



New School

- **Going to a new school is a big change. Lot of things will be different. This can include:**
 - ★ where the school is
 - ★ how you get to school
 - ★ teachers and other school staff
 - ★ where you can keep your things at school
 - ★ where the toilets are and when you are allowed to use them
 - ★ what happens at break time
 - ★ what happens at lunch time
 - ★ how lessons and classrooms are organised
 - ★ new school uniform
 - ★ new school rules
 - ★ different timetables
 - ★ lots of other students
- **All these changes may feel very uncomfortable at first. It is normal to feel anxious and a bit scared when starting a new school. Usually these feelings will go away after the first week or two. Things that can help include:**
 - ★ visiting the new school and finding out as much as possible before you start
 - ★ talking about any worries you have
 - ★ doing things that help you stay calm
- **Starting a new school can feel very uncomfortable at first but you will be OK. After a few weeks in your new school you will feel more comfortable as you learn and accept the changes.**

