

Going back to secondary school – print on card, cut them out and put on a keyring or out up as a poster to remind you – You've got this!

#BacktoSchool

If I am worried about having new subject teachers, I can:

- Remember it is the same subject and what I already know about it.
- Write my teachers a note telling them that I am a hard worker and there are things they can do to help me do my best.

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- Wear your uniform for an hour or so each day to get used to putting it on and wearing it again.
- And your school shoes.
- Set your alarm a little earlier each day until you get nearer the time you need to get up for school.

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- Write a list of the order that you get ready in each day and put it by your bed or on your mirror so your brain will get used to it again.
- Plan what you are going to eat for the first week of lunches

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- Plan something nice to do each evening after school. Write it on your calendar if that helps.
- Homework is a pain! But think about what worked best last year. It is unlikely you will get a lot more this year, whatever rumours go around school!

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If I am worried about making new friends or other kids not being friendly:

- I could look for someone else who looks like they are on their own and ask them if they want to hang around with me.
- I could see if there are any lunch time clubs that I might try.

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If I am worried about anything, however small, I can:

- Write down what I am worried about and talk to my parent or adult I trust about them.
- Compose an email to my form tutor, SENCO or pastoral leader and ask them to give me some information about the things I am worried about.

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- Get in touch with school and ask them to send you a schedule of what will be happening on the first day.
- Go through the plan of the first day. If it helps, walk to school one day to remind you of the way there.

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- Write a list of things you can be thankful for and people you like and trust. Spend time with your hobbies and get out in the fresh air if you can.
- Remember you are awesome. Also, that although your feelings are real, you can master them and overcome the things that worry or stress you. You are growing and learning and can reach your potential... school is not all there is in life!