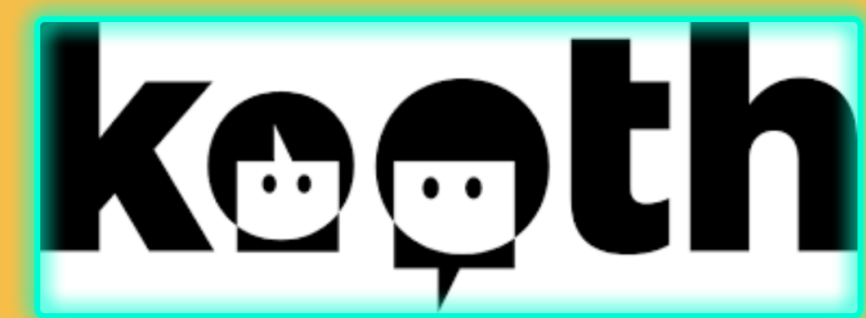


# Who can you talk to outside of JSTC?



[www.kooth.com](http://www.kooth.com)

Kooth offers support on Mental Health and Counselling

[www.childline.org.uk](http://www.childline.org.uk)

Advice on lots of topics - friendships, family, bullying, puberty and relationships.



[www.bettyforschools.org.uk](http://www.bettyforschools.org.uk)

Advice on puberty and periods for girls.

[www.theproudtrust.org](http://www.theproudtrust.org)

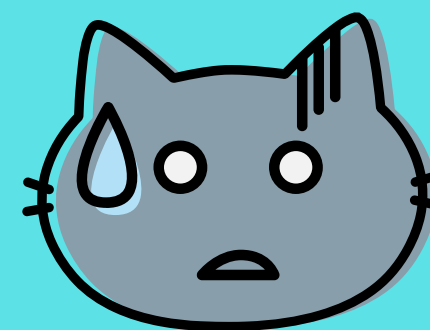
Lots of support for LGBT+ issues including stories and information.



# Things to Remember!

## Everyone is nervous at first!

- Some may feel more nervous than others, but everyone is always a little unsure!



## If you need help, there are lots of people that can help!

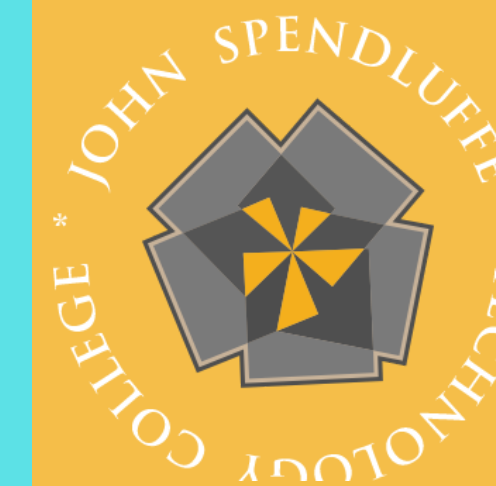
- Look at the "Who can you talk to" pages of this leaflet!



## Everyone has been to Secondary School!

- Your family and teachers have all been to Secondary School. Some have even been to JSTC!

# How to find out more about JSTC.



You can visit the John Spendluffe website at the link below! We have lots of information such as who our teachers are, what subjects we have, a map of the school and even videos!

<https://www.john-sendluffe.lincs.sch.uk/>

Speak to a teacher at the Opening Evening or even at your Primary School! They can find you lots of information!



If you have an issue that you can't find from a family member, teacher or on the website then get your parents or carers to contact us!

Email us at - [office@jstc.org.uk](mailto:office@jstc.org.uk)  
Phone us at - 01507 462443



Facebook:  
John Spendluffe  
Technology School -  
Official



Twitter:  
@JSTCAIford

# Who can you talk to at JSTC?

Moving to a Secondary School is a big step!

You may feel nervous or stressed about getting lost, making new friends or just what JSTC might be like!

Luckily, there is lots of people you can talk to and that want to help!

## Your Tutor

In Year 7, you will be given a tutor who you will see every morning for a 20 minute lesson! They are one of the first people you can talk to if you have any issues!

## The Pastoral Team

Every Year has it's own team of people to help with any issues too! The Year 7 team always deals with Year 7s so they know about any issues you might face - nerves, getting lost, making friends, etc.



## Other members of staff!

If you have any problems though, you can speak to any member of staff! Whether it is a teacher you feel comfortable with, an LSA who helps in your classes or anyone else you might see around school!

# Wellbeing and Mental Health



# Are you feeling anxious?

If so, that is completely oKAY!

Here are some strategies to help you:

## Take pride in a hobby!



Make sure you take time to do something fun. Whether it's gaming, football, dancing, drawing or whatever else you enjoy!



## Keep Active!

It's a fact that exercise reduces nerves! You can take part in P.E. when you're here, or maybe do something after school!

## Eat and Drink well!

Make sure to eat and drink as best you can!

If you're really nervous, you might not feel super hungry but making sure you eat and drink will make you feel better!



## Help Others!

It's also proven that helping others makes you feel better! If you see that someone is upset, see if you can find someone to help! If someone lost, guide them!

Think about the help you might want in that situation!



## Be Yourself!

Most importantly, you should be yourself!

Be honest, Kind and helpful to others. Look after yourself and don't be afraid to give out answers you know or talk about things you know lots about!

