



This booklet is here to help ease some of those nerves, as well as giving you top tips from some of our year 11 students.



WORRY WEEDS

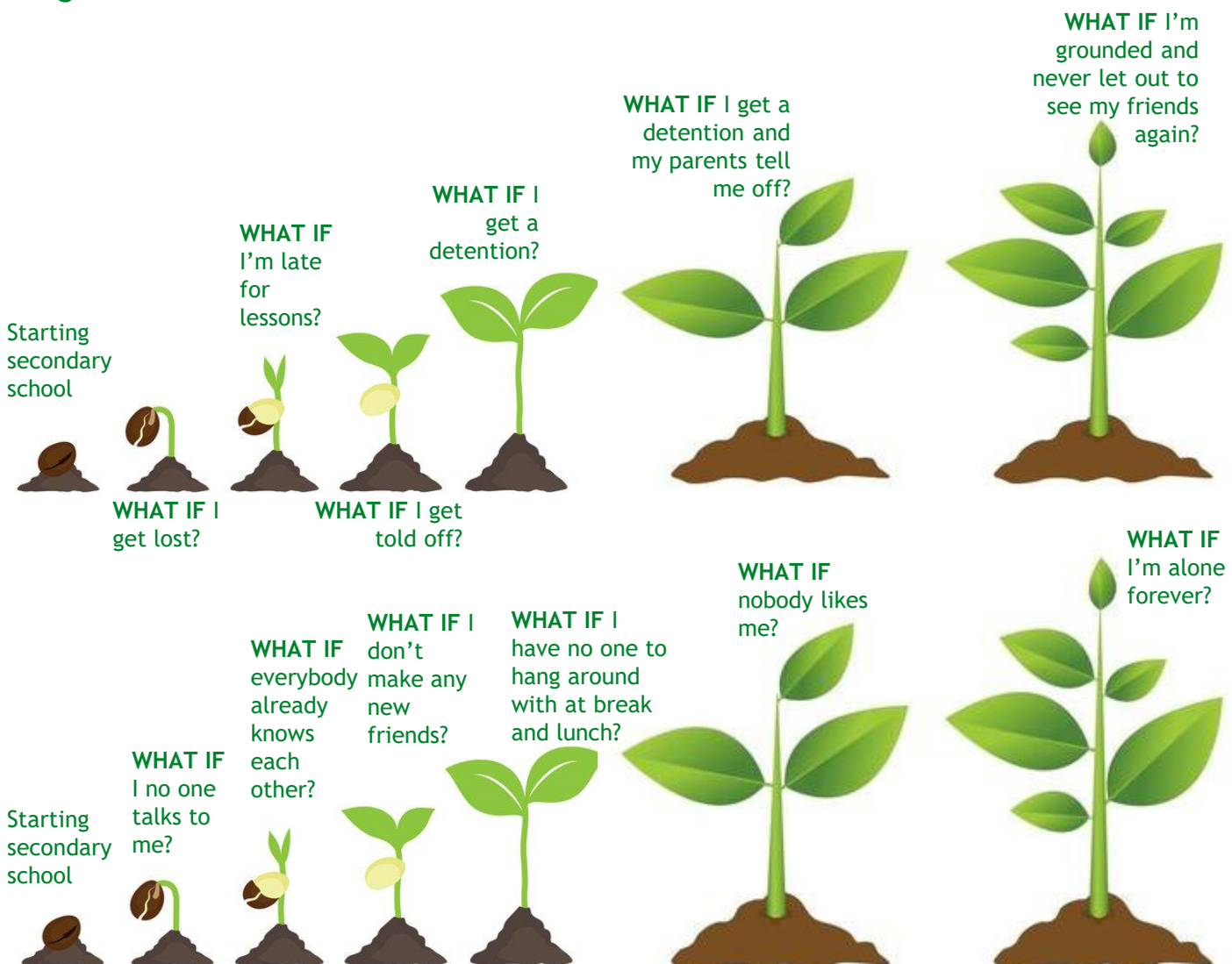
Did you know, worries are a lot like weeds.

When it rains and the weeds get water and they grow big and strong. Worries are similar, the more you think about them, the bigger and stronger they can become.

It's normal to have some worries, and you might be feeling worried about started secondary school.

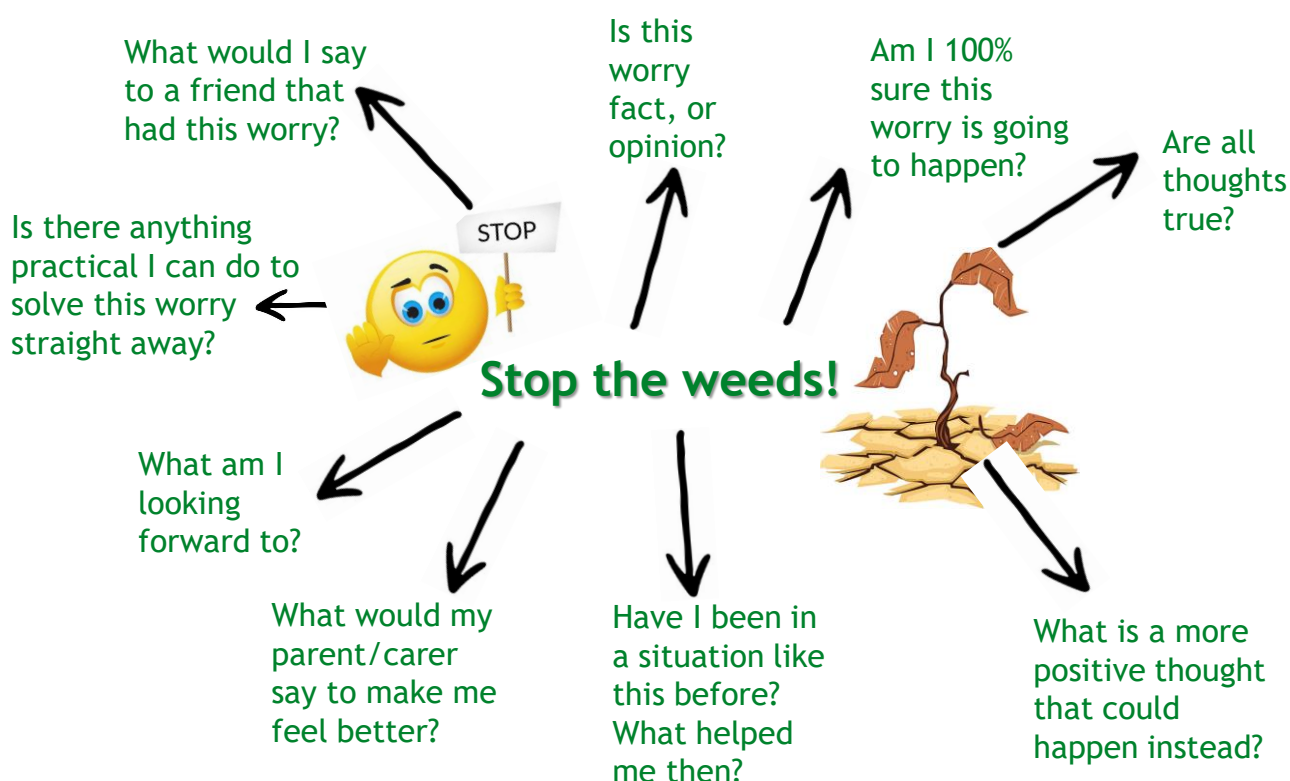
A lot of worries start with WHAT IF, and tend to be us trying to predict what might happen in the future, these predictions are mostly negative, which then makes us worry more.

Worries, like weeds can grow pretty fast and can sometimes take up a lot of space in our heads, a bit like weeds can take up a lot of space in our gardens.



To stop the worry weeds growing big and strong and our worries becoming out of control we can do the following things below to help us. The early we catch the worry weeds, the less likely they are to grow into big worries.

Remember we cannot predict the future, so we need to try and let those worries go. You'll have a much funnier summer holidays thinking about all the things you're excited for in September, than spending that time worrying!



Remember, you've been through change before, whether that's starting primary school, a new school, joining a club for the first time, moving house, doing something new for the first time.



These are all times you've been through change and managed to cope. Think about what helped you in these situations, what went well and what you enjoyed. Remember these things when you're thinking about starting secondary school.



Write down a list of all the things you're excited for, or looking forward to in September and starting at Heathfield!



Form tutors are incredible and are there for a reason! Speak to them if you have any questions, problems, worries.

Good
TO KNOW

Talk to those who sit near you, in classes or on the bus

Lessons are important try not to miss any, but if you do catch up by asking your teacher or looking at your friend's notes, it'll make the lesson easier for you and your teacher.

Don't be afraid to ask for help... from:

- Teachers
- Other students
- Prefects (blue shirt)

This goes for throughout your time here

Be sure to focus throughout the whole of school, the majority of what you learn in the older years branches off from stuff you learnt in year 7 and 8.

You'll get used to the size of the school, it soon begins to feel small

Make sure you know where your pastoral manager is based and what they're there for

Teacher's know your new, they will understand

It's okay to feel overwhelmed in the beginning. Everyone feels that way, you're all new here!

Have the confidence to talk to someone you don't know, everyone in year 7 is feeling the same and wanting to make new friends!

Join a club you will make new friends

Friendships develop and change over time, it's okay to spend time with people you didn't go to primary school with

Try to avoid drama - if it doesn't involve you, ignore it and get on with your day. Other people's problems are not your problems.

The quad is a designated quiet space, keep in mind there is a limit on how many people can be there



Your Wellbeing while you are at College

We're here to listen.



Got questions about mental health, or want to talk to someone about your mental health & wellbeing?

Speak to
your
Tutor

Speak to
your
pastoral
manager



Speak to
your Head
of Year

Speak to
Miss Surridge,
Safeguarding
& Wellbeing
Manager

If you feel unable to speak with someone you can email
help@heathfieldcc.co.uk