



This month's wellbeing edition is on 'Endings - The end of the school year, class and relationships'.



The end of the school year

As the school year concludes, pupils stand at the brink of a new chapter filled with fresh opportunities. The anticipation of a new school or class brings a sense of excitement and possibility whilst feeling nervous or anxious. It's a time to embrace new beginnings, explore different subjects, and meet new friends. These transitions, while sometimes daunting, offer a chance for new experiences.

Making new friends and adapting to a new environment fosters resilience and adaptability. As one chapter ends, another begins, filled with promise and potential. The end of the school year is not just a conclusion, but with your help and guidance a thrilling prelude to new adventures ahead.

Top Tips

- Stay Positive: Embrace change with a positive attitude.
- Get Involved: Join clubs and activities.
- Be Friendly: Smile and initiate conversations.
- Try new things: even if it is a new activity, a new app, a new skill
- Seek Support: Ask for help if overwhelmed.
- Maintain Old Connections: Stay in touch with previous friends.



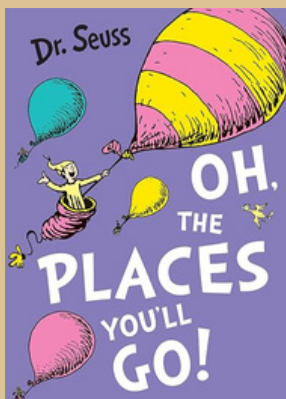
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This poem can be used to assist pupils in the transition between schools, most notably the transition between primary and secondary school.

Use this resource alongside the Writing and Performance Poetry Live Lesson, to encourage pupils to work on their performance techniques such as tempo, pitch and movement, as demonstrated by Tony Walsh.



"Book of the month!"



Take an entertaining look at the adventures life has in store for all of us in this very special paperback edition of the beloved classic.

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Supporting your child's transition to a new school year



Wellness Cloud
Incorporating Parent Cloud



"Dare to dream; then, decide to do." -Annette White.

