

STEP by **STEP**

a support programme for students transitioning
from primary school to secondary school



Foreword

This workbook has been developed by Michelle Murphy-Coordinator of the Bray North School Completion Programme. It has been designed as a toolkit with independent learning in mind so there are a lot of pages encouraging self motivated work.

Michelle, as the Bray North SCP Coordinator has been supporting students in their transition from Primary to Secondary school for over 14 years. Please note a lot of the elements within this booklet are the intellectual property of Michelle Murphy and should not be used without the consent of Bray North SCP. Some resources in the book have been adapted and inspired by many brilliant resources, we have tried to name and credit these pieces of work throughout the booklet. A reference list is at the back of the workbook with these resources and other sites full of useful information. Please take time to look up these websites and be active in your journey!

Acknowledgements:

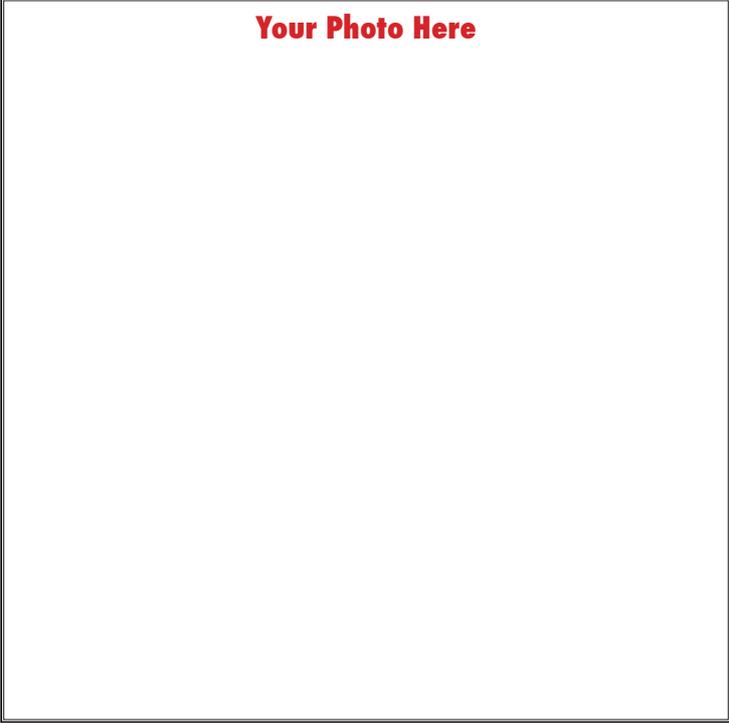
Step by Step has been expanded to reach a wider audience and support many more young people. It is part of a county wide transition piece encompassing this workbook and a schools directory. Many thanks to Fionnuala Curry in Wicklow CYPSC (Wicklow Children and Young Peoples Services Committee) and Mary Mulvey EWO (Education Welfare Officer) in Tess (Tusla Education Support Services) for their support in this expansion and roll out process. Thank you to Wicklow CYPSC who provided funding for the printing of workbooks.

Other acknowledgments:

Thank you to the Kildare Wicklow ETB (Education Training Board) Sports Promotion Unit staff for sharing their "Well How Are You?" programme with us. Also thank you to the Navan School Completion Programme for their permission to use pages from the "Mind the Gap" transition toolkit they developed with Springboard.

Getting Ready For My New School

Your Photo Here



NAME: _____

Primary School I attend:

Secondary School I will attend this September:

This Workbook has a lot of uses! First it is to help you settle your feelings/thoughts on your new secondary school and to remember who you are at this stage of your life. It can help you remember your primary school fondly. It is also a toolkit of information you can absorb or keep in mind for another time in this journey.

6th class students.....

This year you are the oldest students in your school. It's been a year full of exciting opportunities, but perhaps you have already begun to look ahead to going to your secondary school and are asking a few questions about what it's really like there.

We all ask many questions as we get ready to go on to a new chapter. This book has been written for you so that there are opportunities to ask questions and chat about your feelings, hopes and worries while in your last year of primary school. This workbook has been broken into 4 main sections, each with information, worksheets and fun pages all designed to be done alone or with your class and all chosen to get your brain moving! Please complete this workbook step by step and be as honest and realistic as possible.

Enjoy the activities in this workbook! In the end, you will feel more ready to take on the challenges and amazing adventure that is your new school. Please take pride in the work that goes into it and maybe keep it to show others, as a record of you and your feelings at this very important stage in your life.

We hope that you will look back on your primary school days with affection and be proud of all you have achieved, and that you will enjoy every happiness and success in your new school.

Remember transitions are a process! Even pro footballers need to settle into their new club. Take your time and use the pages in this book to remember what a legend you are!

GOOD LUCK FOR THE FUTURE



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ALL ABOUT ME



My Educational Journey So Far...

I have learned a huge amount and have almost completed the first big step in my educational journey as I approach the end of my time in primary school

Here's a recount of my journey so far...

My Name: _____

My Age: _____

Date I started Primary School: _____

Years I have been in Primary School: _____

My current primary school: _____

Other primary schools I have attended: _____

Play/Montessori schools I have attended: _____

My first memory from primary school: _____

My favourite memory from primary school so far: _____

My favourite subject in primary school: _____

My least favourite subject: _____

Here is a list of my primary school teachers:

Junior Infants: _____

Senior Infants: _____

First class: _____

Second class: _____

Third class: _____

Fourth class: _____

Fifth class: _____

Sixth class: _____

Other school staff who worked with me (adults):

A funny story from my time in primary school:

FACT - FILE

Your Name: _____ Your Age: _____

Who lives at home with you? _____



Favourite Film: _____

Favourite Food: _____

Do you have any pets? _____

What are they? _____

Where have you been on holiday?

What do you watch on telly / online?

Who/what is your favourite author / favourite book?

Who is your hero?

What's your favourite subject at school?

Who is your favourite band / singer?

What's your ambition/dream goal?

What do you want to do when you grow up?

What is your favourite online game?

ALL ABOUT ME

Imagine your new teachers were to put you into a cloning machine. Everyone can see the physical parts of you that would come out, hair colour, height, eyes, freckles, foot size etc but what about what makes us unique on the inside? Our personal qualities are what make us who we are and while they are hard to explain or find words for, they are what helps us move forward, manage our emotions, make friends and cope with hard or new things. Make a list of your personal qualities below. On the next page we have made a list of sample things that might help you understand.



ALL ABOUT ME - EXAMPLES

- I'm mostly a positive person.
- I laugh a lot, mostly because I'm positive but sometimes when I feel awkward and don't know what to do.
- I find moving from one activity to the next hard.....in school I would benefit from a movement break or something to distract from the change rather than diving right into the next subject.
- Things that make me feel good include chatting with my friends and laughing until my jaws hurt, getting into fluffy pjs and eating junk, going for a walk in the autumn and crunching leaves.
- I enjoy being tidy in school but can get messy at home.
- I don't like clothes shopping but love filling baskets online with "wish lists".
- I have a huge heart and care a lot about other people's wellbeing, particularly younger children.
- I'm really kind and think I'm a good listener.
- I'm good at keeping friends' secrets, I think its important people think I'm trustworthy.
- I have a massive creative imagination but wouldn't be very good at doing creative things like drawing, making things, designing etc.
- I'm not very fit or active but when I am I really feel good in my body and mind.
- I like to think I'm perceptive and can tell what people are thinking and feeling even when they haven't said anything.
- I have a great sense of humour, I find most things funny, like TikToks!
- I can be goofy and quirky if I feel energetic.
- Breakfast is essential to me, and I feel awful without eating first thing.
- I appear confident but can get shy in situations I'm not used to.
- I can adapt to new situations well.
- I do not get frustrated or annoyed easily.
- I am fidgety, especially with my legs and I use my hands a lot when I talk.
- I can visualise things in my mind well, like how something could look when its finished.
- I'm ok with asking for help if I think I need it.
- I like being organised and knowing what I need and when, if I don't I get a bit stressed in my head.
- I go through different scenarios in my head and replay things to anticipate what might happen, this doesn't feel good and makes me stressed.

Here are some Youtube videos and a website explaining and naming personality "traits" or characteristics that you may find helpful: A google search will help find them or type them into the Youtube search bar.

<https://youtu.be/JLUOILRbazA>

<https://www.chompingatthelit.com/character-traits-list/>

<https://youtu.be/G1YeaOh4gHQ>

I AM GOOD AT

(skills)

e.g. football, wheelies, reading,
baking, minding babies

I KNOW A LOT ABOUT

(knowledge)

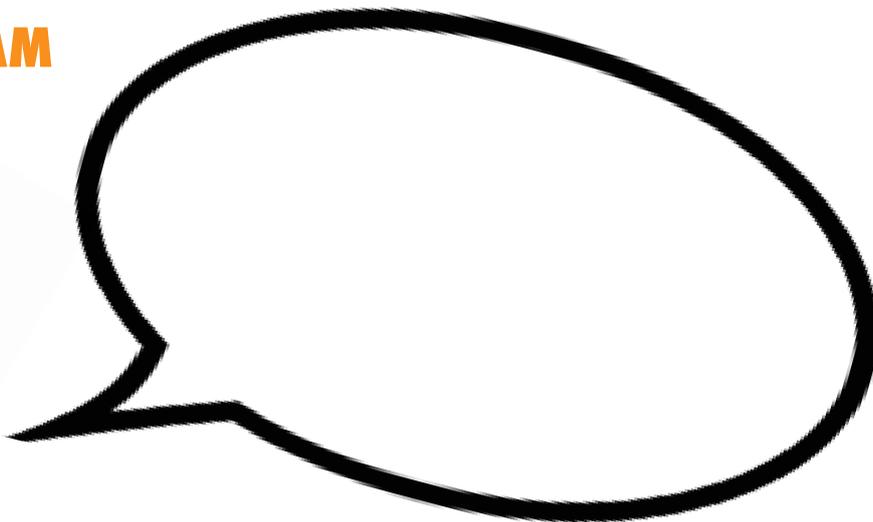
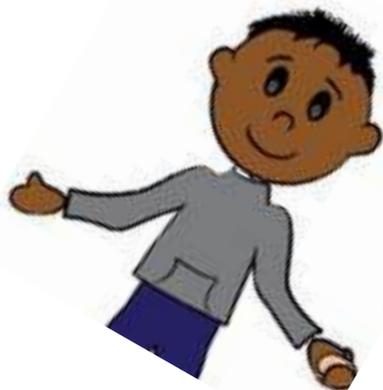
e.g. Harry Potter, World War 2,
Football Teams, Local Area, My Friends

I AM ALSO

(what else do you want people to
know about you?)

e.g. I'm allergic to nuts, I'm double-jointed,
I'm a yellow belt in Karate

MY FRIENDS SAY I AM



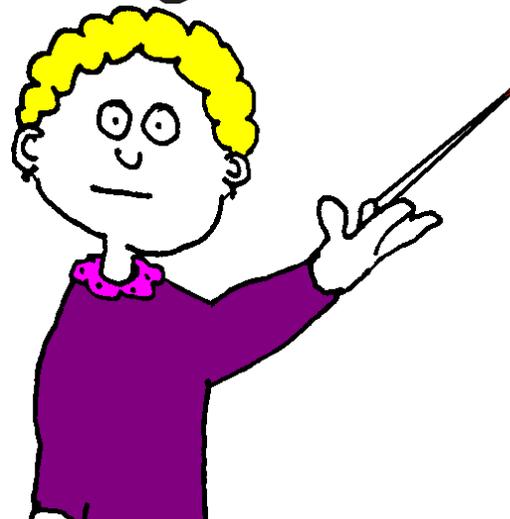
I AM BRILLIANT AT....



MY TEACHER SAYS I AM



MY FAMILY SAY I AM



MY STORY

We all change as we grow. Draw things you did when you were small and draw something you like to do now.

When I was 4 I liked to

A large rectangular area defined by a dashed blue border with rounded corners, intended for drawing a childhood activity.

Now I like to

A large rectangular area defined by a dashed blue border with rounded corners, intended for drawing a current activity.

MY STORY PART 2

As you drew on the previous page you possibly started thinking more about how you have changed as you have grown. Below are some things that may or may not have changed since you were younger. Read through them and tick true or false to the one that best describes your experiences.

Talk to your parents about how much you feel you have changed.

	TRUE	FALSE
I am taller.	<input type="checkbox"/>	<input type="checkbox"/>
I am heavier.	<input type="checkbox"/>	<input type="checkbox"/>
My body has more hair.	<input type="checkbox"/>	<input type="checkbox"/>
I get more spots.	<input type="checkbox"/>	<input type="checkbox"/>
My hair gets greasy quicker.	<input type="checkbox"/>	<input type="checkbox"/>
I have stronger muscles.	<input type="checkbox"/>	<input type="checkbox"/>
My moods change quicker.	<input type="checkbox"/>	<input type="checkbox"/>
I get embarrassed more easily.	<input type="checkbox"/>	<input type="checkbox"/>
I want to get my own way more.	<input type="checkbox"/>	<input type="checkbox"/>
I still like the same subjects in school.	<input type="checkbox"/>	<input type="checkbox"/>
I don't want to be different from my friends.	<input type="checkbox"/>	<input type="checkbox"/>
I disagree more with my parents ..	<input type="checkbox"/>	<input type="checkbox"/>
I share my thoughts and feelings with friends more.	<input type="checkbox"/>	<input type="checkbox"/>
I make more decisions.	<input type="checkbox"/>	<input type="checkbox"/>
I am more easily annoyed.	<input type="checkbox"/>	<input type="checkbox"/>
I am more concerned with events in the wider community and world.	<input type="checkbox"/>	<input type="checkbox"/>
I play the same games.	<input type="checkbox"/>	<input type="checkbox"/>

ME AND MY FEELINGS



FRIENDSHIPS

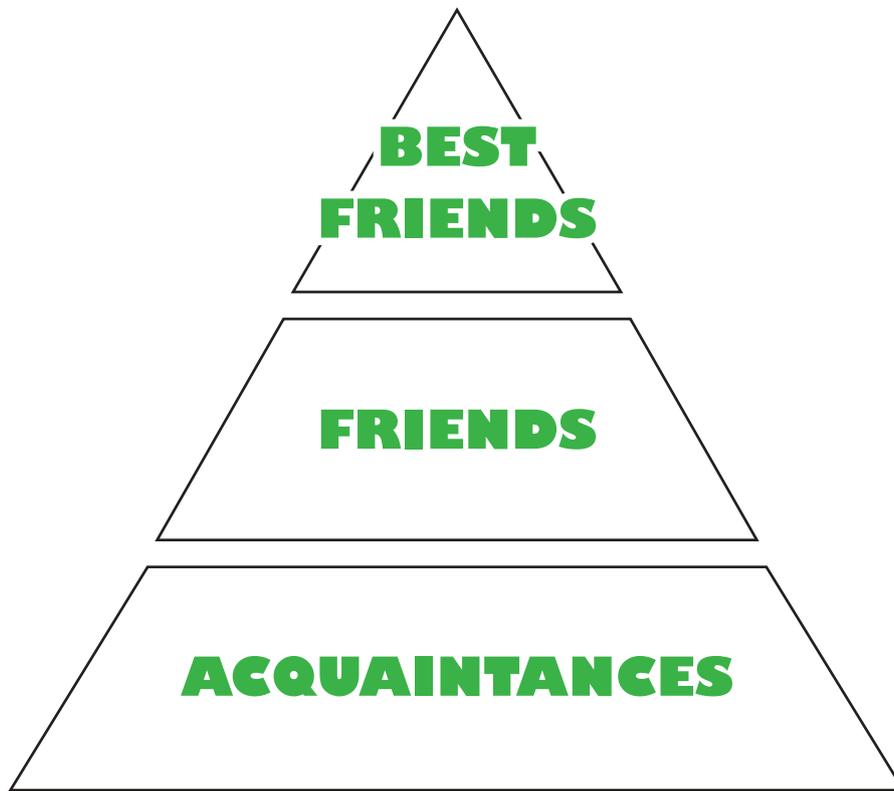
Every student wonders about making new friends and can worry about leaving old friends as they move school. The reality for most is that we don't leave our old friends, we move into another phase of our friendship. One where we are secure knowing that our friendship is strong enough that we don't need to see each other daily to care about one another. Friendships are hugely important to us at this stage of our lives and it is important to remember that we can have different friends and different friend groups, for example: You might have your soccer friends, you might have friends you play with on your estate, you might have friends you see a lot because your parents are friends, school friends and more.

Talk to the friends you have now and discuss how you feel if you aren't going to the same school next year. Making plans to meet regularly can help ease our worries, for example:

- Meet at Starbucks at 2pm on Wednesdays when there is a half day.
- Make a plan to do an activity together on Saturday eg: Cinema, hike, gaming session and more.
- Make a plan to FaceTime each other regularly (like a Sunday catch up) or make a friend group on social media that is only for your current group of friends where you can send funny memes or nice messages.

With some thought and managing your time you will definitely have enough room to keep old friends and make new friends, remember if your friends are moving to a different school they are going to meet new people too and this may give you even more new friends!

Balance your time and remember why you are friends in the first place.



Types of friends:

Acquaintances:

These are the type of friend you have the most of, they are people you know casually but may not talk to regularly. They will know the basics about your life but not the day-to-day details. They may know 1 or 2 personality traits but not know you very well. You would meet them at a group event, be in a whats app group together, or they may be a not very close relative. These friendships are made very easily and can change in small spaces of time.

Friends:

In the middle of the pyramid, these are people who know you very well, you possibly see them regularly like part of a sports team or a social group. You may chat with them at lunch time and you will enjoy their company. They make you feel a sense of belonging and you are happy to be in their company. They can be interested in your thoughts and feelings. They can be helpful to you and you to them.

Best friends:

Our besties! You will have a small number of best friends who sit on the top of the pyramid. These people know you the best and you are your true self around them more than any other friend. You know lots about them, and they know lots about you. You can share secrets or things that make you unhappy because we worry about being judged by a best friend the least. They want good things for you and you want the same for them. This type of friendship takes a long time to build and grow because it is based on love rather than use.

There is an interesting Japanese proverb that can be applied to the levels of friendship. They say something like: we, have 3 faces each presented to a different category of people.

- The first face is the face we show to the everyone.
- The second face is the one we show to our family and friends, semi-real but not the truest.
- The third face is the one we hide from everyone, we might only show this to 2 people our whole lives and that is the truest reflection of who we are actually.

**This may not be the exact saying.....feel free to look it up!

TIPS TO MAKE FRIENDS IN A NEW SCHOOL!

- **TAKE A DEEP BREATH.** Its always OK to be nervous, you're going to a new school and change can be difficult. Remember that in your new school you will find young people your age. You're going to meet people who like you there. Don't judge others before you get to know them.
- **RELAX!** Its all about confidence, if you are nervous or trying to look cool you could come across as not the real you. Relax, people will like you and want to talk to you for passing a confident, calm energy.
- **BE YOURSELF.** Never change who you are to try and fit in. No one likes a poser! If your friends don't accept you for you, they're not really friends. Most people belong with a certain clique simply because they are being themselves and their unique personalities and interests falls into that stereotype. For example, someone who is naturally athletic may join a team in second level or someone who naturally artistic or emotional may hang out with people who play music. Many people can tell you are a fake. Don't try too hard. Just be natural...be the way you were born to be!
- **MAKE SURE YOU ARE KIND TO WHOEVER YOU MEET** at the new school. Make sure to be nice to people of all cultures and backgrounds. If you think that you will say something that will make them feel sad, do not say anything and just nod your head if they talk to you. Also, remember to be as kind and as helpful as possible.



- **BE HYGIENIC.** No one likes a whiff of B.O. or bad breath that could knock someone over. Shower regularly, wear deodorant, brush your teeth, and wash your hair. Make sure your uniform looks neat. It can make you seem cleaner and more approachable. Mints are a great way to keep your breath fresh throughout the day. (But not chewing gum as it isn't allowed!) And dry shampoo can be handy if you are running late!
- **BE INVITING.** A smile goes a long way. When you walk in the halls, don't hunch over your books or keep your eyes on the floor. If you feel you can, try lift your head and make eye contact with other people. If you see someone you know, give a smile or say hi. Introduce yourself. Tell them your name and where you're from. Ask a question: "How's the canteen food? Chat about the new school: "How long have you gone to this school?" or even a compliment "I love your shoes, where did you get them?" making new real friends can take time so be patient.
- **MAKE THE FIRST MOVE.** Anywhere, near your locker, or at the water fountain, you can find someone that has things in common with you, Try muster the confidence to approach them. Strike up a conversation, smile and compliment them, and, of course, introduce yourself and tell them where you came from! You never know where you can find a nice friend. Humour can be golden so have some good jokes up your sleeve!
- **REMEMBER THEIR NAMES** and talk regularly. People like it when you call them by name, so don't be afraid to ask for their name or Ask them gently if they have a nickname. they prefer You'd be surprised where this can come in handy. Get their number and stay in touch with them.
- **JOIN AFTER SCHOOL ACTIVITIES** you like. Choir or theatre or hang around for a French club meeting, etc. Even if you don't know anyone there, you'll all share a common interest, and you can get experience with different personalities from yours that have the same interest!

- **LOOK FOR OTHER PEOPLE WHO ARE NEW** to the school. You're probably not the only one and at the very least, you'll have one thing in common: you're both in an unfamiliar environment. The good news is, if you are starting at a new school in 1st year, everyone is new! Since being new is something that you all have in common, making a new friend could go well. For example, talk about your old school, your new school, your opinions, teachers.
- **DON'T SIT AT THE BACK OF THE CLASS** where other people don't notice you! Try to sit in the middle where you're around everyone and can make conversation.
- **STAY AWAY FROM THE TYPES THAT ARE IN GANGS** and do criminal activities. You don't want to get in trouble in school. You need to be yourself. Be strong. And don't try to please everyone around you if it doesn't please you. Remember you can be assertive without hurting feelings. Not everyone is a true friend and try to behave in a way that makes others seek out your friendship not avoid you.
- **INCLUDE THEM IN YOUR SOCIAL LIFE.** meet up with them outside of school once you get to know them. Introduce your old friends to your new friends so you don't feel you have to choose between the 2 groups. This is an important step to making TRUE friends who you can rely on.



A good friend should:

Quality	True	False
• Be honest		
• Live in a big house		
• Be a good listener		
• Do whatever I say		
• Have lots of toys and games		
• Wear nice clothes		
• Be kind		
• Only talk to me		
• Have other friends		
• Be forgiving		
• Be interested in other people		
• Have lots of money		
• Care about other people		
• Do the right thing		
• Always agree with what I say		
• Bring me presents all the time		

Concerns & Worries

Everyone has concerns or worries at various times in life. It is a normal response to change or stresses. However letting the feelings around our worries get to the point where we may become anxious or scared can be unhealthy for us. While thinking about a new school it is important to look at what concerns we may have and moving forward from them.

Having worries/concerns can show: Read the list below and think about which of these happen to you when thinking about a worry. Do you feel any of these when thinking about a part of moving school?

PLEASE TICK
RELEVANT BOX

- When worried I find it harder to go asleep because thoughts are going around my mind.
- My body can feel tense, my heart can beat faster when I think about a specific worry, and I may sweat or fidget a lot.
- I can become flustered, I may find it hard to get my words out when asked a question.
- I may avoid people because I worry they might ask what's wrong.
- I refuse to do anything that I associate with that stress.
- I try reach out more to others like family or trusted friends.
- I will do what makes us worried or stressed and push through the initial feelings.
- I feel the need to distract from the feelings around being worried and do an activity eg: running/gaming/spending time with friends.
- I start considering what is needed to deal with the worry, for example: Make a plan of how to approach the situation, sometimes I can role play in my head how it will go.
- Practicing mindfulness or relaxation exercises like deep breathing or visualisation when thinking about the concern.

How to deal with a worry / concern:

This means you need to create some self-awareness and knowledge about how you think/feel/behave. Look at these questions below to help.

1. What is the worry/what am I most concerned about?
2. How does this worry/concern make me feel?
3. What do I need to do to feel better?
4. How will I know I feel better?

Tips to make us feel better about a worry / concern:

Identify how it makes you feel; scared, nervous, giddy, overstimulated, anxious, twitchy, low in mood etc. This can be hard and it doesn't always feel good to identify negative or overwhelming feelings but this can be so important so we can move away from them to a more settled or calm mental state.

Look at what you can do when you feel that way, what have you done when you felt that way before? A trip to the ice cream shop or McDonalds with friends? Join a new mission with friends on your favourite game? Bath, fresh PJs and fresh bedsheets? (Heavenly!)

Look at what you are thinking about. If it is related to your new school can you go online? Do you or any of your friends know anyone who is there already, talking to them may show you things you worry about are just rumours for example: bullying or intimidating older students.

Talk to people who care, family, friends or teachers and current school staff. Your family will care about your feelings and will want to know what is on your mind. Your friends may be feeling very similar and didn't say, school staff have spoken to other students who feel this way lots before.

The resilience flash card that are coming up in a few pages have great ideas for how to help you feel better and be proactive when dealing with a worry/concern.

Know when you feel better in your mind and body; when less worried will you sleep better? will you want to spend more time with your family? Will you have more knowledge about the school by looking at websites or any social media they may have? Will you find yourself thinking clearer or expressing yourself better? Will your body be more relaxed, like feeling less tension in your shoulders, less jiggling your leg up and down maybe?



Finding Solutions to Concerns & Worries

Think about something that concerns or worries you about moving to secondary school. Write your worry or concern in this box

I am worried / concerned:

On a scale of nought to 10 how worried or concerned are you? Put a cross on the continuum below:



VERY WORRIED

NOT WORRIED / COMPLETELY CONFIDENT

Think about a time when you were worried before. What did you do then to make yourself feel less worried (move you up the scale?)
(Some of these answers could be the same as what is on the previous page)

At what number would you like to be on your first day of secondary school?

How will you know when you have reached this point / feel less worried?

What can you do this week to move one point closer to this number?
(e.g. look at website, talk to a cousin/friend who is already there)

What can you do over the summer holidays to move one point closer to this number?
(e.g. attend transfer camp, talk to someone already in the school, take a practise bus trip to judge times/distance)

Michelle's IDEA



People talk a lot about different solutions to feeling negatively or not feeling right in our minds. There is no **right** way to explain it and everyone finds different ideas useful. I have found over the years it is helpful to have a short easy phrase to use. If you use it enough it becomes set in your brain and you use it without even thinking about it! (Pretty cool!) Here is my bright IDEA!

I

Identify the feeling: I feel _____. What is the immediate feeling, remember it can be more than 1 feeling mixed together. For example: If going on a rollercoaster you can feel excited AND nervous.

D

Determine the cause. Why do you feel that way? What has happened?

E

Examine ways to move away from this feeling. This can be a bit hard sometimes because we may have done something and need to look at it
For example: I feel ashamed and embarrassed because I called my friend stupid thinking it would be funny but it wasn't. To move away from this feeling I need to apologise and own up to the fact that it was wrong. Once I've done that I need to run around until I can barely breath to get the embarrassed out of me.
For example: At break my friends were making jokes that made me cry laughing and now Im full of excited/giddy energy. I need a calm down break by doing some things like breathing, asking to take a break, or doing star jumps.

A

Actually do it. Apologise, do a joyful activity, breath, use the tools you know work well for you with that feeling. Do whatever it is that works for you to feel more regulated and settled in your body and mind. The motivation to do this comes from inside you so its definitely something you should get doing!! Be kind to yourself! Owning and admitting feelings is hard so do something nice for yourself too!

Tip: The more you can learn about how you feel and communicate your feelings the easier it will be to "have a bright IDEA". This knowledge can take years to develop so never be afraid to look for support or help. Everyone in your new school wants you happy there so they will definitely try to help you!

How BIG is my problem?

When you have a problem or concern have a look at this chart and judge where the problem really is

5	EMERGENCY You absolutely need help from a grownup (fire, someone is hurt and needs to go to the hospital, a car accident, danger).	
4	GIGANTIC PROBLEM You can change with a lot of help from an adult (getting lost, hitting, kicking or punching a friend, throwing or breaking things, bullying)	
3	LARGE PROBLEM You can change with some help (someone is mean to you or takes something that is yours, a minor accident, needing help calming down).	
2	MEDIUM PROBLEM You can change with a little help (feeling sick, tired or hungry, someone bothering you, being afraid, needing help).	
1	LITTLE PROBLEM You can change with a little reminder (not being line leader, not winning a game, not taking turns, making a mess).	
0	GLITCH You can fix yourself (changing clothes, cleaning up toys, forgetting favourite toy or blankie).	

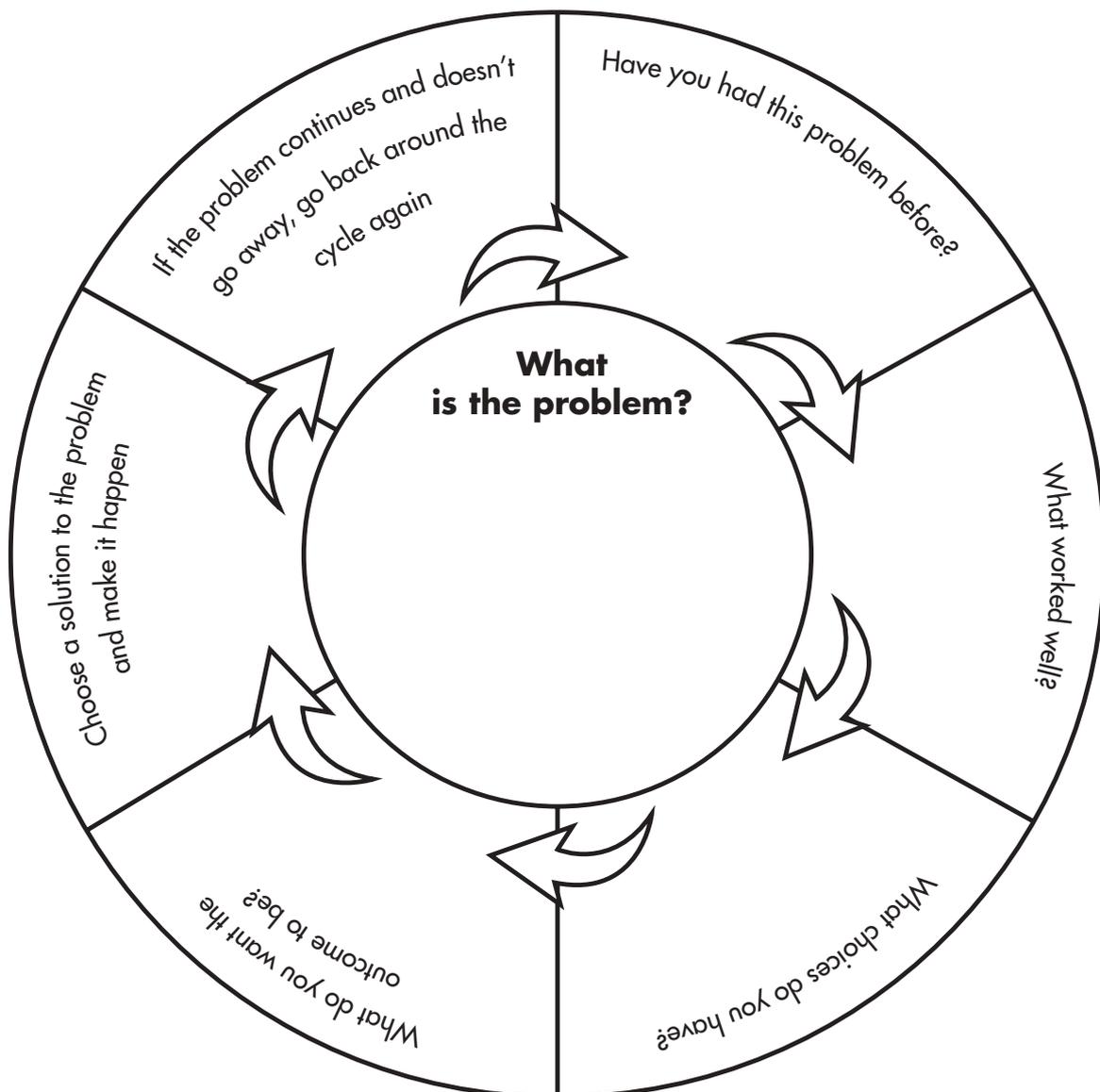
What can I do to solve my problem?

Some problems are easy to solve and we solve them all the time without really thinking about it. Other problems are harder to solve.

When this is the case, try to break down the problem into 'bite-size' chunks so that you can deal with small parts of it, one at a time. This will stop you feeling overwhelmed by a problem. It will help you to make the right decision as you will have more time to think each part through thoroughly.

The steps to follow are in the cycle below.

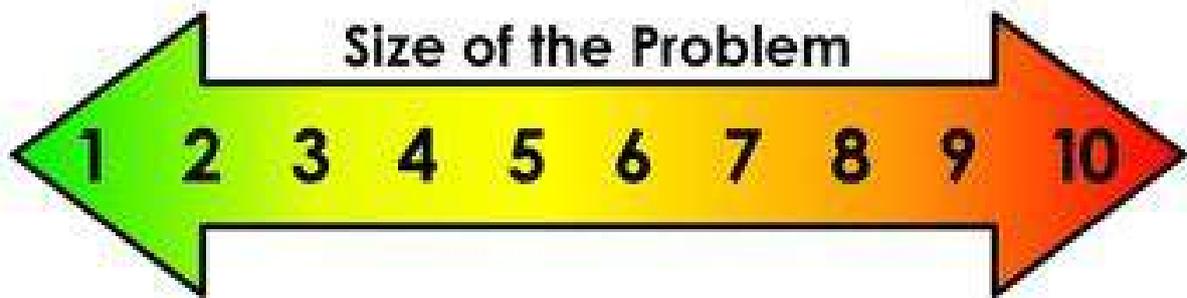
Please look at the cycle below and then complete your own cycle with your own problem.



Problems vs. reactions

We can look at our problem and see how big it is but what about how we respond to that problem. Sometimes the size of the problem and our response size don't match. What about if the tip broke off your pencil in class, is throwing the pencil on the ground a reaction you would think of or is sighing, throwing your head back in frustration then getting a sharpener better? Over the next pages are situations that might happen in school. Look at how each of these would make you feel, what you would think and how would you behave. How big is each problem? Would how you respond match the size? If not why? Are you quick to get frustrated and know that you need help calming your feelings?

You could use the wheel on the page before to ask yourself the questions to self identify how big the problem is and if it deserves a large reaction that may end up making you upset or frazzled. Some problems are absolutely worth a large reaction like an emergency or an argument where people use hurtful words, but some problems can be small and don't need to be built into anything larger.



Do they match?



What would you do if?

Talk about the following situations with your class, friends or at home. Imagine the possible consequences of your actions. Our thoughts, feelings and behaviours are all linked so it is important to consider how these situations might make us feel, this will shape how we act. What can we do differently? Who can help in these situations?

You end up in the wrong class by mistake	Your uniform is not ready in the morning
You haven't got the right books for class	Someone trips over in the hallway
You forget to bring home the books you need to do your homework	You see someone with their hand in someone else's bag
You get asked a question in class you don't know the answer to	You are at home and you don't understand the homework
You forget your lunch/lunch money	You get lost on your way to class

You can't open your locker	You forget your PE gear
A teacher gives out to you for talking in class	Another student says something nasty to you
You can't read your timetable	You feel like you need help with your feelings
You think you won't make friends and will be alone at lunch time	You are asked to go "on the hop" from a class
Your older cousin tries to scare you with awful stories about school	You forget to turn off your phone in your bag and it goes off

School Scenarios Activity 2

Think about the following school scenarios. Use the space beneath each one to explain what you would do.

The boy who sits beside you in your music class asks if you will let him copy your answers in the upcoming test. What do you do?

On the way into school, you are chewing gum and forget to put it into the bin before you arrive. The principal spots you chewing the gum and confronts you. What do you do?

By yourself think of a scenario that could occur in secondary school. Write the scenario and what you would do below.

Resilience Flashcards

Sometimes, we're faced with difficult situations that we have to deal with. Dealing with these difficult situations calmly and positively, will help you build up your resilience so you are able to deal with other, more challenging situations as you get older.

It can be hard to deal with these situations and sometimes, we react in a negative way. The idea of this activity is to help you to try a positive strategy quickly. The more you use these resilience flashcards, the quicker you will be able to think of a positive strategy when you need one.

**DO AN ACTIVITY THAT
MAKES YOU HAPPY OR
RELAXED LIKE CALL A FRIEND
OR TAKE A BATH**

**THINK ABOUT ALL THE
POSITIVE THINGS YOU
HAVE IN YOUR LIFE**

**TREAT YOURSELF,
GET A TAKEAWAY
OR YOUR FAVOURITE
JUNK FOOD**

**BE BRAVE - TRY
SOMETHING TOTALLY
NEW THAT YOU HAVE
NEVER DONE BEFORE**

**EAT WELL AND
DRINK ENOUGH WATER
AND EXERCISE REGULARLY**

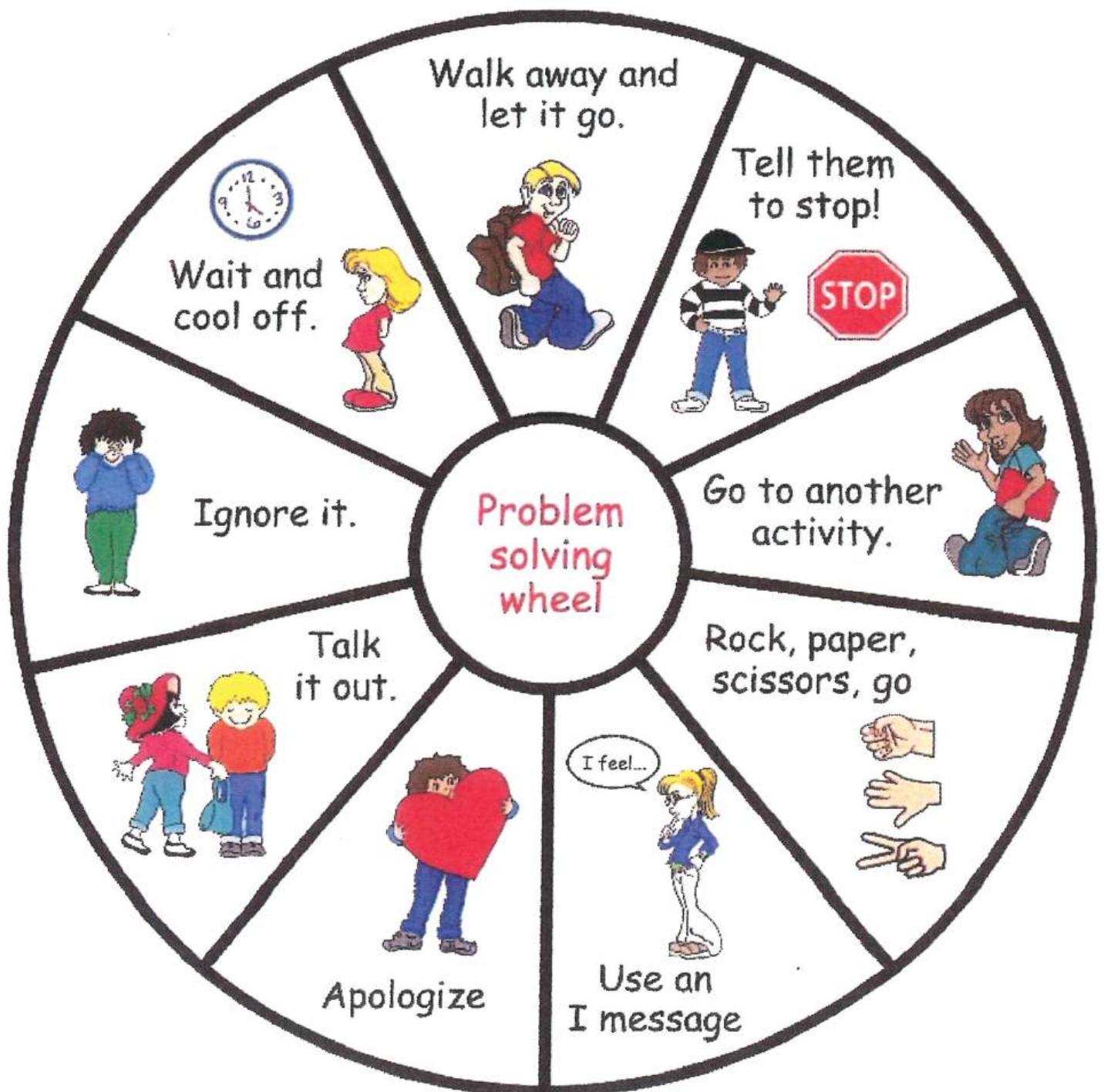
**GET ENOUGH REST AND
GOOD QUALITY SLEEP.**

**HAVE A PYJAMA AND
MOVIE/GAMING TIME**

**TAKE DEEP BREATHS
AND COUNT TO TEN**

**MAKE A PLAYLIST OF YOUR
FAVOURITE MUSIC OR
RELAXING MUSIC**

What can I do?



Let your worries go!

WRITE YOUR WORRIES IN THE BALLOONS
AND VISUALISE LETTING THEM GO.
TALK TO AN ADULT ABOUT YOUR WORRIES.



ALL THINGS NEW SCHOOL



Finding Out About My New School

Use the information your teacher has been given by the new school to fill in this fact sheet ...

1. The name of my new school is _____

2. The address is _____

3. The telephone number is _____

4. The name of the Principal is _____

5. School starts at _____ and finishes at _____

6. I will travel by car/bus/walking/bike/train _____

7. To get school on time, I will need to leave my house by _____
(Google maps is a great resource to find this info)

8. Can I leave the grounds for lunch? Is there a canteen to buy food?

I Wonder

1. What do you think it will be like at your new school?

2. What things would you like to find out about your new school?

3. Three things you are looking forward to:

i.

ii.

iii.

4. Three things that you think you might need help with

i.

ii.

iii.

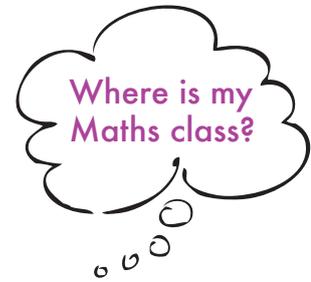
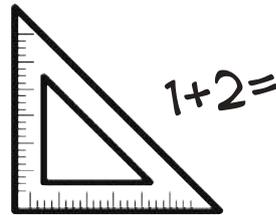
I Wonder ... some more

Imagine you could sit down and ask your new school any question you wanted, what would you ask?

1. What if I get injured in P.E or rip my skirt/trousers?
2. Who can I talk to if I forget my lunch/money?
3. I am terrible at spelling and find reading difficult so it takes me a long time, will I get extra time to do my work?
4. Where can I go if I find the lights too bright or the corridors too noisy?
5. I find having something in my hands like a fidget relaxes me to learn better, is this allowed?
6. Can I switch lockers if its at the top and I cant reach?

Think of your own questions and add them here:

SCHOOL TIMETABLE



TIME	MON	TUES	WEDS	THU	FRI
9.00 - 9.40	FRE R5 CC	IRI R4 KW	REL RR SM	FRE R5 CC	MAT R6 MH
9.40 - 10.15	HIS R4 KW	MAT R6 MH	HIS R4 MMG	GEO R9 SJ	HIS R1 MMG
10.15 - 10.55	MAT R6 MH	ART AR HS	FRE R5 CC	BUS R11 JOK	BUS R11 JOK
BREAK					
11.10 - 11.50	BUS R11 JOK	FRE R5 CC	SC R1 KD	ART AR HS	IRI R4 KW
11.50 - 12.25	FRE R5 CC	BUS R11 JOK	SC R1 KD	PR H JOK	FRE R5 CC
12.25 - 13.05	ART AR HS	ENG R2 VG	GEO R9 SJ	PE H JOK1	FRE R5 CC
LUNCH					
13.45 - 14.25	ENG R2 CC	FRE R5 CC	BUS R11 JOK	IRI R4 KW	REL RR SM
14.25 - 15.05	HIS R7 KW	GEO R9 SJ	MAT R6 MH	ENG R2 VG	ART AR HS
15.05 - 15.40	CSPE R7 MH	REL RR SM	IRI R4 KW	MAT R6 MH	ENG R2 VG

SUBJECTS

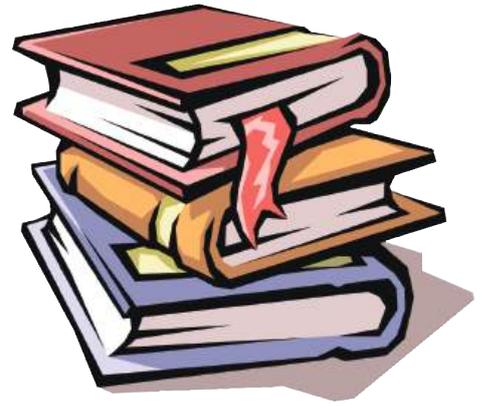
SC	Science	ENG	English	FRE	French	HIS	History
IRI	Irish	GEO	Geography	MAT	Maths	REL	Religion
BUS	Business Studies	PE	Physical Education	ART	Art		

TEACHERS

KW	Kate Walsh	SG	Sandra Gilligan	MH	Matt Hall	SJ	Sam Jones
JOK	Jane O'Kelly	SM	Sally Moore	HS	Harry Sheehan	CC	Con Clarke
VG	Veronica Grady	KD	Keith Doyle	MMG	Mark McGrath		



WORDS



On your timetable you will see some new words. What do they mean...? Timetables often use abbreviations of words, this means they make the words shorter so lets look at some examples.



HomeEc = _____

REL = _____

BUS = _____

Tutor = _____

Year Head = _____

Tech Graph = _____

C.S.P.E. = _____

Bio/Chem/Phy = _____

School Equipment

When you move to secondary school, you will need to bring the equipment you will require with you to your classes. You may need special equipment for certain subjects.

Task 1

Match the equipment to the subject you think you might need it for below:

graphite pencils	English
scientific calculator	Maths
language dictionary	German/French
thesaurus	Woodwork
set square	Art
apron	Home Economics
bag of ingredients	Religion
colouring pencils	Music
art folder	
Bible	
tin whistle	

Task 2

Now imagine you have the following subjects tomorrow: maths, home economics, wood work, French and art. Write a list of the equipment you'll need to put into your school bag to be prepared for them.

Bonus Task

Can you think of any items you will need every day?
Hint: what would you record your homework in?

1. _____
2. _____
3. _____
4. _____
5. _____

Homework

List 4 things you may need to do your homework properly

1. _____
2. _____
3. _____
4. _____

List 4 ways your friends, family or older siblings could help with your homework, for example: Give you space, answer questions, do it together.

1. _____
2. _____
3. _____
4. _____

List the benefits of a homework timetable and using your homework journal

Managing your homework - tips from Michelle

Below are some tips I wanted to share around homework and study. These tips have been gathered over many years, think about what tips you would add to the list!

Your student planner/journal should be in your bag all the time. Make sure you write down your homework for each class.

Homework timetables are fantastic not just for homework but for laying out your life after school to be clearly seen. When doing a homework timetable make it as realistic to your life as possible. There is no point setting out large periods of time to do it if you are in clubs or groups outside of school. There is a sample homework timetable on the next page. See how it is broken down and how the times for homework are highlighted.

Before starting your homework try and get a small snack and something to drink a stomach that is too empty will stop you focusing. But don't eat too much a full stomach makes us lose concentration!
Do the homework you find the hardest or like the least first, that way the thought of the rest of your homework won't seem as big.

In 1st year homework may take between 45 mins to 1.5hrs. If it is taking hours this means you need more help from someone, maybe you are doing it in a way that doesn't work for you or not understanding what you are to do. Your teachers are there to help you with this so definitely talk to them!

Make sure your homework space is what works best for you. It should be well lit with no distractions like the telly in the background. Try find a firm surface to write, homework on our laps is uncomfortable! Low music is fine if you like it. Turn your phone on silent and turn it over.

If needed seek help from others. See if your school has a homework club open to 1st years. See if you can set up a homework group among friends, look at what your local community centre offers.

Finally RELAX! Homework is for going over work you did that day or moving forward with a subject. It is not designed to cause worry or stress. The main thing that counts is that you make a real effort not that you know it all. 1st year homework can be managed around other parts of your life which is why I strongly recommend a timetable. Teachers are there to help and support you.

SAMPLE HOMEWORK TIMETABLE

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
2pm	School	School	After School Club	School	School
2.30	School	School	Walk home/snack	School	School
3pm	School	School	Meet Friends	School	School
3.30	School	School	Meet Friends	School	School
4pm	Walk home/snack	Walk home/snack	Homework	Walk home/snack	Walk home/snack
4.30	Homework	Homework	Homework	Homework	Homework
5pm	Homework	Homework	Homework	Homework	Homework
5.30	Dinner	Homework	Homework	Homework	Dinner
6pm	Community Centre	Dinner	Dinner	Dinner	Community Centre
6.30	Community Centre	Dinner/Family	Dinner/Get ready to go	Dinner/Family	Community Centre
7pm	Homework	Homework	Club Training	Homework	Community Centre
7.30	Homework	Homework	Club Training	Homework	Homework
8pm	Shower/Chill time	Shower/Chill time	Shower/Chill time	Shower/Chill time	Shower/Chill time

HOW YOU LEARN



Knowing how you absorb information can save you loads of time rather than learning in a way that doesn't suit you. There are 4 main types of learning: **Visual**, **Auditory (listening)**, **Written** and **Kinesthetic**: You can be a mix of different styles of learning too.

Tick the boxes that apply best to you:

Auditory:

Helps to read things out loud

Gets a lot from conversations, especially chatting with friends, studying with a friend can help.

Oral quizzes or making recorded notes to listen back.

Ask teachers to read out instructions.

Visual:

Make bright notes with different colours,

Charts and diagrams or PowerPoint presentations

Colour coordinate notes.

How to videos, step by step guides.

Written:

Take notes, have post its.

Read over and over again if studying.

Kinesthetic:

Learn best by doing and using your hands, touch, feel, put together, mix, paint, create.

Make a scrapbook for classes or trace words as you are reading them to keep hands busy.

Getting it together

Being organised for secondary school can be very different than we are used to. Lockers, moving classes, uniform and PE clothes, lunches; it can all get hard to keep track. This is where preplanning and thinking about what you need to do is key. Practice makes perfect so have a look at the situations below and how you could keep yourself organised in a way that suits you. Being mindful of what is needed can help reduce any worry or stress you have about it but don't worry after a very short time it will feel like you have been doing these things your whole life!

Starting your day:

What do you do to get up in the mornings? Do you set an alarm or rely on others to wake you. Give yourself plenty of time to get up, fed, dressed and organised for the day ahead. Definitely have breakfast otherwise you will feel sick and cranky by 10am! Depending on how you are getting to school give yourself plenty of time, allow for traffic, walking to the bus stop, meeting friends etc. It throws off our comfort level being late so take responsibility for the ways YOU can make sure you get to school early.

School Uniform:

If you wear a uniform who is responsible for making sure you have a clean uniform each morning? Who makes sure you bring your PE clothes in a bag on the day you have it. Ideally it will be you but discuss this at home so you know who is taking responsibility for it. Try and put effort into your appearance, brushed hair and teeth, clean and tidy clothes, nice smell can all show you respect yourself and the school. Consider packing a personal care bag to keep on you with a brush, roll on deodorant and even spare socks to keep yourself fresh!

Locker and books and organising them:

Everyone will be given a locker. Students have 4 opportunities to visit your locker: Before the bell rings for the start of schools, at small break, at lunch break and at the end of the day getting ready to go home.

Your locker should be kept organised all the time. Subjects can be separated into mesh folders or colour coded or whatever way you find it easiest to do. (Tip: Whatever colour you have given each subject put that colour on the timetable as well for example: Yellow pack for English means all English classes on your timetable are yellow) All books, copies and materials for each class should be kept together and everything you have should be clearly labelled with your name and what class you are in. Have the colour or spines of the mesh folders or books facing out so they can be clearly seen and put larger books at the back, smaller at the front. You should be able to see everything when your locker is open. Keep your locker key safe.

School Bag:

Similar to your locker subject materials should all be kept together, in a mesh folder is easiest, this way you won't forget anything. Books for any subjects already done have should be kept in your locker so your bag doesn't become too heavy. Clean out your bag regularly to make sure there is no lunch/old Home Ec food/crisps etc. at the bottom. Keep your pencil case and student planner in a separate zipped section of your bag if possible because you need to have these things with you at all times.

Pencil Case:

Your pencil case doesn't need to hold a note from 3 months ago or the pencil shavings from last week. Keep your pencil case tidy, have a pen of each colour, possibly highlighters, pencils, a ruler and anything else specifically requested by the school. There is a huge variety of stationary around so feel free to be expressive with your case and pen choices!

Budget:

Think about what you spend money on going to school. The cost of attending school each day can rise when students choose to buy food on the way to school and food for lunch. Having breakfast at home or bringing your own lunch can save anywhere between 20-40 euro a week. Maybe compromise and have breakfast at home every day and only buy lunch 3 days a week, if you feel there are no choices at home that can be something you can discuss and negotiate with the shopper in the house!



SCHOOL RULES

All schools have rules. Sometimes we agree with the rules and sometimes we don't, but we know that if we break a rule we may get into trouble.

Rules are made for different reasons:

- To protect other people or property
- To help the organisation run smoothly
- To provide the best possible education for all pupils

IT IS IMPORTANT TO KNOW WHAT THE RULES ARE.

IT IS IMPORTANT TO REMEMBER WHAT WILL HAPPEN IF YOU BREAK THE RULES.

Think about the rules that you would make if you were in charge of a big secondary school with lots of busy teachers and lots of pupils trying to get on with their work. Write down five rules which will be easy to understand, easy to obey and which will help the school to run smoothly.

What is the most important and best rule in your school?

Can you think of a rule which you feel is silly and unfair?
Write it down and discuss it with your teacher.

Top Tips Moving on and Moving Up!

Moving to a new year group or a new school can be exciting but it can also be a worrying time as there can be lots of changes and new things to get used to. Here are some top tips to help you with moving on and moving up:

Plan a visit

Ask if you can visit your new year group, your new form room, classrooms or school. This will help you to become used to new places. It will also give you a chance to ask any questions you may have. Remember you can always visit more than once.

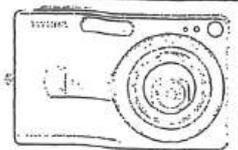


Meet people

Ask if you can meet new teachers, support staff or even new friends in your class or school!

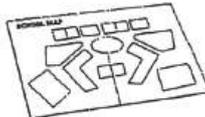
Picture it

Ask if you can take photos of key people or places. This will be useful for you to help remember names and places where you need to go.



List it

Make a list of any new equipment you may need to buy such as a calculator, books, uniform or sports equipment. Remember to ask for help if you need it. Start using a diary or school planner.



Map it

Ask for a map of your new school or your new area in school. This can help you think about the different parts of the school or new area and help you be confident in moving around.



Get organised

Your new year group or school may be able to give you your timetable early. Copy your timetable and colour code the different subjects, practise reading the subject names, look at the times and have a go at packing your bag for each different day. You could also ask for the school rules or any new rules so you know what you can and can't do.

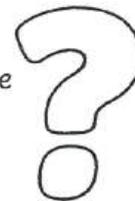
Find it

Spend some time looking for new apps, websites and programmes that can help you get organised and help you with homework or research.



Write it

Make a list of any questions you may have so your new teachers, other adults or friends can answer them.

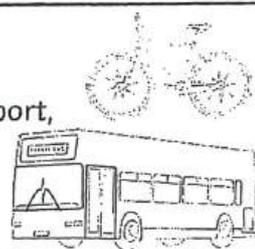


Join it

Think about joining a new club outside of school. This can help you make new friends and help build your confidence.

Travel it

Have a go at planning your route to school. If you're travelling by a new mode of transport, such as the bus or by bike, perhaps try it out and see how things go. This will help you plan how long it takes you.



Read it

Have a go at reading new subject key words. This will help you find your way around your new year group or school and help you get quicker at getting to lessons.

Dear Diary

**Imagine a day at your new secondary school.
Write a diary entry about that day.**

A large rectangular area enclosed by a dashed blue line, intended for writing a diary entry.



Examples of things you could talk about:

- What time you got up... early and had a great breakfast or late and had to run for the bus.
- Did you have a test... pass or fail?
- Who did you hang out with at lunch and what did you do? Soccer, went to the shop, snapchatted.
- Did you sit beside anyone interesting in a subject or meet anyone new?
- Did you do anything interesting in school...a science experiment, started making a shelf in woodwork, baked scones in Home Economics?
- Did you meet up with anyone after school or go to your club/group/practice?

Healthy body

Healthy mind





We are very lucky to have been able to link with the KWETB (Kildare, Wicklow Education Training Board) Bray Sports Promotion Unit and use some of their “Well how are you” programme that focuses on the physical part of our overall wellbeing.

This booklet was developed as a response to Covid and talks about minding our thoughts and feelings as well as about things like how what we eat, exercise and sleep play a huge role in making all that possible and easier. We are all like big jigsaw puzzles really!

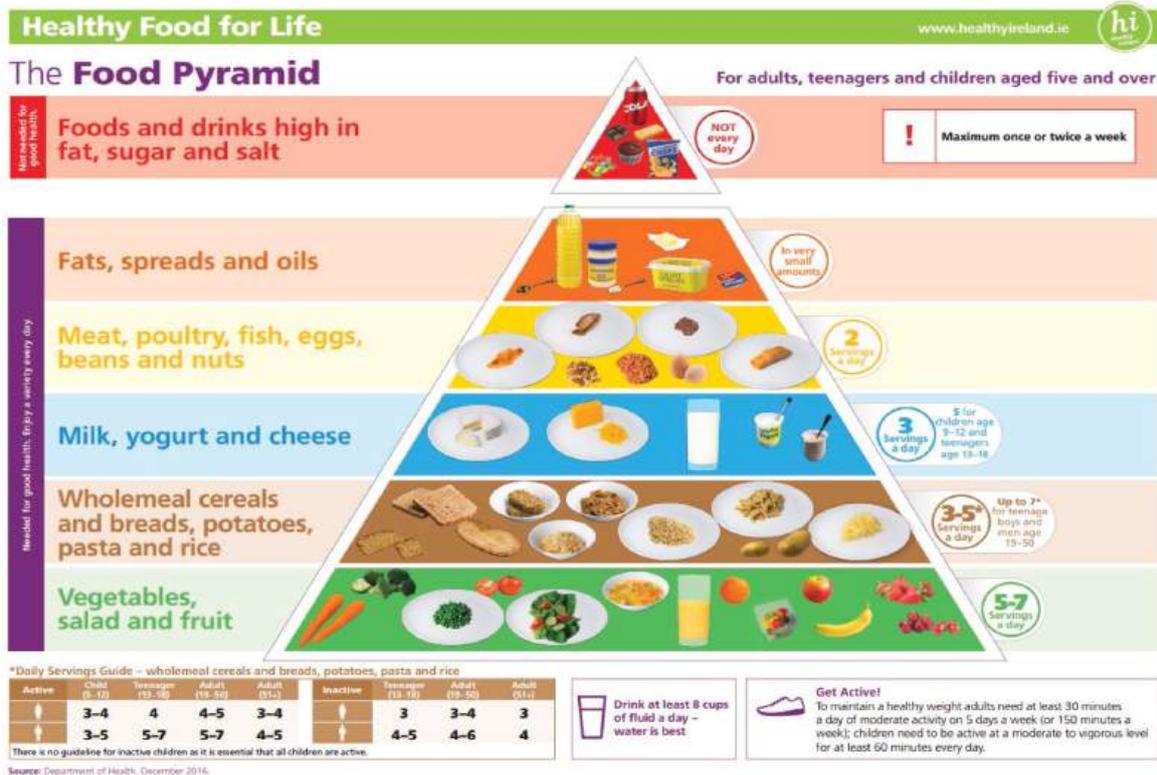


BORD OIDEACHAIS AGUS OILIÚNA
CHILL DARA AND CHILL MHANTÁIN
KILDARE AND WICKLOW
EDUCATION AND TRAINING BOARD



Chapter 1 Eating Well.

This chapter will be based around some healthy tips and a few recipe Ruth, John and Gary at Bray Sports Promotion use themselves.



Base your meals on plenty of vegetables, salads and fruits – up to half your plate or bowl at every meal. Choose a variety of colours.

- Eat more vegetables, salad and fruit -
 - Limit intake of high fat, sugar,
- Size matters: Use the food pyramid as a guide for serving sizes
 - Increase your physical activity levels
- Small changes can make a big difference. Start TODAY!

The key points for healthy eating are outlined above but this needs to be combined with daily exercise to keep fit and healthy.

THE EATWELL PLATE

A guide to the right balance of the five main food groups



- Fruit & Veg
- Carbs & Starches
- Dairy
- Protein
- Sugars & Fats

“Good mood foods” include fruit, veg and nuts.

Food Fact! EVERYTHING has sugar in it these days, you may think you are being healthy drinking juice instead of a can of Monster and yes you are but it still has sugar. Realistically you won't quit sugar but you can definitely reduce it. Educate yourself on how it effects the chemicals in your blood and body. Maybe this will be something you will learn about in Home Ec or Science.

Gary`s specialty dish “fancy steak and chips”



1 piece of steak, seasoned and grilled to your own taste

1 sweet potato, chopped seasoned, drizzle in olive oil and cooked in the oven until soft.

Mix of green veg steamed.

1 chopped onion fried on the pan with salt and pepper.

John's specialty dish "Beef Casserole"



400g beef

Carrots peeled and cut

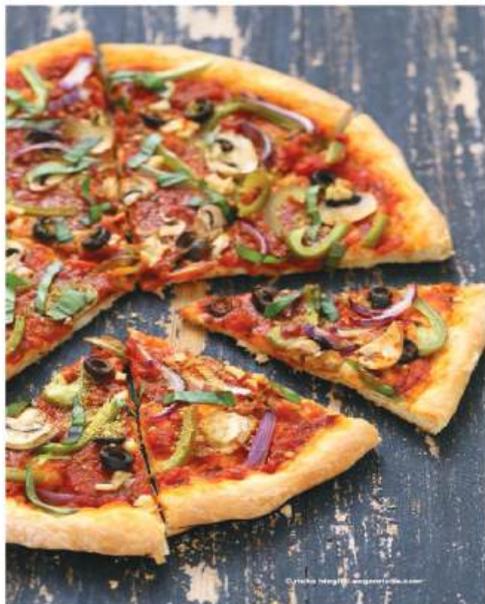
Mushrooms chopped

Water 1 pint of water

2 beef stock cubes (slow cook 2-3 hours)

Add onion and garlic if you like for more flavour.

Ruth's Mid-week "Pizza Party"



1 base (pre-made thin base bought from Lidl or Suplevalu) or alternative use a wrap. Place in oven for couple of minutes until a little crispy.

1 cup of tomato passata 2 table spoons pesto (red) mix all up for sauce

1 bag of mozzarella cheese
Peppers, mushrooms, corn, olives, onions

Chapter 2: Keeping Well.

Do things with others. Spend time with family, friends, meeting new people and getting involved in activities can make a difference to how you feel. Get involved in local and community activities, kick the footy around, go for a bike ride, go for a walk or run etc.

Do something creative. Activities or hobbies can keep you distracted in a positive way and have a great impact on your mental health and sense of wellbeing. It can also help increase your confidence and self esteem. This could be building something, playing an instrument, gardening, art, doing a puzzle, painting, cooking, writing etc. It doesn't have to be artist worthy or something perfect...keep the joy in the doing!

Invest time in relationships. Connecting with people and investing in good relationships are important for your mental health. Get in touch with people you trust or feel good around. Give them a call, send a message or Whats App video call or arrange a catch up with them. Did you know that petting a dog or fluffy pet can improve our mental health and improve the quality of our lives?

Focus on strengths. Having positive thoughts and a growth mindset can help you feel good. Its all about how you talk to yourself!

Take time out. When you relax you give yourself permission to let go of any worries for a while. Relaxing gives your mind and body time to recover from the stress of everyday life. Try some relaxation apps or a you tube video to guide you on how to relax. You should mute social media apps on your device for a few hours while relaxing.

Keeping active. Your physical health plays a key role in keeping you mentally healthy. Exercise releases happy hormones into the body. Simple walking can help improve your mood. Being active distracts us from anxieties and stress.

Daily routine. Having a daily routine can make a huge difference to how we approach our day. On the next page there is an example of a daily routine where you can see all the things that you can do each day to help you feel productive and happy in yourself. Give it a try for a week and look closely at what you are or more specifically are not doing during the week. Are you skipping breakfasts making you sluggish and "hangry" are you not getting any exercise or time to relax? Are you doing so much exercise that you aren't relaxing your body at all?

My Daily Checklist

Day/activity	Wake up on time	Eat breakfast	Eat lunch	Eat dinner	Do some exercise	Relax/chill time	Do something that makes you happy	Chat with someone	Mute phone before bed	Get to bed at a decent time
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

Have a think after you have completed this checklist. What needs to change for you to feel physically and mentally better? Regular meals? Set alarms each day? Make a new Whats App group to connect with friends? Remember you can change your day to suit your needs.



Fruit



Y D N W O S T J F U B K S E P A R G C X
 H R Z E M I L Y T C N A O T M V E L A R
 M I E S J R W A V S O X P K Y F H N Q B
 U C A B F Y N O M E L G E P R O A D T Z
 L Q E X M G I F B H E R A U L N C W I S
 P B Y T E U P K D O M V C J A E P H U A
 G F A R N L C Z A S R N H B W T S E R F
 X K I P R Z D U J Y E Q E M A N G O F W
 R N L M H E Y Q C L T I S V H U B J E C
 E O J G A W B M P X A O R X F K Z S P D
 S T U C O F V P N Q W H L R O M T I A Y
 B A E Y R K A X S Z F J D G E R V H R L
 C M Y Q A E N H D A P M T L A B S R G I
 J O L V N X F C I T R U S W D Q E Z K P
 R T E I G P O S W E Y I B O N H T U J M
 I S P D E N I R A T C E N F C J A X L O
 Z W H U C Q M A G K R L U S G Y R E V B
 A X I F L S J E B R D A P R I C O T N R
 V G R K B H U P Y N J Z Q M L E W F D H



apples	cucumber	mango	plum
apricot	grapes	nectarine	raspberry
banana	grapefruit	orange	strawberry
blueberries	kiwi	peaches	tangerine
cherry	lemon	pear	tomato
citrus	lime	pineapple	watermelon



Tree Valley Academy

Chapter 3. Sleeping Well

We cannot function properly without sleep

Sleep helps us to repair and restore our bodies and minds.

Sleep Hygiene doesn't mean did you wash before you went to bed! It means healthy habits, behaviours and environmental factors that can be adjusted to help you have a good night's sleep, see the list below and which apply to you.

- Do you watch your phone/device in your dark bedroom before bed?
- Do you drink fizzy drinks before bed?
- Do you have lots of stuff on your bed? Toys/clothes/teddies etc.
- Do you play online games before bed?
- Do you keep lights on when going asleep?
- Do you eat junk before bed?
- Do you lie in bed overthinking?
- Do you keep your phone on beside you at night?
- Do you get up to read every message on your phone?
- Do you have a snack before bed?
- Do you share a bedroom?



The recommended sleep for 10-17 year olds is 9.5 hours per day. That means realistically for school days you should be going to sleep at around 10pm. These days most people have a device so we all know that “bed time” is different than the actual time you go asleep. If you plan on taking 40 minutes to watch tik toks or a series on you tube then go to bed earlier to give yourself that time. Below are other hints and tips, can you come up with any of your own tips for people your age?

- Have a routine before you go to bed. Is it shower, telly, snack, pyjamas bed? Whatever it is doing it regularly will put you in the frame of mind of getting ready to sleep.
- Most people use a phone as an alarm in the mornings. Turn your phone on silent at night, mute groups where there will be chatting through the night (Not ALL notifications are needed either). The phone should be off vibrate on your bedside table. When you wake up and see a message on your phone during the night DON'T read it, check the time, roll over and go back to sleep. Ideally you should try get off devices at least 1 hour before bed. Screen light tells your brain you are awake and sends the hormone Cortisone into your body to give you energy.

- Avoid fizzy drinks or sugary snacks before bed so your body can relax.
- Exercising during the day can help burn up energy, using energy improves sleep naturally.
- Chat with friends, play a game or do something that uses your mind. This “exercises” your mind and also helps improve sleep naturally.
- Look at your sleep area. Is there a lamp that could be turned off? Do you need to clear away stuff on your bed? Is the monitor on standby and the red light could be switched off instead? Could you close the door for peace? In a busy house would headphones help?

Come up with your own tips and write them down below.

Other interesting facts about sleep!

Naps are great. But if they happen in the evening or go on for longer than 30 minutes then they will interfere with your sleep at night.

Sleep happens in a cycle of 5 stages.

You cannot catch up on sleep you missed by sleeping more on the weekends.....it needs to be regular to recharge us.

At different points in our lives we need more sleep like when we are sick but there is such a thing as oversleeping. This has the opposite effect as a proper sleep and can make us feel sluggish and moody.

The sensation of falling when half asleep and jerking awake is called “Hypnic jerks”

15% of the population sleepwalk.

Some people dream in black and white.



Digital well being

“Digital” means electronic technology like computers and the internet. As the majority of your world now takes place on devices or online it is important to keep yourself well. There is a massive amount of information available around keeping yourself safe on social media and minding your mental health online but how much of it do you actually listen to?



The reality is the internet is amazing! You can join a team of soldiers with a boy in Japan through your PS5, you can buy a rare manga comic on eBay, you can use a Google search to find a place selling knock off Monterix trainers. But its also dangerous for our mental health.

Read the following points about your internet/social media usage:

You probably know by now.....things are forever online. Remember this when sending messages or photos.

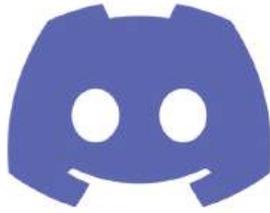
- You can be arrested and face criminal charges for online harrassment, think before you type.
- Your social media use should be mindful of others (Like the popular video you can ask yourself “Is it demure, is it mindful”) and if it isn’t then you shouldn’t be on it.
- You can have unlimited online friends, would you know them if they passed you in the street.
- Pulling “all nighters” in games can take years off your life as its very bad for your health.
- If you find yourself “raging” or getting upset if you lose a game or are off the internet its a sign you are using it way too much.
- Set your social media details to friends only and disable your location so random people don’t know where you are.
- You may feel mature but your brain does not have the neurological capacity to absorb information the same way as adults yet.....too much exposure to information will send you swirling!

The following are tips to mind your mental health and emotional regulation online.

- While you may want to pull “all nighters” on your game it will send your mind into an overstimulated mess. It can affect your cortisol levels (stress hormone) and cause memory loss and will definitely cause mood swings.
- The American Academy of Pediatrics suggests 30-60 minutes of online gaming per day on school nights and 2-hours per day during the weekend.
- Block and report anything that is inappropriate (bullying, homophobic etc) or offensive. Just because its online doesnt mean you have to see it.

Logo quiz

Can you name all of these popular internet logos?



Answers: Spotify, Discord, Reddit, Revolut, Netflix, teams, TikTok, Chrome, Shein, Messenger, Chat GBT, Whats App.

ENDING ON A HIGH NOTE



**This section is here
so you can do some
fun activities focused
around self-awareness
and self-kindness.**

**Having spent your time
going through
the booklet it may
have brought up some
thoughts and feelings
so it is nice
to step away from these
and have some fun!**

Enjoy!

DEAR



FUTURE ME ...

Today I am _____ years old and in 6th class. My teacher is _____

My favourite thing to do in school right now is _____

Next year when we are in 1st year in _____ school I'm excited to start learning about _____

My best friends right now are _____ and when we are together we like to _____, do we still?

When I grow up I want to _____, is this what I still want?

Right now my hope for my future is that _____

It's been nice talking to you future me, Ill finish with this piece of advice: _____

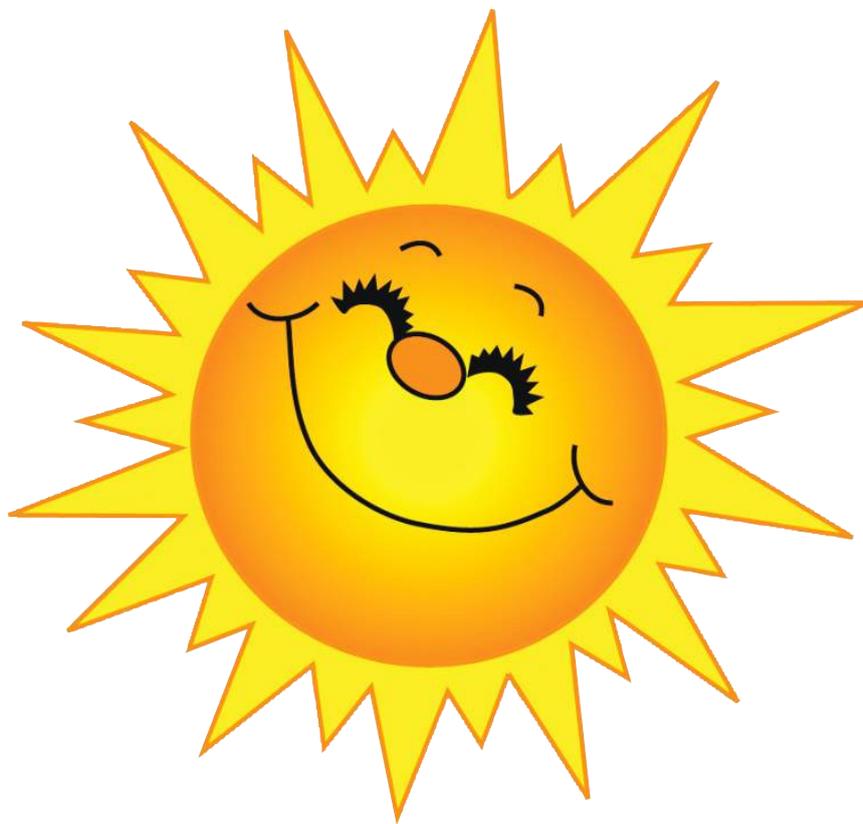
Love from _____

What makes me happy?

Can you think of all the **things** that make you happy?

Can you think of all the **people** who make you happy?

Draw pictures around the sunshine to show your answers to these questions.



Grateful to BE !

What skills do you have that you like about yourself?

What are you really good at?

What have you done this year that makes you feel proud?

List 3 things about your life that you are grateful for:

1.

2.

3.

List the ways you are kind to yourself: *(eg: self praise, keep body fit, do what you enjoy etc)*

KEEP
CALM
AND



BELIEVE



in Yourself



Brain teasers for fun!

1. What has a face and 2 hands, but no arms or legs?
2. What has to be broken before you can use it?
3. What has a neck but no head?
4. Everyone has one and no one can lose it....what is it?
5. What gets wetter as it dries?
6. What is filled with holes but can still hold water?
7. Which side of a cat has the most fur?
8. What word begins with T, ends with T and is full of T?
9. The more you take, the more you leave behind, what is it?
10. What has a thumb and 4 fingers but is not alive?
11. What goes up and doesn't come back down?

Answers: 1. A clock. 2. An egg. 3. A bottle. 4. A shadow. 5. A towel. 6. A sponge. 7. The outside. 8. Teapot. 9. Footsteps. 10. A glove. 11. Your age.

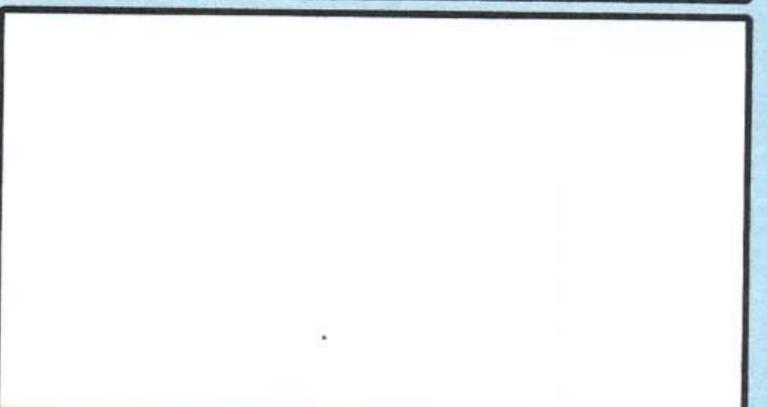
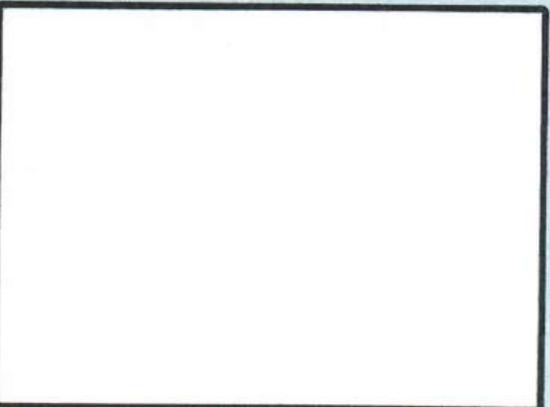
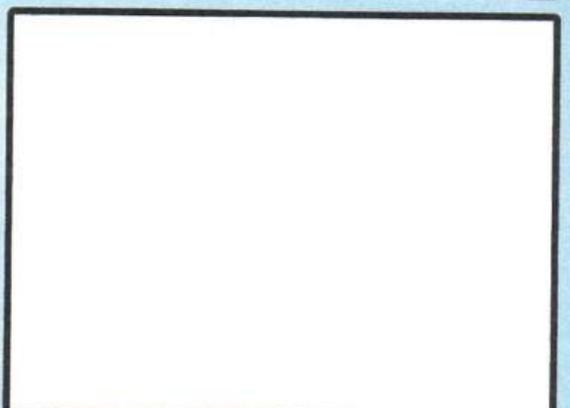
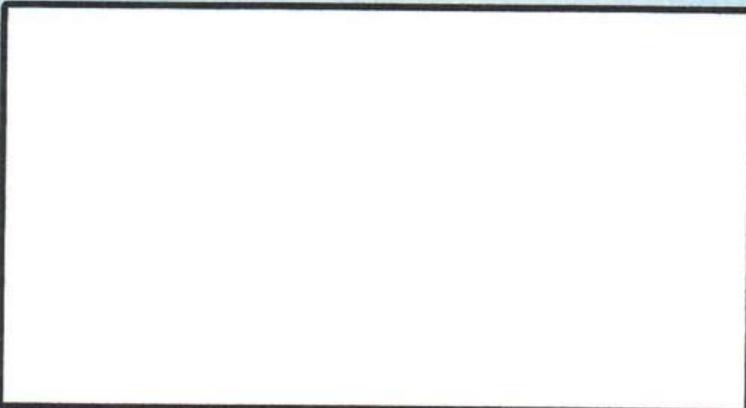
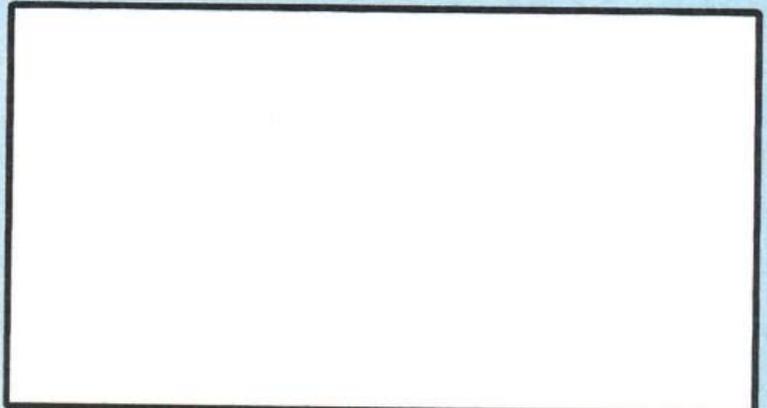
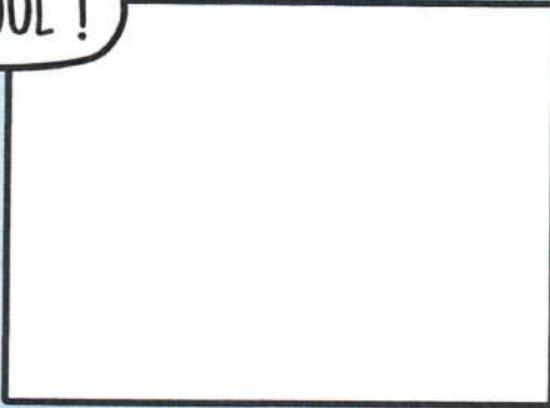
COMIC STRIP CHALLENGE

COULD YOU BE THE NEXT FAMOUS CARTOON DESIGNER WORKING FOR WALT DISNEY OR CREATING STORYBOARDS FOR YOUR FAVOURITE COMIC BOOK?

WOW!

Your challenge is to design a brand new cartoon character and tell a story in the comic strip below. You get to choose the story. It could be about a superhero or an adventure you have on your Summer holidays OR you could let your imagination run wild and create a new race of aliens visiting earth for the first time! Little stick characters are perfectly fine if art isn't your thing.. just let your imagination go wild!

COOL!



MY COMIC STRIP STORY IS ABOUT

THE CHARACTERS ARE





GROWTH MINDSET

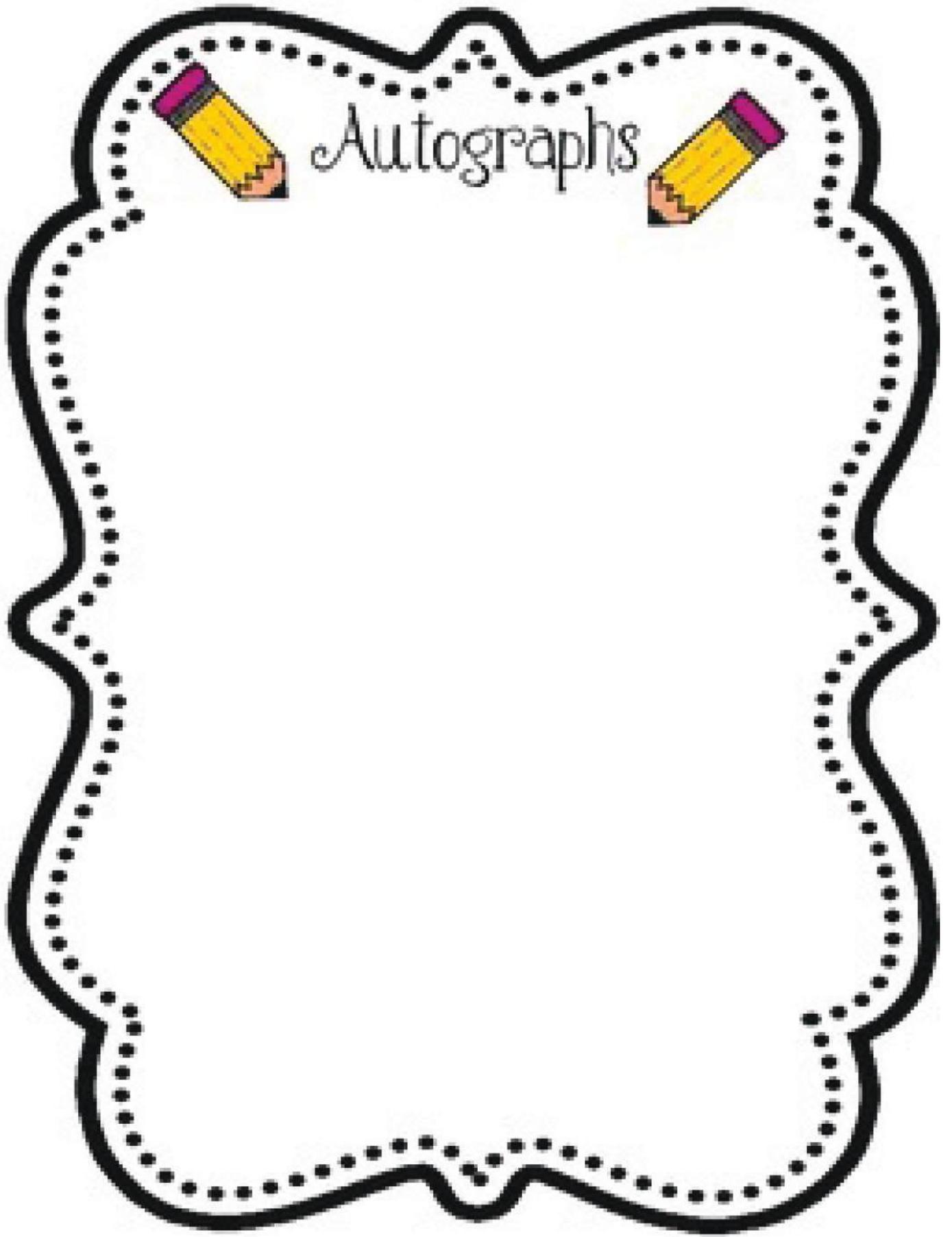
What Can I Say to Myself?

INSTEAD OF...	TRY THINKING...
I'm not good at this	What am I missing?
I'm awesome at this	I'm on the right track
I give up	I'll use some of the strategies we've learned
This is too hard	
I can't make this any better	
I just can't do maths (or reading, or social studies, or writing or science)	
I made a mistake	
She's so smart. I'll never be that smart	
It's good enough	
Plan A didn't work	

INSIDE OUT

Getting to Know my Emotions

My emotion	Feels Like	Sounds Like	A memory when I felt...
 <p>SADNESS</p>			
 <p>DISGUST</p>			
 <p>JOY</p>			
 <p>ANGER</p>			
 <p>FEAR</p>			



NOTES

References and additional information

The following websites and programmes were used to aid in the development of this workbook.

- **Twinkl**
- **NBSS**
- **Mind the Gap transition booklet
(ordered through Springboard Navan for a fee)**
- **On My Own Two Feet Programme**
- **Brainbox.ie**
- **Pinterest**

Here is a list of fantastic websites that also give great resources and supports for the transition journey.

- NEPS (National Education Psychological Services) developed a good practice guide.
<https://assets.gov.ie/41310/df9861ca41154cb08e45749440a330af.pdf>
- A great resource for people with Autism (ASD) from Autism Education Trust that includes practical tools for everybody.
<http://www.learningsupportcentre.com/wp-content/uploads/2016/01/Autism-Education-Trust-Transition-Toolkit.pdf>
- The Wexford STAR Transitions Booklet is available on the STAR padlet under the Toolkits section:
<https://padlet.com/janetcolgan/star-Initiatives-21arwhk4zk9s4z7b>
- Smart moves is a program that is designed to increase young people's emotional resilience when transitioning from primary to post primary school.
<https://www.ispcc.ie/smart-moves/>
- Videos to watch and posters from Jigsaw to help mind mental health during this time of change.
<https://jigsaw.ie/school/primary-to-secondary-school/>
- <https://stepup.ie>

Developed by

Michelle Murphy, Coordinator, Bray North
School Completion Programme 2024.
With the support of Wicklow Child and Young
Peoples Services Committee (CYPSC) and
Tusla Education Support Services (Tess)

