategies to help myself.

But at Cherry Tree I have been given so much help and have been given loads of tips and strategies to keep myself safe and to be happy. Since starting Cherry Tree, I have been offered lots of support and have made some really good friends. I do not get bullied like I did at previous schools as everyone here is kind, accepting and there is no judgement. Cherry Tree is a safe place for me, and I enjoy being and learning here. I am looking forward to the years to come and my future at Cherry Tree. Thank you.