

SHQ: What skills will help me when I start at my new school in September?.

At Sketchley Hill, we talk a lot about character muscles and how useful these are in helping us face things in life that we are perhaps not sure about or maybe even a little bit worried about.

There will be lots of questions that you will have about your new school, but don't worry, your new teachers, and the pupils that are already there will do everything they can to make you feel settled and happy very quickly.

For your last activity, we would like you to think about the character muscles that you have used and developed over the last year and consider which ones you think will be especially helpful to you at your new school.

Make a colourful poster explaining which character muscles you will use and how you will use them to be successful at your new school.

To help you out, here is a list of our character muscles and on page 2 of this worksheet, you will see some helpful tips which will hopefully help you too as you think about your new school.

Good luck from us all at Sketchley Hill

Concentration	Reasoning
Making links	Improving
Independence	Imitation
Curiosity	Listening
Self-control	Sharing ideas
Creativity	Questioning
Perseverance	Problem solving
Enthusiasm	Empathy
Compassion	Gratitude
Respect	Integrity
humility	Co-operation
teamwork	Friendship
inclusiveness	Good humour
peace	Kindness
Resilience	Risk-taking
Courage	Confidence
Optimism	Self-esteem
Self-belief	Self-awareness
Feeling safe	Feeling secure
Pride	patience
Tolerance	

Top Tips for Surviving Secondary School!



Look at your timetable and make sure you know where to go and when.



Make sure you have the right books and equipment with you for each lesson.

Teachers won't expect you to get every answer right, but they will be impressed if you try your best and 'have a go' at learning new things.



It might seem hard to make new friends, but everyone is feeling the same way. Say hello!



Sometimes things won't go your way - they will be difficult or unfair or embarrassing. This is normal and happens to everyone, so don't worry. Just say to yourself, 'tomorrow's another day'...

If someone else seems to be having a hard time, try to help. This is a good way to make friends and hopefully they will return the favour.



If you do something wrong or forget something, it's much better to own up straight away.



Believe in yourself! You can do it!

