

# Transitioning to Secondary School Week 6



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# Coping with Worries

- Moving on to a new school is exciting, there are new subjects to learn, a new building, new sports and activities and lots of new people to become friends with.
- However it's also completely normal to feel nervous as well as excited.



# Coping with Worries

- It's important to remember everyone starting in first year is in the same situation.
- And although they may not show it or admit it, everyone experiences some worries about moving on to second level.
- The good news is there are lots of things you can do to help alleviate some of the stress you might be feeling.



# Coping with Worries

- Be organised- if you're prepared you'll never be scared. Take time to get used to the school building and using a locker.
- Keep your timetable safe and focus on what books you will need for each day, this may take a little getting used to but with practice it will get easier.
- The teachers are there to help. If in doubt ask! The teachers are aware that this is all new to you so if you have any questions simply ask them!
- Take responsibility for what you do, if you are following the school rules then you have no need to panic about getting into trouble.





# Coping with Worries



- Don't be afraid to approach people, smile, ask them their name or what interests they have.
- Be yourself, because being yourself is the best version of you that you could possibly be!
- Try new activities and sports, you may just find a talent you never knew you had, it's also a great way to meet new people.
- Discuss your worries with your friends, parents or another family member. It's disappointing you are missing out on these final months with your classmates as it often becomes clear that you share similar worries and concerns about moving on. That doesn't stop you picking up the phone to have a chat with your friends, you can offer each other support and advice.



# Thoughts

- On your activity sheet complete the following:
- How are you feeling about leaving primary school?
- How are you feeling about starting secondary school?



# That's all for this week

- I hope you enjoyed the Transition Together Programme. At the end of June you will have the opportunity to complete a webinar on the topic with your parents and friends, this will be a fantastic opportunity to discuss anything we may have covered in more detail.
- Have a good week!

