

Year 7	Lesson 3 Managing Change
Ground Rules	Slide of ground rules
Warm-up	<p>Introduction slide with overview of change and how we need to adapt and manage it</p> <p>In Groups of 4:</p> <p>Your family have agreed that you can have a new puppy in 4 weeks time on condition that you are responsible for it</p> <p>This is a group exercise aimed at getting them to consider the impact of change on them and other people, how to plan for and implement it effectively in a structured way</p> <p>Examples of change criteria and Group Feedback and Class discussion slide</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Lesson Aims	<p>Today we are going to - taken from the PSHE Association Curriculum Framework 2014 (updated 2017)</p> <ul style="list-style-type: none"> • Explore and discuss how to manage growth and change as normal parts of growing up
Change	<p>What change is, where it comes from, major or minor and its sources</p> <p>Change comes in many forms, we need to face it and plan and manage it</p>
Moving Schools	<p>This outlines moving schools as a major change and the feedback from students of this from the Bristol Voice survey</p> <p>Class Exercise:</p> <ul style="list-style-type: none"> • What are the areas you need to consider and plan for when changing schools? • What are the proactive things you can do prior to moving schools to make it easier? • What help did you get from family, friends, old and new schools and who did you talk to if you were worried? • What are the skills you need to manage the change effectively? <p>Examples against the class exercise and discussion</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Helping Others to Manage Moving Schools	<p>In Your Groups of 4:</p> <ul style="list-style-type: none"> • Compose a letter to a pupil that is in primary school and will face changing schools in the next year. Give them advice on how to best manage this difficult time. • In it:

	<ul style="list-style-type: none"> – Acknowledge some of the fears and concerns they might have – Describe some of the positive things they have to look forward to – Describe your experience of moving schools – Describe how you coped with the move and who helped you – Describe some proactive things they can do in advance of changing schools – Describe some of the skills and strengths you need to use manage it effectively – Describe some of the challenges you still face and how you are going to manage them – Share this with the class <ul style="list-style-type: none"> • Discussion and teacher to record feedback
<p>Welcoming New Students</p>	<p>In Groups of 4:</p> <ul style="list-style-type: none"> • Pupils often join our school during the school year and it can be difficult for them to ‘fit into’ a new school and make friends • You have been asked to provide a ‘Welcome Rucksack’ to give to the new pupil which will contain a variety of things to help them settle in • What would you put in and why? <p>Each group will present their solution</p> <ul style="list-style-type: none"> • Discussion and teacher to record feedback
<p>Help and Support</p>	<p>Where to go for any help and support and a handout listing organisations they can approach confidentially</p> <p>As School Nurses visit schools at different times and days, teachers need to ensure they cover their schools dates and accessibility rules in this section</p> <p>Teachers need to cover the ‘Your guide to children and young people’s emotional health services</p>
<p>Evaluation</p>	<p>Your reflection and feedback is important!</p> <ul style="list-style-type: none"> • Use ‘What I Learned Today’ evaluation form – students to complete these anonymously and hand them in for teacher to review and assess.