


This month's wellbeing edition is on 'Endings - The end of the school year, class and relationships'.

1. 

## The end of the school year



THE END OF THE SCHOOL YEAR MARKS A SIGNIFICANT TRANSITION FOR TEENAGERS, SYMBOLISING BOTH CLOSURE AND FRESH STARTS. IT'S A TIME TO REFLECT ON ACCOMPLISHMENTS AND GROWTH, WHILE EAGERLY ANTICIPATING THE NEW OPPORTUNITIES AHEAD. THE PROSPECT OF A NEW SCHOOL, NEW FRIENDS, AND NEW CHALLENGES BRINGS A MIX OF EXCITEMENT AND NERVOUSNESS. EMBRACING THESE CHANGES FOSTERS RESILIENCE AND ADAPTABILITY. AS TEENAGERS STEP INTO THIS NEW CHAPTER, THEY CARRY FORWARD VALUABLE EXPERIENCES AND LESSONS LEARNED. THE END OF ONE SCHOOL YEAR IS NOT JUST A CONCLUSION, BUT A GATEWAY TO NEW ADVENTURES AND PERSONAL DEVELOPMENT, SETTING THE STAGE FOR FUTURE SUCCESS AND FULLFILMENT.

## TOP TIPS

**STAY POSITIVE:** EMBRACE CHANGE POSITIVELY.  
**GET INVOLVED:** JOIN ACTIVITIES AND CLUBS, SMILE AND START CONVERSATIONS.  
**TRY NEW THINGS:** EVEN IF IT IS A NEW ACTIVITY, A NEW APP, A NEW SKILL  
**SEEK SUPPORT:** ASK FOR HELP IF NEEDED.  
**MAINTAIN CONNECTIONS:** KEEP IN TOUCH WITH OLD FRIENDS.

2. 





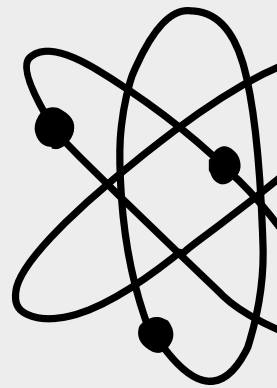
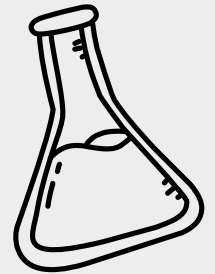
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## USEFUL WEBSITE

[CLICK HERE](#)

GOING BACK TO SCHOOL - GET YOUR TEEN ON THE RIGHT TRACK IN THE NEW ACADEMIC YEAR

THE YEAR IS SPINNING ON AND IT'S TIME TO CHECK WHETHER YOUR TEEN HAS EVERYTHING THEY NEED TO START THE NEW ACADEMIC YEAR ON THE RIGHT FOOT. THAT INCLUDES HOW THEY FEEL, WHAT THEY'LL WEAR, ANY EQUIPMENT THEY MAY NEED AND, PERHAPS MOST IMPORTANT OF ALL, A POSITIVE MINDSET.



4.

## BOOK & APP OF THE MONTH



“Dare to dream; then, decide to do.” -Annette White.



FROM YOUR FIRST DAY TO YOUR FINAL EXAMS, THIS HANDBOOK WILL HAVE YOU ACHIEVING, SUCCEEDING AND BEING THE BEST YOU CAN BE. FIND GREAT FRIENDS, BOOST YOUR CONFIDENCE, WORK HARD AND START BUILDING TOWARD YOUR BRILLIANT FUTURE.

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FEELING GOOD TEENS APP

