**PART THREE YEAR 6**

Hello Year 6! I hope that you were able to complete the task last week and think about some of the important memories you have made at St Mary’s school.

This week we are looking to the future and we are going to think about starting at secondary school.

What is the name of your new school?

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Who is going to the school that you will know already?

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What are you the most excited about?

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Is there anything that you are nervous or worried about?

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Any period of change can be unsettling and confusing, and moving from primary school to secondary is no different. One minute you may be feeling really excited about starting at a new school, then you may feel nervous about leaving your primary school that you know so well. However you are personally feeling is completely normal. Everyone will be having similar mixed emotions.

Take a moment to consider all of the different emotions you experience when you imagine your first day at secondary school. Use your deep breathing skills (in part three of your main booklet) as you do this.

Try to visualise waking up on your very first day and taking a moment to breath deeply. Let your imagination move through putting on your new uniform, tying your tie, going for your breakfast…remembering to breath deeply as you imagine each step.

Now imagine how you will travel to school. Imagine arriving at the school entrance, feeling calm and in control. Recognise that it is perfectly normal and expected to feel nervous and even adults feel a little scared when they start at a new job, for example. No matter how brave others may seem, everyone will be feeling unsure on their first day.

Keep the image of yourself being calm and in control as you walk through the gates of your new school. Keep breathing deeply. Excellent! Now take some time to practice this over the coming weeks. You are going to be wonderful!

If there is anything you would like to share with your teacher at this stage, please write this below and ask your adult to send this to them.

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