

Starting a New School

Will I...

be able to find my way around the school?

be in the same form as my friends?

get along with my teachers?

Will I...

Make new friends?

be able to keep up with the work?

be bullied by older and bigger children?

Will I get lots of homework?

How will I get to school?

What if I forget things I need?



Worry is a normal emotion, and everyone worries sometimes especially when a big change is happening like starting a new school. It's important to know that you can talk to someone if you're feeling worried.

Teachers or the School Nurse are there to help but if you don't feel comfortable asking for support at school, speak to your parents or carers or to an adult you trust.

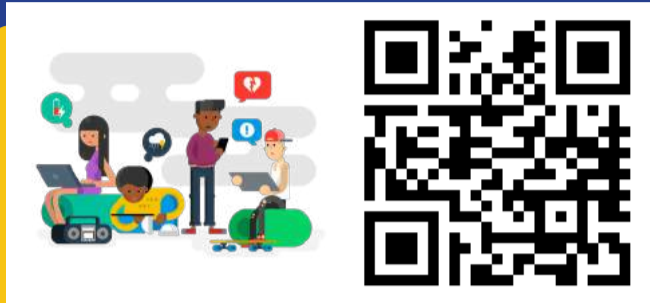
Things you can do to help you with your worries:

- Talk to someone about what to expect starting a new school, how you will travel there and back, what things will you need to take in your bag.
- Try reading, watching something you like on TV, listening to music, colouring, going for a walk or ringing someone for a chat.
- Write down your worries as sometimes writing them down helps.
- Breathing exercises or mindfulness can be found on apps such as Headspace or Calm.
- Exercise helps you feel better.
- Eating healthily can make you feel good and helps your brain develop.
- Be positive and spend time reassuring yourself that the change can be good.
- It's important that you look after yourself and make sure you keep doing the things you like. Making a self-care timetable where you plan in activities that you enjoy could help with this.

WORRY IS A NORMAL EMOTION

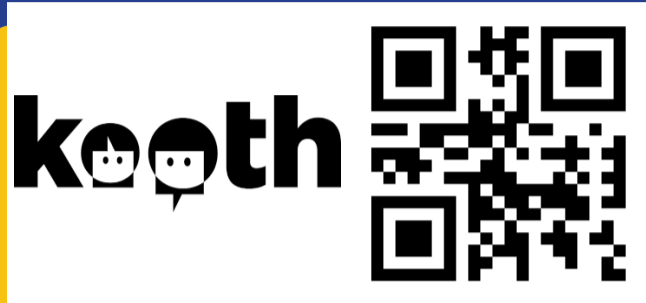
If your worries don't go away, then speaking to someone else might help. Sometimes these people are called counsellors and they help lots of children to work through their worries and feel better.

Here are some services that can offer children your age some help and advice.



Open Minds website provides advice, information and support on local and national services that help children and young people.

www.openmindscalderdale.org



Kooth.com offers safe anonymous online counselling with a qualified professional.

Age range: 10-25years
Opening times:
Mon-Fri, 12pm-10pm. Sat-Sun 6pm-10pm
Contact details: www.kooth.com



Time Out offers the opportunity to 'find your thing', get some simple guidance around emotional wellbeing, managing worries and looking after yourself.

Age range: 10-19 years
Contact details: 07418 311736 (text for a call back)
www.timeoutcalderdale.co.uk



Barnardo's Positive Identities Service offers specialist advice and support to those who identify or are questioning their sexual and/or gender identity.

Age range: 8-25 years
Contact details: 01422 371993 or
PositivIdentities@barnardos.org.uk



The BREW Project offers online 1:1 support sessions with a wellbeing officer or a 1:1 walk and talk service.

Age range: 5-17 years
Contact details: 01422 730015 or
support@invictuswellbeing.com



Calderdale Young Carers Service for advice and support on being a young carer.

Age range: 8-18 years
Contact details: 01422 261208 or
www.calderdale.gov.uk/y/cs



Branching Out offers specialist advice and support around drugs and alcohol.

Age range: 10-21 years
Contact details: 01422 415550



ChatHealth offers a confidential and secure text messaging service to discuss physical health and emotional wellbeing.

Age range: 11 - 19 years.
Contact details: text 07480 635297 or
www.locala.org.uk/chathealth



Open Minds (CAMHS) offers specialist help and support around mental health.

Age range: 5-18 years
Contact details:
www.calderdalecamhs.org.uk

For more tips, information & support go to
www.openmindscalderdale.org.uk