



Session 7

What is normal anyway?

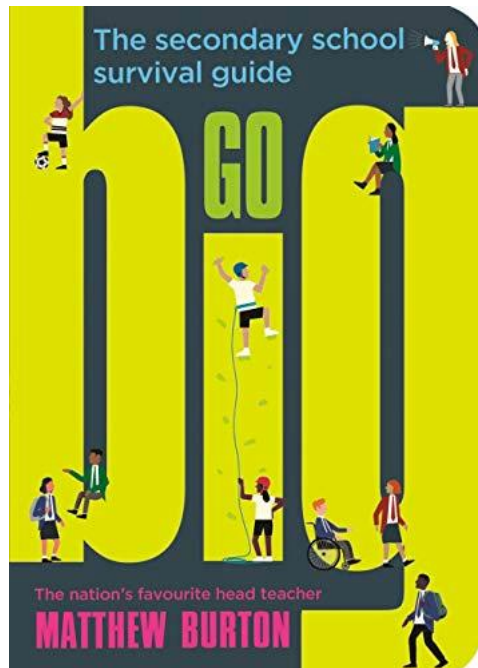


Welcome to Session 7. You know by now that Matt and Gemma are helping us through these sessions.

In Session 6, we learned about the power of bouncing back and that it is sometimes hard but a very necessary thing to be able to do.

We looked at how we handle ourselves when things go wrong and how we can overcome challenges.

Today we are looking at ‘what is normal anyway?’ Here is Matthew to explain some more...



Gemma will be back at the end of the session as usual!

Do you ever wonder what normal is?

- Is it the way someone acts?
- The way someone dresses?
- What people say?
- How smart they seem?
- Who they hang around with?
- What they want to become?



It can be easy to wish you were more ‘normal’ – whatever that means!

‘If you were more like everyone else, you might think you would fit in better. You might also think that ‘normal’ people dress a certain way and appear to do what they should, when they should, acting in a way that society has decided people at this age, from this country, do. But never forget that everyone has those bits of themselves that they don’t like; even the most apparently ‘normal’ person with the apparently ‘perfect life’ in your year will, I guarantee you, have times when they wish they were more like someone else.’

**Live your life and
don't try to be
someone else.**



Just be you and be happy you are.

Every single one of you
is a brilliantly unique
person – embrace that!

If you were more like everyone else,
you might think you would fit in
better.

BUT there is no real normal, and
everyone wishes they were more like
someone else sometimes.



Try out who you are



Secondary school is a chance to find out who you are and discover your possible place in the world. You will get new opportunities to try things out and see what you can do.



**‘Find out who you are
and do it on purpose’**

*Dolly Parton, American
singer and songwriter*

**‘You are beautiful.
It’s okay to be
quirky, it’s fine to be
shy. You don’t have
to go with the
crowd.’**

Alek Wek, supermodel



Transforming you into a superhero – your uniform



Some of the things that people often say when they get to secondary schools are:

‘Why do we have to wear this uniform?’

‘You say I am unique but don’t let me express it!’

‘What’s the big deal about uniform – why is it so strict? Does it even matter?’

Do you know what your uniform will look like at East Bergholt High School? You can find a description here: <https://ebhigh.org.uk/Uniform/> If you would like to see what it looks like there are also lots of pictures on the website of our students looking very smart in their school uniform and sports kits.

In your workbook or on paper:

1. Write down a list of things that you have to wear.
2. What are you NOT allowed to wear?
3. Your equipment is also part of your uniform. What do you think you will have to bring with you in your school bag?

You should be proud to wear your EBHS uniform

Everyone in school is aiming for the same – and creating a sense of belonging is important.

This is **why** you have a uniform.

It is symbolic of your community.



“Putting on a uniform every morning gets you in the zone and makes you part of a team. And, in the same way, a school uniform makes you switch into school mode. You’re part of a school, which is bound together by certain things....”



Rules, expectations, lessons, corridors, classrooms and, yes, you guessed it: UNIFORMS.



“Everyone is wearing the same badge. Everyone **shares** responsibility for each other and should feel that **sense of responsibility.**”

Matthew Burton

When you get to EBHS you will notice that some of the older students also wear badges to show that they are prefects or peer mentors. Part of their role is to help you and help you find your way around and stay safe.

Find out who you are and do it deliberately

Activity:

- Write down all of the ways you are different and unique.
- How may these help you in your new school or in life?



You belong to a new community



You can all have different personalities and have different opinions without wearing different clothes.

In uniform, we are:

- Ready for work
- Looking professional
- Equal
- Part of a community
- Proud to be here
- Important to our school
- Not having to agonise over fashion statements!

We all look the same but express ourselves differently.

As far as uniform is concerned...

whatever the rule is: FOLLOW IT!

Here is Gemma, back again to end Session 7.



© 2020 The PiXL Club Ltd and Hachette UK

This resource may be shared with any primary school Year 6 student in its current form, and parts thereof, to enhance your transition work with students. All opinions and contributions are those of the authors. The contents of this resource are not connected with, or endorsed by, any other company, organisation or institution.

If there are any inadvertent omissions or errors in the acknowledgements or usage, this is unintended and we will remedy these on written notification.

Hachette UK own 'You Are Awesome' by Matthew Syed and 'Go Big' by Matthew Burton, which may be purchased by individuals and schools, should they wish to do so to enhance these resources for students. 'You Are Awesome' illustrations copyright © Toby Triumph. 'Go Big' illustrations copyright © Chris Madden.