

Dealing with Change

Year 8 : All about friendships

Year 9 : Talking about studies

Year 10: Things that seem scary but aren't really

Year 8: All About Friendships

1. Be yourself: It's important to stay true to who you are and not try to change yourself to fit in with a certain group. Real friends will accept you for who you are.

2. Be kind and inclusive: Treat others with kindness and respect. Include everyone in your activities and be open to making new friends.

3. Communicate openly: Good friendships are built on open and honest communication. If something is bothering you, talk to your friend about it calmly and respectfully.

4. Listen and be supportive: Show interest in your friends' lives and be there to support them when they need it. Be a good listener and offer advice or help when appropriate.

5. Resolve conflicts peacefully: Disagreements and conflicts are a normal part of friendships. Instead of holding grudges, try to resolve conflicts peacefully by talking it out and finding a compromise.

6. Be reliable and trustworthy: Be someone your friends can count on. Keep your promises, be there for them when they need you, and keep their secrets confidential.

7. Quality over quantity: It's not about having a large number of friends, but about having genuine and meaningful connections. Focus on building quality friendships rather than trying to be friends with everyone.

8. Respect boundaries: Everyone has different boundaries and personal space. Respect your friends' boundaries and ask for consent before sharing personal information or touching them.

9. Be understanding and empathetic: Try to understand your friends' perspectives and be empathetic towards their feelings and experiences. This will help strengthen your bonds and create a supportive friendship group.

10. Have fun together: Friendship is also about having fun and enjoying each other's company. Participate in activities you all enjoy, make memories, and create a positive and enjoyable friendship experience.



Year 10: Things that seem scary, but aren't really.

Some people think that year 10 is a great big leap from year 9 and that it involves a bunch of scary changes but actually it's not that bad! Here are some answers to common questions and top tips and things about entering year 10 you might want to keep in mind....

Do you get a large workload and lots more homework because you're officially 'doing your GCSEs'?

Although things start to get slightly more serious in year 10 as you properly make your way through the GCSE content and focus more on aspects such as specific exam techniques etc., the teachers tend to be quite organised with how they stagger this information. You do a lot of work in lessons and get a reasonable amount of homework but it can vary as you may have more revision to do than homework and vice versa; for example one week you might have lots of pieces of homework from multiple subjects but the next week it can be less hectic. As long as you try to finish tasks as soon as you can, the workload is something you learn to manage and plan for.



How do you balance all your GCSE subjects?

For any year 9s stressing about the slight increase in workload please understand that it is normal to feel anxious but also think of it in an exciting light. You will be able to go in depth with your chosen subjects which is a great opportunity to learn new things and most skills you learn in one subject is transferable to the other. I would recommend making a timetable for each subject where you allocate 1 hour for one subject and you can do 2 subjects a day or 3 subjects a day. Remember to add rest days as well because you cannot stay inside everyday and I really recommend going on a walk or exercising or just meeting friends in the park regularly as well so you aren't stuck inside numbing your brains.



How hard will the lessons become in yr 10?

As you grow older, the more you need to learn. This doesn't mean that every single subject's content will become more difficult but it does mean you need to be present in lessons. I don't mean this in a sense that you need to simply attend your lessons. I mean you should be actively listening to what your teacher is telling you as this will help you when you have tests coming up and you've forgotten that small piece of information the teacher mentioned in previous lessons. If you don't understand something then ask your friends around you because I know it can be nerve wracking to ask the teacher straight away but if you are truly stuck you need to ask your teacher for help. 99% of the time they will be willing to take as long as you need to understand the material as they'd rather spend a while on it so that you understand fully rather than skimming through and you being left still confused.





Is it hard to make new friends in Year 10?

Because you change forms and have different classes for all the subjects in Year 10 you get 'thrown in' with a lot of people you haven't really spoken to before so the first instinct that most people have is to stay close to your old friends and not interact with anyone in your new form - don't do this. The other people in your new form feel the same way as you do so it's incredibly easy to make friends even if you have a severe case of Introvert Syndrome. Everyone's looking to make new friends as well as a partner for PE lessons so we promise you will fit in. If you're lucky, some of your old friends will know some of your new classmates and will introduce you or you can make new friends together so it's really easy. On a slightly less emotional note, it's really important to know more people in Year 10 because if you miss a lesson it's a pain to catch up when you don't know anyone. So yes, please, please make new friends because it's the easiest thing in the world, we promise!

Is it hard to stay close with your old friends in Year 10?

Even though most people don't end up in a form with every single one of their friends, they still manage to keep in touch with each other - in fact they still talk to each other as much as before! You probably won't have all your subjects together but all the Year 10 forms are right next to each other and you're definitely allowed to go into each other's form rooms for lunch, break and before and after school. So really, it's not hard to keep in touch with your friends at all. Of course, sometimes you do grow apart and you may not be as close as before but that's natural and bound to happen as you grow up and further in life - but it's important to remember you always, always gain more friends than you lose. In conclusion, you will end up staying close with your old friends and you'll have even more new ones!



What if I start to become unsure of my GCSE choices and if they're right for me?

Once you pick your GCSE subjects in year 9 you might have an idea of what taking them onto year 10 will be like, or you might not. Either way it's normal to initially feel that the subject you have chosen is a little different than you imagined it, whether this is in terms of difficulty of the content or how interesting you find what you're learning about! I think that it's important to be patient with every subject and if there's one in particular which you're having doubts about just observe it for a while and definitely talk to your teachers about how you're feeling. However please keep in mind that if you are absolutely sure you want to change a subject you must let the relevant teacher know very early on in the year, probably within the first few weeks so that you don't go too far into the course and then drop it. Teachers and your classmates are always supportive and there to help you with anything you're finding tricky so don't give up on a subject just because it's initially challenging!



Year 9: Talking about studies

When you transition from primary school to secondary school, you will notice that the amount of work given to you in lessons and as homework may be quite a bit more than the amount that you were given in primary school. At first, this can seem overwhelming, but as you settle into secondary school life, you will hopefully be comfortable with the amount of work you are given. We also have some tips for you to help manage your workload and avoid feeling stressed.

a) Use a Homework Diary

In Year 7, you will be given a homework diary in which you will be able to write down all the assignments that you have been told to complete, as well as any additional things you feel you need to remember, such as exams and practicals.

b) Ask questions

We know that it can be difficult to ask about something you don't understand, maybe because everyone else does and you're the only one who doesn't, or for whatever reason, but ALWAYS ASK QUESTIONS! There is absolutely nothing wrong with being unclear on a certain topic, and the only way to understand it is to ask questions about it and practise it until you've absolutely aced it.

c) Do the right amount of homework

At the start of year 7, you are expected to do only half an hour of homework, so that too much pressure doesn't fall on you suddenly. You shouldn't do too much or too little, since the amount assigned gradually increases overtime as well. If you have any concerns, or think you're being set too much, then ask your form tutor, subject teacher or Head of Year.

d) Work it through with a friend if given permission.

Sometimes, the homework set can be stressful as you may not be very familiar with the topic. This is absolutely fine, and in this case, you can work it through with a friend, as long as you have the teacher's permission and you aren't copying answers from them.

e) Use external material

When studying for an upcoming exam, using sources from outside as well as material provided by the teacher is very helpful. For some subjects like Science and Maths, you just need all the revision you can get. Websites such as Cognito, Khan Academy, and more are just so helpful! Flashcards and quizzes from friends/family also come in very handy!

f) Organise your notes

Colour coding notes or splitting them into sections based on difficulty or relevance with other topics is also SO HELPFUL! It's also satisfying and fun, since colourful notes have been scientifically proven to

help with revision and make it more enjoyable and effective. Plus, it makes your notes so neat, which is also a good impression on teachers!

g) Try not to stress when revising for exams

Okay, I know this sounds impossible but there's some pretty simple ways to avoid stress. First, if you're nervous, I would recommend going over the topic and testing yourself again and again until you're completely confident. This way, you can also spot any areas in which you're not doing so great, and practise that so that's not in the way! If that's not working, try listening to some music or a podcast or reading a book to distract yourself. If you know you've gone over everything and are still nervous, then Sometimes it's just best to distract yourself and revise the morning of the test

Other trusted organisations:

Childline:

Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send Childline an email or post on the message boards.

The Anna Freud Charity:

Anna Freud is a children's charity dedicated to providing training & support for child mental health services.

The Samaritans:

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, call 116 123.

Young Minds:

YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need (online).

