**Starting a New School**

Everyone starting a new school in September will feel slightly differently about changing schools. Some of you will be nervous. Some of you will be excited. Most of you will probably feel a mixture of the two. It is completely natural to feel a bit anxious, but you should also be excited about the new experiences and challenges ahead of you. If you just feel nerves please email, and let us know.

Complete the following activity to determine how you feel about the different aspects of changing school.

**Using two different coloured highlighters or pens, highlight the phrases that you are looking forward to in one colour; use a different colour for those you are worried about.**

|  |  |
| --- | --- |
| Making new friends | Learning a new timetable |
| Lunchtime | School trips |
| Having a different uniform | Being on time |
| Finding way around | Break times |
| Getting to school | Learning new subjects |
| Meeting new people  | Joining clubs |
| Being with friends | School rules |
| Homework | Meeting my new tutor |
| Meeting my new teachers | Being able to do the work |
| Being with older pupils | PE |

**Complete the Grid on this Page. There are four boxes in the grid. You can fill each grid with words, sentences, pictures or a mixture of all of three.**

Here are some tips:

1. I expect (In this box you will be filling in what you think Monkseaton High will be like. For example, more homework)
2. I feel (In this box you will be filling in how you feel about the move to Monkseaton High. For example, happy, excited.)
3. Things I am sure of (In this box fill in what you know for sure about Monkseaton High. (For example colour of uniform, friends who are also coming)
4. Things I am not sure of (In this box fill in things you are not sure of. For example what time schools starts, where will I keep my bag?)

|  |  |
| --- | --- |
| **I expect …** | **I feel…** |
| **Things I am sure about…** | **Things I am not sure about…** |