



New School Year

- **At the start of a new school year lots of things may change. This might include:**
 - ★ **different teachers and other adults**
 - ★ **different classrooms**
 - ★ **different class rules**
 - ★ **different lessons**
 - ★ **different timetables**
 - ★ **and sometimes different children**
- **All these changes may feel uncomfortable at first. It is OK to feel a bit anxious and scared at the start of a new school year. Usually these feelings will go away after the first week or two.**
- **Things that can help include:**
 - ★ **finding out about the changes**
 - ★ **talking about any worries you have**
 - ★ **doing things that help you stay calm**
- **All the changes of a new school year can feel uncomfortable at first but you will soon be OK.**

