

Year 6: PSHE

Growing and Changing: Managing Transitions

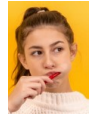
Increasing Independence

As you get a little bit older, you will need to cope with a bit more independence. This means doing things for yourself and sometimes by yourself. With independence comes increased responsibility.

It is very important to remember your rights, especially Article 19: All children have the right to be safe.

You will need to develop 'life skills'. These are valuable skills which prepare you to deal with people and situations that might be a bit difficult to manage, for example:

- getting ready for school on your own and being organised;
- reading a bus timetable and catching the bus;
- going shopping;
- dealing with money;
- being safe online;
- helping around the home more;
- maintaining your own personal hygiene;
- dealing with difficult people and situations in a calm and respectful manner;
- keeping in touch with your family so that they know where you are and that you are safe.



Make sure that you know your address, your phone number and the phone numbers of your family in case you need help.



Transition to Secondary School

Moving to Secondary School is a very exciting time, but it can also be quite a worrying time for some children.



What are you looking forward to?

New friends!
Seeing old friends!
Having different teachers!

Things that can help you to manage change:

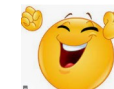
Organised Being prepared by making a plan and finding what you need	Honesty Talking about how you feel and being able to ask for help
Kindness Looking out for and helping other people	Fun Finding time for things you enjoy
Courage Being brave and having a go even when things are tricky	Hope Staying positive and looking for the best in a situation

When you start your new school here are some strategies to help you:

- find out who you can speak to in school if you're finding it difficult;
- take your time to get to know people;
- ask for help if you are finding the work difficult;
- ask someone you trust to do the journey to school with you before doing it on your own;
- talk to a trusted adult about any worries;
- make a homework timetable;
- remember what you are good at;
- think positively - think, "I can do this!".

Sources of Help

- pop a question in the Worry Box;
- talk to a parent;
- talk to an adult in your class;
- ask questions on your Transition Days;
- Childline: childline.org.uk/info-advice



It is normal to have different feelings when change occurs!

Vocabulary

independence	When there is freedom from the control or influence of others.
life skills	These are skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathise with others and cope and manage their lives in a healthy way.
responsibility	To be answerable for something.
strategies	A plan of action which will help to achieve a goal.

CRC Article 12: All pupils have the right to be listened to and taken seriously.

CRC Article 14: All children have the right to their own thoughts and opinions.

CRC Article 19: All children have the right to be safe.

