

A large version of the 'be awesome big GO' logo. The words 'be', 'awesome', and 'big' are in a bold, sans-serif font. The word 'big' is significantly larger than the others. The word 'GO' is in a smaller, bold, sans-serif font. A cartoon figure of a person is climbing the letter 'i' in 'big', and another cartoon figure is on the top of the letter 'g'.

The PXL Club Ltd in partnership with Hachette UK

Session 5

Lost but not lost

It is session 5 already! Matthew and Gemma are back to tackle one of the most worrying things many Year 6 students think about when going to secondary school: getting lost!

Matthew Burton



Gemma Oaten



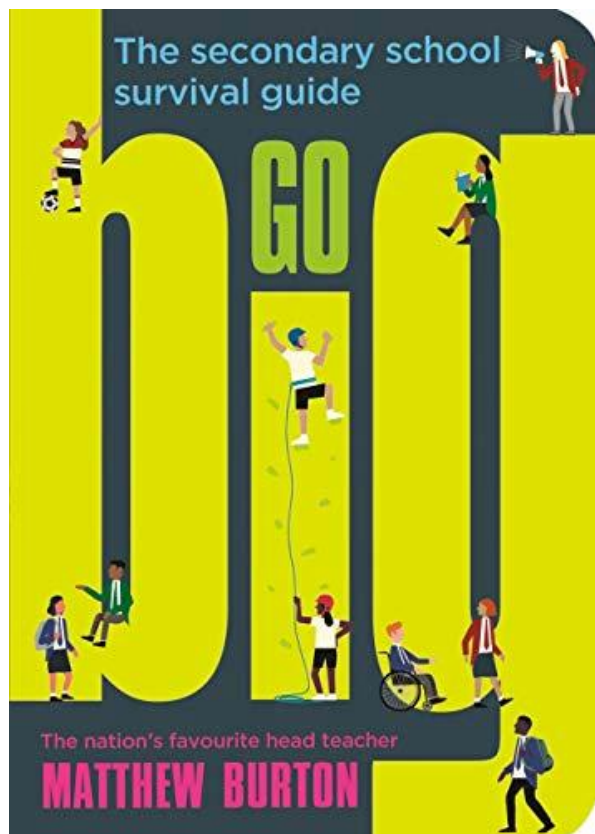
In Session 4, we looked at managing change and all the things that will be different when you go to secondary school.

We looked at some ways of managing that change and encouraged you to have a great first day.

It is going to be a great time to meet new people and to try new things.



Here is Matthew Burton to introduce today's session:



Have you ever felt lost?

Sometimes we all feel lost and it might be during the following situations:

- Moving schools
- Moving home
- Going to a new club
- Playing a new sport
- Trying a new skill or task
- Solving a problem



Starting a new school can make you feel a bit lost **BUT remember that you are NOT ALONE.**



We can often have fears of being lost and that is okay.

You don't need to worry about being lost and here is why!

1. Your class will have some induction prefects who will look after you.
2. Your prefects will show you where to go and will pick you up and drop you off to your lessons for the first couple of weeks.
3. Everyone else in your form class will be feeling exactly the same.
4. Your form tutor is there to help you.
5. You will get a tour of the school when you get to us and, before that there will be video tours on the school website for you to look at..
6. EBHS will be full of staff who want to help you – ask them!

This is what EBHS looks like from above. Although it looks big, you'll find your way around really easily because of the way that the school is laid out...



You might want to have another look at this video too:

<https://www.youtube.com/watch?v=2FbxDzD7pXk>



There are 4 different blocks at EBHS: A, B, C & D and a Sports Centre. There are signposts to point you towards the blocks and each block has a large blue letter on the front to tell you which one it is. If you look closely at this picture you can see a signpost and the letter 'B' on the outside of B Block.

All of the rooms in each block are lettered and numbered from the block's entrance to make them easier to find. So, room A1 is the first room in A Block, B1 is the first room in B Block etc.

A Block is the oldest part of the school. When the school was opened in 1957 the whole school was just A Block! The rest of the blocks have been added over the years.

A Block is the biggest part of the school with 16 classrooms plus: two music suites, a drama studio and the hall where we hold assemblies and school productions. In A Block you will also find: maths; modern foreign languages; food technology and art, music and drama as well as the canteen; inclusion office and literacy and numeracy support classrooms.

B Block has 18 classrooms - you will find science laboratories, humanities, computing, the amazing Learning Resource Centre, (library), the school office, student support area, Year Leader offices, the medical room and the staffroom.

In C Block you will find design and technology workshops, computing and 5 English classrooms. D Block has an additional 3 English classrooms in it. There are toilets and water fountains in A, B and C Block and in the Sports centre.

The Sports Centre has a sports hall, gymnasium, fitness suite and changing rooms. We also have a 3G pitch, tennis courts, rugby and football pitches, playgrounds, an outdoor snack bar oh, and ducks...



Being physically lost is more obvious, but sometimes we can also feel emotionally lost. These are some of the signs:

Missing what you know

Not interested in hobbies

Unable to concentrate



Wishing things were the same as before

Lack motivation

Feeling numb

Feeling hopeless

Feeling helpless

If you are worried then sometimes you can experience:

Feeling sick

Feeling tired or
having no energy

Trouble
sleeping

Feeling tense

Feeling anxious


Having a
headache

Not feeling
hungry



We all have times when we feel a bit strange because everything is different. This is a normal part of going through change and it does pass.





Can you remember some of the support at
EBHS that we talked about in Session 3?
What can you remember?

Here's a recap...

What support is there for me at East Bergholt?

You will have an awesome Form Tutor!

We have a dedicated area which and Mrs Robinson there if you need a chat

of our Year 10
ts are trained

Lastly...we pride ourselves on our values and our strong community. Every member of staff and every student will be there to help and look out for you.

...which is
you will get to
support assistants and
they are always on hand for some
vice if you are struggling.

Remember when Matthew Syed talked about a ‘growth mindset’?
Now is the time to remind yourself of that!

In your workbook or on paper, change the statements on the left so that they are positive and hopeful. Your brain sometimes tells you negative things that are not based on fact. Your job is to tell your brain that there is another way to think and that it is wrong sometimes!

Statement	Transform it!
I won't ever fit in.	This is not true – I will find people who are like me; I just need to find them!
I will always be lost.	
I can't do these subjects.	
I won't make friends like I had in Year 6.	
I miss my primary school.	
One of your own:	

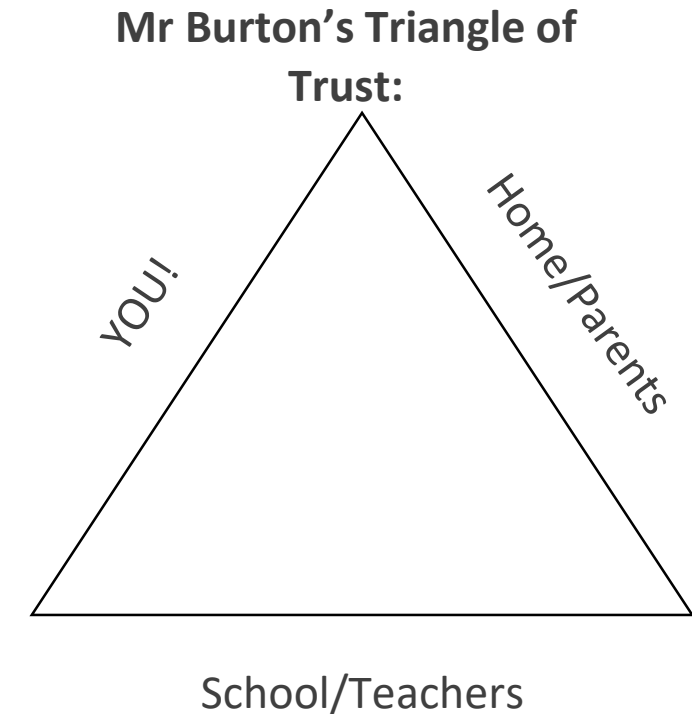
Matthew suggests some ways to help when you feel both kinds of 'lost' – emotionally and physically!

1. Ask your way around.
2. Accept help and find your 'go-to' person – someone you feel able to go to if you have questions or concerns. Your tutor might be that person.
3. Be honest – tell people how you feel.
4. Do your research – work out where things are.
5. Make sure you have your Triangle of Trust (more in a moment).
6. Don't look back – focus on this new world.



This is the Triangle of Trust

- Write down who is in your Triangle of Trust. Put their names on the triangle in your workbook.
- Who can you talk to about different things?
- What three things make you feel happy and good?
- Where is your safe place to just relax?



Starting anything new is both exciting and a bit scary BUT it is worth it because being at East Bergholt is going to build on all of the great things you have experienced at primary school. It is the time when you are going to work out what kind of person you want to be and the kind of things you like.

Soon you will be in a routine and everything will become familiar. That 'new Year 7' feeling doesn't last very long.

After a week, you will start to feel at home.

Now start to let yourself feel excited!



Going to EBHS will be great because you meet loads of new people.

That means there will be more room to swim and more fish to jump around with!

Gemma can help us navigate some of these feelings too.



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