

Are you ready?

BACK TO SCHOOL PUPILS TIPS

CHECK IN WITH YOURSELF

EMOTIONS & FEELINGS ARE ALL OVER THE PLACE,
JUST RECOGNISE YOUR FEELINGS AND SHARE HOW YOU ARE FEELING WITH OTHERS.
TELL YOUR INNER SELF THAT YOU ARE AMAZING!

ASK FOR HELP

DON'T THINK YOU'RE THE ONLY ONE WHO MAY BE UNSURE
WITH WHERE TO GO OR WHICH ROOM YOU NEED TO BE IN. ASK FRIENDS,
TEACHERS AND STAFF. THEY ARE ALL THERE TO HELP YOU.

MEET NEW FRIENDS

YOU MAY BE COMPLETELY NEW TO THE SCHOOL AND NOT KNOW ANYONE.
DON'T WORRY THERE WILL BE OTHER PUPILS TOO WHO MAY BE STARTING
SCHOOL ON THEIR OWN. INTRODUCE YOURSELF, CHAT, BE YOURSELF.
EVERYDAY IS AN OPPRTUNITY TO MAKE NEW FRIENDS.

ENJOY YOURSELF

SCHOOL HAS SO MUCH TO OFFER, WITH AFTER SCHOOL CLUBS, PROJECTS
EVENTS AND AMAZING THINGS TO LEARN.
WHY DON'T YOU CHALLENGE YOURSELF TO TRY OR
LEARN
SOMETHING NEW EVERYDAY.

