

L.O.: To explore how one can maintain healthy relationships when transitioning into year 7.

PSHE: What makes a healthy and happy relationship

The transition from primary to secondary school is a very exciting time but can often be a bit challenging for some students which is completely normal. Children will be given the opportunity to make new friends, meet new teachers, they will be exposed to a whole new environment and have more independence. However, this can often be worrying which may make it difficult to understand how to deal with it. Remember, your peers may be experiencing the same feelings as you which is completely fine and similar to how you may have felt when you first started primary school.

By focusing on the positives and being prepared on how to deal with any issues, it can help make you feel less anxious and worried about starting secondary school. There are so many things to look forward to such as working with different teachers for different lessons, developing social skills by making new friends from different classes, keeping in contact with primary friends to continue existing friendships, there will be a range of extra-curricular activities to explore hobbies that you may have not known you were interested in, you will be more independent in making choices which will help you to understand life better such as knowing how to deal with negative relationships and avoid peer pressure. Secondary school is a great way to understand yourself as a person and what you're looking for in friends.

Task

Your project in PSHE is to write a diary entry including your thoughts and feelings about transitioning into secondary school. Think about how that it makes you feel about starting school with new friends and teachers, include some tips of what you can do to make new friends and get along with your new class mates, think about how one can deal with bad company and peer pressure. Remember to include both positives and negatives about making new friends when starting secondary school and come up with some tips on how to deal with any issues.

The following tables outlines a checklist for a diary entry which you must include in your writing.

Ensure your diary entry includes the following features:

1. It needs to include a date and start with "Dear Diary..."
2. It needs to be written in first person e.g. "I"
3. Colloquial language (chatty, informal language)
4. It needs to be written in chronological order
5. Include Adverbials
6. Write in the correct tense
7. Remember it needs a lot of self-reflection so include emotive language, thoughts, feelings, opinions, rhetorical questions
8. Make it as descriptive as possible by using figurative language such as hyperboles, similes and metaphors
9. Ensure your work is structured by including clear paragraphs