



Session 9

Living well

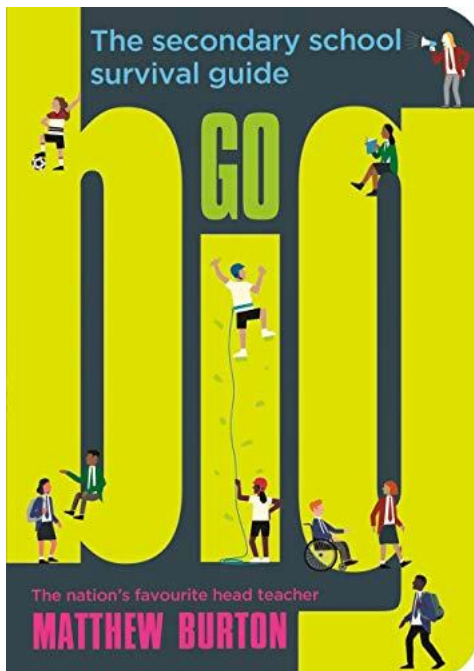


Welcome to Session 9 – our very last session together. Last time, we looked at ‘friendships and fallouts’.

We looked at the kind of friends you want and the kind of friend you want to be.

We explored the idea that sometimes friendships change and that is OK, BUT also that we should always act with kindness in each circumstance.

Here is Matthew Burton one last time to explain how he thinks you can live well as you start secondary school.



You can't function well at school, or in life, if you don't look after yourself and 'live well'.

It is important that you have a healthy body and mind to cope with the transition of starting a new school.



There are lots of different ways you can live well

- Giving yourself a break from technology
- Being kind to yourself and others
- Getting enough sleep
- Being patient
- Keeping fit and staying healthy



Do you have a mobile phone? It is worth taking this advice:

“The simple way to do things is to live by this rule: if you wouldn’t write the message you’re about to send to that person on a T-shirt and go into the local shopping centre wearing it, then don’t send it! If you wouldn’t want that selfie you’re about to send to someone printed on scatter cushions and spread across the sofa in your living room when everyone comes round on a Sunday afternoon then DON’T SEND IT!”

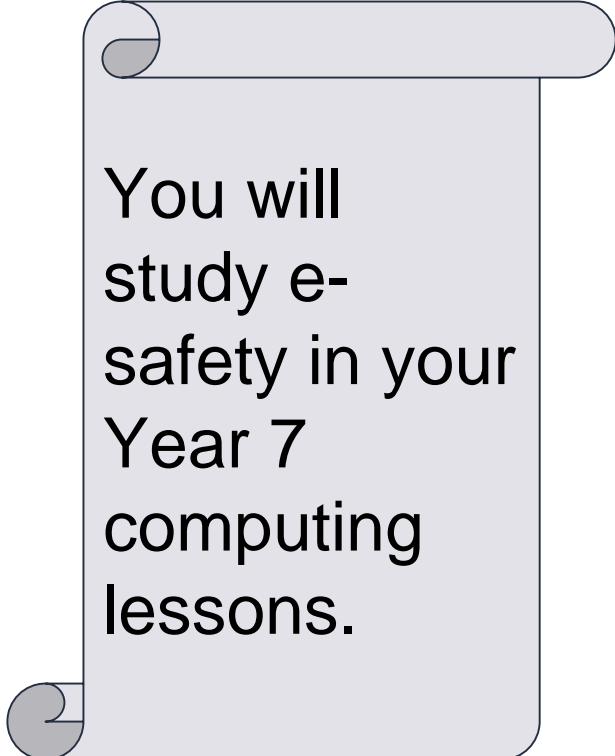
Matthew Burton, ‘Go Big’

Do you know what the EBHS rules are on mobile phones? You can bring a mobile phone in to school but it must be switched off and kept in your school bag at all times. We allow students to have phones to help keep you safe when travelling to and from school. You are not allowed to have your phone out in school.

If you are going to be online more and have a phone now that you're moving to secondary school, then you need to think about this...

“Look after yourself and think about what your actions say about you. Are you proud of that person who's the 'online' you? If so, then brilliant. If not, maybe it's time to make a change.”

You get to decide the person you are going to be!



You will study e-safety in your Year 7 computing lessons.

If you feel under pressure to do things that others are asking of you then remember this:

“When something doesn’t quite feel right, it usually isn’t right and if your ‘Spider sense’ tingles – remember, great power and great responsibility – then say no, and don’t dive in.”

Sleep is so important for you to stay well



It will help you:

- Feel good
- Concentrate
- Learn better
- Improve your memory
- Stay fit and healthy.

Be kind to yourself and others

If you wouldn't say something to someone in person then don't write it down.

Just be kind, be sensible and talk.



**“Try to be a
rainbow in
someone’s
cloud.”**

Maya Angelou
American singer, dance,
actor, writer, poet and
activist

Be patient and keep the faith

- Give new things a chance.
- Don't give up.
- Embrace new opportunities.

Be patient and keep the faith

The connections you make, and the questions you ask in those subjects, are more important than any others. If your starting point in the subjects you don't like is behind where it is in your favourite subjects, then you'll have to try even harder to make more progress and get where you're going. You can either look at that as something to be afraid of or something to challenge yourself with.

“Fear is just an emotion, you can’t let your emotions rule your life...you just have to do what you would do if you weren’t afraid and then go from there.”

Venus Williams
American tennis player



Spend your time at East Bergholt High School being the best version of you.

Spend time finding your way and make the mistakes you need to (and will) make to learn to be even better.

Activity: Keeping yourself well

Write down three things that you are going to do when starting your new school to help you stay well.



“Success isn’t always about greatness. It’s about consistency. Consistent hard work leads to success. Greatness will come.”

Dwayne ‘The Rock’ Johnson
American-Canadian actor, producer and former professional writer



Here is the very final video from Gemma.



So our journey is now over. We have taken you through nine sessions to try and help you be ready for starting Year 7 at East Bergholt High School and to be awesome!

Now it is up to you! You are the one in the driving seat, deciding how you are going to live your life and make this transition. Have a look through your workbook or notebook: have you completed all of the activities? Is there anything that you would like to go back to and look at again?

Thank you for joining us on this journey.

Here is someone who wants to wish you good luck!



**After rain, there's a rainbow.
After a storm, there's calm.
After the night, there's morning.
And after an ending...**

...there's a new beginning.

Go and BE AWESOME as you GO BIG.

Be the kindest, most determined, most resilient cohort that we have ever seen. We can't wait to teach you.



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