

Notes for Transition Assembly KS3 Year 7

Slide 1:

Have slide 1 showing when the CYP arrive. You could also have Bon Jovi - Roller Coaster playing or showing.

Slide 2:

Congratulate the Years 7's they have made it. Explain that a TRANSITION is a bit like a bridge – they left primary school, waited and planned for arriving at secondary school over the summer and now they have arrived – the last part of the transition.

Ask how many people were nervous this morning – include staff. Find out why?

How many were excited (include staff) Why?

What about both at the same time?

Explain that starting Secondary school is full of emotions – lots of them and that that is perfectly normal BUT also a bit unsettling just like going on a Roller coaster.

Slide 3:

Think about it.

All summer you have been climbing the BIG hill – waiting and preparing to get here.

Then WHOOSH You're flying through new buildings, new teachers, new rules, new faces, new lessons, new sounds new smells new new new!

It can be exciting one minute, scary the next and a bit wobbly after that and then a bit amazing.

Just like being on a roller coaster your feelings go up and down and down and up and may even make you feel a little dizzy. That's all OK

Slide 4:

Let's be honest some of the things you are worrying about are perfectly normal –

Let's think of some, anyone any thoughts?

Will I get lost? Well yes you may do, lots of people do even new teachers!

Tell a story of a new teacher who got lost.

Will I forget something? Yes probably I know I have. Forgetting things, getting confused – its all part of learning.

Will I make friends – yes you will make new friends. Some may even be your best friends for the rest of your life!

Here's a secret – Every Year 7 and new teacher has felt all of these things.

Slide 5:

Everyone has a Worry Monster and everyone has to work out how to tame it and get it under control and not cause them a problem.

Slide 6:

Your brain loves patters so when things change it get's a bit fed up and has to work really hard to work out the new pattern. A bit like a Sudoku puzzle.

Now your brains main job is keeping you safe and alive and it takes this part of its job really seriously. So when things change and its old patterns are no longer around it has to make sense of the new patterns and sometimes it makes a mistake and thinks something is dangerous and so sends your whole body onto high alert.

So what does high alert look like?

Well high alert is all systems working at full capacity - checking for danger, getting ready to fight or run and survive. Hormones are released to get the body ready for anything.

Who knows what sort of things you might feel when your body is on high alert?

Heart racing

Breathing fast

Dry mouth

Need the loo

Feel buzzy

So what can we do when we feel this to help calm our system down?

Ideas from the audience.

Firstly, I find turning my worry monster into a playful puppy helps – Puppies are full of energy and always on the look out for trouble – this way I can imagine my Worry puppy as

needing support. It also reminds me that I am in charge of it and not it being in charge of me.

Secondly I try to focus on my breathing – 6 deep breaths

The next thing is getting my brain working – when we worry our thinking brain goes off line and so thinking can be tricky. I think of a time when I had fun a really good picture then forms inside my head and I can think about it.

Now I'm calmer and my thinking brain is back working I can work out what to do.

If you get worried this week try the 3 step approach and take the opportunity to train your Worry Puppy a bit

Slide 7:

But let's now forget the EXCITEMENT that can come with new things and changes.

You get to discover who you are

You get to make new friends

You get to try new things

You get to start again – a fresh sheet

You get to go on an adventure – and who doesn't like a bit of an adventure.

Slide 8:

So what can you do to help your system stay out of High Alert?

Well you can develop your Year 7 toolkit

What sort of things can you put into it?

Ask the audience – you might like to get teachers prepped to say things

Be kind to yourself

Ask for help

Talk about how you are feeling

Look out for others and be kind

Be brave and try new things

Focus on the positives – the things you have managed, the things that have gone well at the end of each day.

Slide 9:

“You can’t be BRAVE unless you are a little scared” Brene Brown

Every time you feel a little bit nervous it is your opportunity to be brave

Every time you feel worried it is your opportunity to train your worry puppy

Slide 10:

So your mission this week is to

1. Learn the names of 3 new people
2. Ask at least one question when you feel unsure
3. Celebrate one thing that has gone well each day
4. Do one kind thing for someone each day.

Slide 11:

Play ‘This is Me’ from the Greatest Showman as the children leave.