

Paving the Way Post



PAVING
THE WAY



Cognus

Autumn Term edition 2022



Back to School





This edition is
brought to you from
pupils at
**Beddington Park
Primary Academy**

welcome back to school!



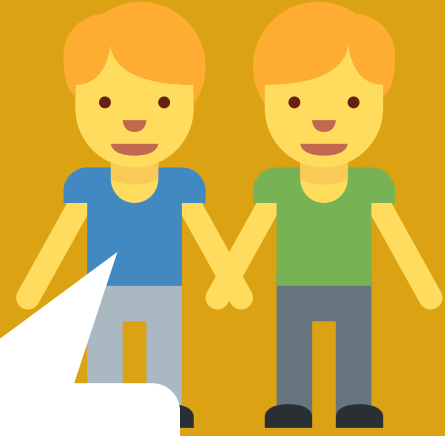


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Friendships



**you can be friends
with anyone even
if they are different**

**You can be friends
with anyone - BD**

**if you're going to a new
school don't act like
someone you are not you
should want friends who
like you for who you are**

emotions

**What if I get lots of home work
that is tricky?**



**Try your best,
do as much as
u can
recomended
by BD**



**talk to a
trusted
teacher or
parent
recomended
by JJ**



I will have a new teacher and be in a new class

what if the rules are different?

I might get told off



I might feel anxious

**Everyone will be
the same as you
and I think you
will all the learn
the new class
rules together!**

**When I have
a worry or
feel anxious
I do
square breathing JJ**



The challenges of being in Year 5!

Things that can get in the way of learning:
Fidgeting and needing to move around most of the time

it's trickier than Year 4, it feels like we are getting ready for high school, its getting closer and closer !!!

**it felt scary going into Year 5
I didn't know what to expect from my new teacher**

I can get overwhelmed and then I don't know what to write

I can be slow to start and then I am told I am disorganised which makes me feel sad

Ideas to help stay on top of challenges of Year 5!

Prompt sheet with hints and reminders!

Knowing that I can ask for help or to check out the instructions even if I have already been told them!

Sticky notes with all the information broken down so it is less overwhelming

Remember!

Have a role to be a 're-capper' for the class after the instructions have been given by the Class Teacher

This will help me to be listening when the instructions are given out

Things that will help me in class



Listening

Being ready for learning



Hand up before speaking

Being organised and having the
right equipment



How can I sneak in movement breaks without
disrupting
the class or getting out of my seat?



Arm massage



Finger pull

Palm push



Arm pretzel



Seat push up



Have you ever had a medical problem or had to visit hospital?

How did you cope?

What tips can you share to help other children experiencing this?

Please tell us.....

**Check out our latest special edition of
The Paving the Way Post!!**

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