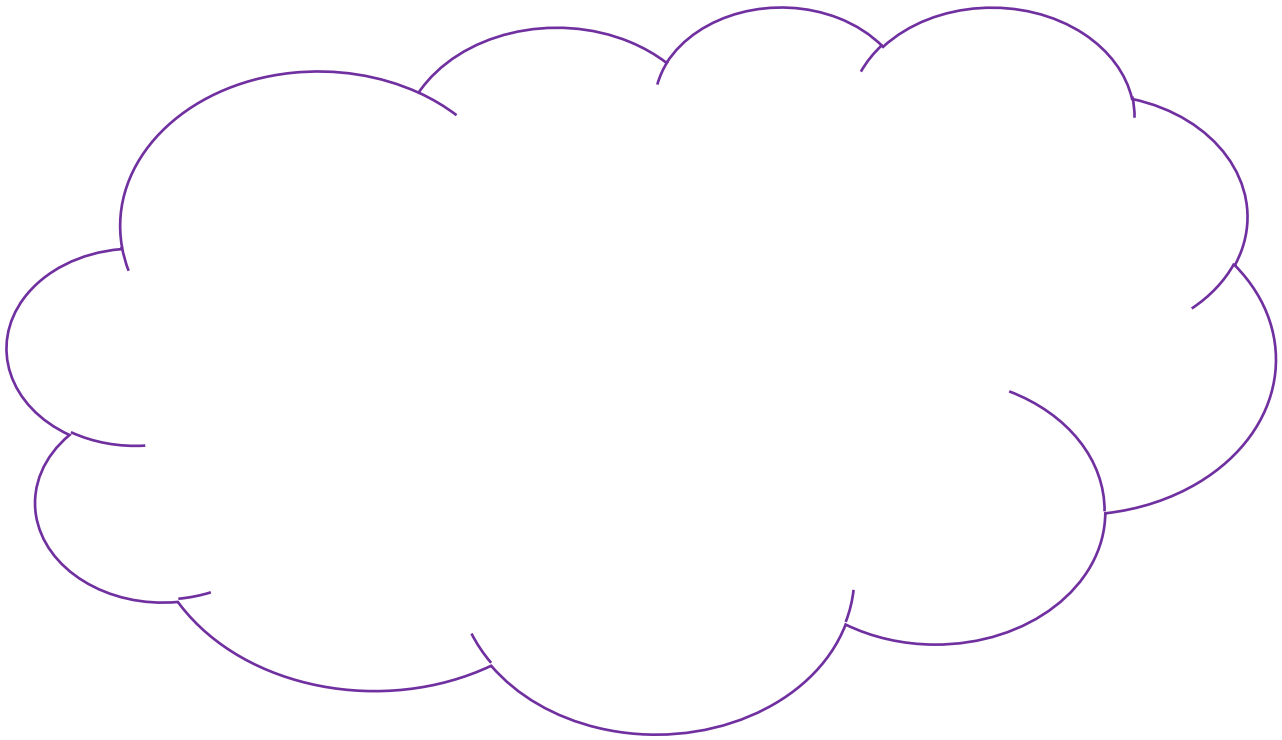


**Resource 1: Changing year groups**



**Resource 2: Questions about my new year group**



**Resource 3: Managing challenges**

<b>Challenge</b>	<b>How could Nusrat manage this challenge now?</b>	<b>How could Nusrat manage this challenge in the future?</b>
Getting lost around the new school		
Not being in the same class as friends		
More homework		
Big lunch hall and choosing a meal		
Don't understand new subjects		
Not knowing the rules and getting a detention		

## Resource 4: Sources of support

Source of support	Advantages	Disadvantages	Rank #
New year 7 form teacher	They will help Nusrat settle in to the school quickly	Nusrat needs to wait for the start of school before she can meet them	
Parent/carer			
Good friend			
Advice website, e.g. Childline or NSPCC			
Someone they know already at secondary school			
The new school's website			
Family pet			
School social media platform			

Friends in private group chat			
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