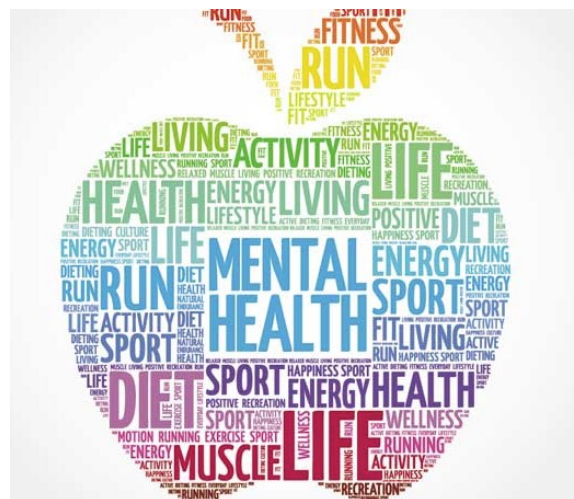


## Summer Term 2024



- **BACES—reminders on looking after your mental health**
- **Transition**
- **Ready for secondary school?**
- **Childline contact**



## Ideas for covering your BACES

For free yoga check out:

[www.yogawithadriene.com](http://www.yogawithadriene.com)

Connecting with others using video calls, phone calls – making a virtual quiz

Taking 5 minutes out for yourself when feeling overwhelmed and stressed

Try some calm breathing techniques

Having a bath at the end of the night to wind down

Remembering to balance screen activity with time off screen

## Are you covering your BACES?

Try to develop a routine using these principles:

**BODY:** Exercise/keep active, eat healthily, get enough sleep, plan rest times.

**ACHIEVE:** Celebrate your achievements, give yourself praise, notice the positives, set yourself realistic goals, and acknowledge the small things.

**CONNECT:** Get involved with your community, connect through hobbies/activities, find time for family and friends, schedule video chats, do nice things for others.

**ENJOY:** Find time for things you enjoy! Feeling stuck? What did you enjoy as a child? Give those things a try!

**STEP BACK:** Find time for relaxation, mindfulness, yoga. Pause and take a breath



## Transition

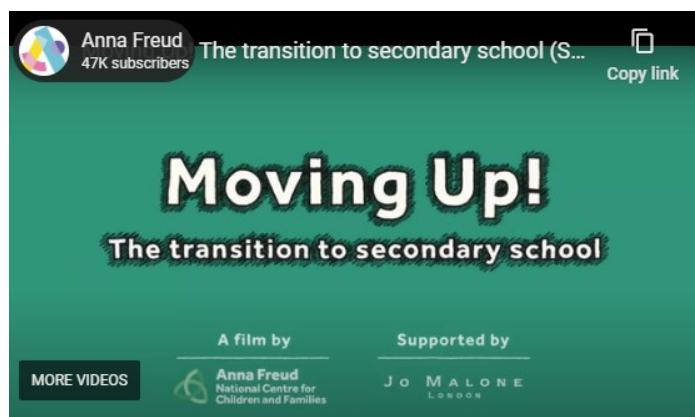
Today is transition day where you will meet your new teacher and find out your new class name.

For some children, this is really exciting and they can't wait to be a year older and wiser and experience getting to know a new teacher. For others, however, this can feel a little bit scary or overwhelming,

Remember that you have been in this position a few times before—you most probably felt the same last year! It can take a while to feel confident to chat to a new adult and to feel like you can approach them. Sometimes older children might tell you things about some of the teachers like 'Oh he is really strict!' Every child has a different experience and relationship with the different adults in the school and you should never presume that your experience will be the same as someone else's.

When you meet your new teacher, be open and positive. Get to know them and ensure you talk to them about how you feel. Remember also that it takes a while to get used to big changes.

If you need to talk about how it went—please come and find Debi or any adult you trust and feel comfortable with.



<https://www.annafreud.org/resources/schools-and-colleges/moving-up-the-transition-to-secondary-school/>



## Staying Safe online during the summer

First think about keeping a healthy balance between getting outside , doing creative things and playing on the computer.

- Never post your address or phone number online
- Don't meet anyone you've talked to online if you do not already know them in person
- Don't send photos of yourself or anyone else unclothed—this is against the law and is a very serious crime
- Don't look at anything you are not comfortable with and if you see something accidentally that concerns you tell a trusted adult
- Don't type anyone's bankcard details into the computer without the owner's permission
- Don't engage in chat room discussions with people you do not know

**childline**

ONLINE, ON THE PHONE, ANYTIME

Remember you are never alone and can talk to  
Childline whenever you need to 0800 11 11