

edYOUcate

DEALING WITH TRANSITIONS (ENDINGS, BEGINNINGS & CHANGE)

For some of you, this week will have been your final week in your current school and September will be a fresh start in a new stage of your education. For others this summer might just mark the end of a very strange school year. With transition and change of any kind feelings of relief, excitement, sadness, loss and nervousness are normal. In today's issue, we will talk a bit about how to manage change.



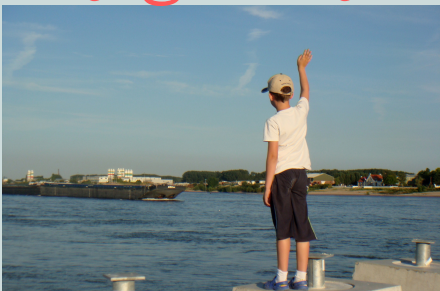
1 Say well done!



When we feel sad about something ending, it's easy to focus on what we have lost but it's also important to recognise what you have gained & achieved! To do this you could:

- Write a list of what you are proud of this year.
- Make a scrapbook of your fondest memories.
- Write a letter to yourself saying congratulations!
- Say well done to yourself out loud in the mirror.

2 Say goodbye!



All of us have small things we do to help us properly say goodbye. This could be writing in a yearbook, signing a school shirt, taking photographs, getting friend's contact information, giving gifts or thanking teachers. It might even be saying a private goodbye to your classroom.

Maybe think about what you need to do over the summer to fully mark the end of this stage in your journey.

3 Feel what you need to feel!

it's okay to feel



your feelings

Give yourself permission to explore your own thoughts and feelings about the last school year, leaving school or what will happen in September. Everyone deals with change in their own way. You could try:

- Going for a walk and focusing on whatever thoughts or feelings come into your mind.
- Drawing or journaling.
- Speak to friends, family or loved ones.
- Read articles / watch videos about dealing with change.

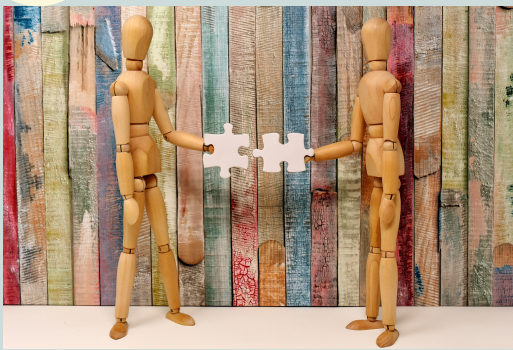
4 Think about what's exciting!



Think about all the things you are looking forward to in September!

- Maybe make a wall of post-it notes or stickers reminding you of them?
- In moments when you feel scared, tell them out loud to yourself along with all of your strengths & skills.
- Make a list or draw a picture of all the exciting things September might bring.

5 Re-connect or make new connections!

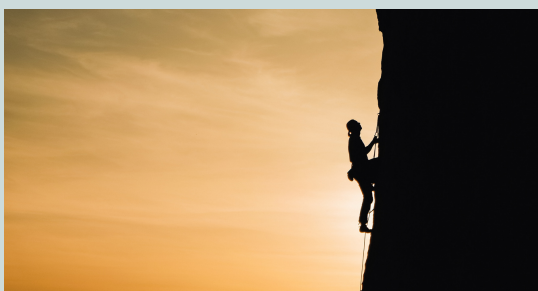


If you are moving on to a new school try and connect with that school a little over summer:

- Are they holding any virtual / in-person tours?
- Are there any chances to meet with teachers?
- Are there any summer activities the school runs?

Even if you are staying at the same school, you might feel like the last year & a half of Covid has left you feeling disconnected from it. What could you do to re-connect with people/teachers/school life again, ready for September?

6 Try new things!



Learning to deal with change takes time. Challenging yourself to try new things can be a good way to prepare yourself for September. During the summer perhaps you could:

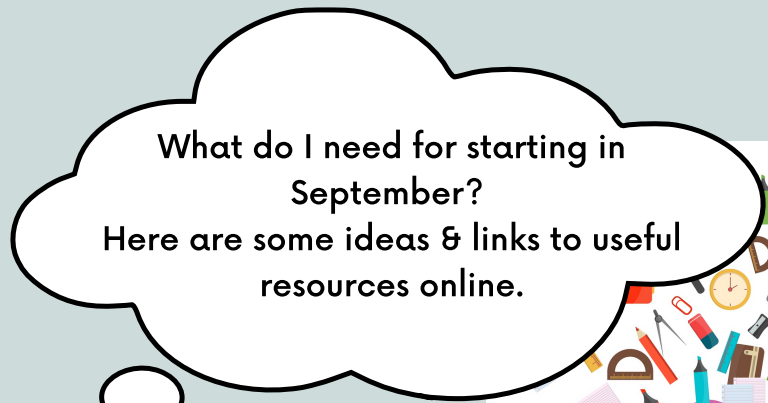
- Join a new club / activity.
- Learn a new skill / pick up a new hobby.
- Visit a new place.

PREPARING FOR SEPTEMBER



Stationery checklist:

<https://www.theschoolrun.com/secondary-school-stationery-list>



What do I need for starting in September?
Here are some ideas & links to useful resources online.



What will you fill your schoolbag with? *Try adding something small in that makes you feel positive. Avoid valuables or things against school rules. Having nice notebooks or a trinket from home for example.

<https://www.staples.co.uk/knowledge-centre/buyers-guides/school-bag-essentials/>

Make yourself a checklist of what you need to do over the summer.

Here's an example:

https://fdslive.oup.com/www.oup.com/oxed/secondary/Starting%20Secondary%20School%202021%20checklist_Hires.pdf?region=uk

Practice the journey a few times. Do you need to get a bus pass?

<https://tfl.gov.uk/fares/free-and-discounted-travel/11-15-zip-oyster-photocard>



Brilliant website with lots of info:

<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>



www.talkofftherecord.org

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