

How can I ensure I have the best start at Trinity?		What makes a positive friendship?		How can I support my local community?	
<ul style="list-style-type: none"> <li>Starting secondary school can be a challenging transition. It is important that we support you in developing the skills that will help you succeed at Trinity. These skills range from being organised, responding to feedback, joining extra curricular activities to following the behaviour policy.</li> <li>Your mental health is also an important part of being successful. Mental health is about looking after your mind. A person with positive mental health is someone who can manage their emotions on a daily basis.</li> </ul>		<ul style="list-style-type: none"> <li>There are many different relationships you may experience throughout your life, such as, platonic, romantic, intimate, familial and professional.</li> <li>A positive friendship should involve trust, loyalty, kindness and fun.</li> <li>A negative friendship may involve violence, insults, lack of trust and peer pressure.</li> <li>Bullying comes in 3 main categories—physical, verbal and cyber.</li> <li>Bullying has severe consequences on both the victim and the bully.</li> </ul>		<ul style="list-style-type: none"> <li>Our local community could be classed as Calderdale, which is a borough in West Yorkshire.</li> <li>It includes Brighouse, Elland, Halifax, Sowerby Bridge, Hebden Bridge and Todmorden.</li> <li>Holly Lynch is currently the Member of Parliament for Calderdale area. She is a member of the Labour Party. She was voted in by Calderdale in 2015.</li> <li>It is important to play a part in your local community to help support the area. You could do this by volunteering for charities and clean up projects.</li> </ul>	
Key Terms		Key Terms		Key Terms	
Mental Health	A person's condition with regard to their psychological and emotional well-being.	Healthy Relationship	A relationship that allows both parties to feel supported and cared for.	Local Community	It is a group of interacting people sharing an environment.
Positive Mental Health	A person's ability to fulfil a number of key functions, including: the ability to learn, the ability to feel, express and manage a range of positive and negative emotions.	Unhealthy Relationship	A relationship that is harmful (physically or mentally).	MP	Member of Parliament. An MP is a political leader that represents a particular area in the country. They are voted in by the local people.
Negative Mental Health	Whilst everyone experiences negative thoughts now and again, negative mental health seriously affects the way you think about yourself and the world and even interferes with work/study and everyday functioning.	Bullying	Behaviour by an individual or group, repeated over time, that is intended to hurt another individual or group either physically or emotionally.	Borough	A town or district.
Growth Mind-set	A growth mind-set is understanding that it takes time to learn skills and knowledge but they keep on trying.	Cyber	Bullying that takes place via technology/online.	Charity	An organisation set up to support people.
		Physical	Bullying that involves physical bodily acts of violence, e.g. punching, kicking.	Support	Give assistance to.
		Verbal	Bullying that uses language to gain power over someone, e.g. insults, excluding others, spreading rumours.	Citizen	A person who lives in a particular town or city.
				Upstanding Citizen	A title given to someone who does their best at supporting their community.
Access to support		Access to support		Access to support	

- NSPCC - [www.nspcc.org.uk](http://www.nspcc.org.uk) (0808 800 5000)
- Mind - [www.mind.org.uk](http://www.mind.org.uk)
- NHS Mental Health - <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

- NSPCC - [www.nspcc.org.uk](http://www.nspcc.org.uk) (0808 800 5000)
- Childline - [www.childline.org.uk](http://www.childline.org.uk)
- National Bullying Helpline- [www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk)
- BullyingUK - [www.bullying.co.uk](http://www.bullying.co.uk)

- Calderdale Council - <https://www.calderdale.gov.uk>
- Holly Lynch's website- <https://www.hollylynch.org.uk/>
- Volunteer in Calderdale - <https://www.calderdale.gov.uk/v2/residents/jobs-and-volunteering/volunteering>
- UK Parliament – [www.learning.parliament.uk](http://www.learning.parliament.uk)

How does puberty impact me?	How can I keep myself healthy?	My Future and why is budgeting important?
<ul style="list-style-type: none"> <li>• Puberty is the process of the body changing. It starts because of hormones in the body.</li> <li>• Everyone starts puberty at different ages. It usually starts between 8-13 if you're a girl and 9-14 if you're a boy.</li> <li>• It can take up to 4 years for all the changes to happen, but sometimes it can be quicker.</li> <li>• Some examples of girls' changes: Breasts may grow, periods may start, spots and acne, hair may get greasier, body changes shape.</li> <li>• Some examples of boys' changes: Facial hair, deeper voice, testicles lower and spots and acne.</li> </ul>	<ul style="list-style-type: none"> <li>• To keep healthy its important to make the right choices for our body. This can include choices around food, drinks, exercise, sleep and substances.</li> <li>• In 2017 30% of children ages 2-16 were classified as overweight or obese.</li> <li>• Yu should aim for at least 30 minutes of exercise per day to maintain a healthy active lifestyle.</li> <li>• Statistics in 2018 stated that over 66% of children tending secondary school do not get enough sleep.</li> <li>• For a child ages 6-13 they should be getting around 8 hours sleep a night.</li> </ul>	<ul style="list-style-type: none"> <li>• A good education makes an individual develop personally, socially and economically. It helps you build new skills that will support you in your life.</li> <li>• Statistics say that a person with a university degree generally earns around 30% more than a person without a degree.</li> <li>• On average you need to gain 5+ GCSEs but many people achieve 9+ GCSEs.</li> <li>• Budgeting is also a key skill needed in life.</li> <li>• Budgeting is about making good money decisions.</li> </ul>

Key Terms		Key Terms		Key Terms	
Puberty	This is the time when your body begins to develop and change as you move from childhood to adulthood. This can include girls developing breasts and boys starting to grow facial hair.	Physical Health	The condition of your body. Physical health is critical for overall well-being, and can be affected by diet, levels of physical activity, and behaviour (for instance, smoking).	Education	Knowledge, skill, and development gained from study or training.
Hygiene	Maintaining health and preventing disease, through cleanliness.	Diet	The kinds of food a person eats.	Aspirations	Hope or ambition of achieving something.
Hormones	Hormones are chemical substances that act like messenger molecules in the body.	Exercise	Activity requiring physical effort.	Goals	The object of a person's ambition or effort; an aim or desired result.
Menstruation	Another word for menstruation is 'period'. A period is the 2 to 7 days that a girl or woman has her menstrual flow, which is when blood and tissue leave her body through her vagina.	Sleep Deprivation	Suffering from a lack of sleep.	Budgeting	Budgeting is the process of creating a plan to spend your money.
		Caffeine	A compound found in some drinks e.g. energy drinks that impacts the central nervous system.	Finances	The management of large amounts of money.
		Addiction	Being dependent on/craving a substance or activity. E.g. Gaming addiction or alcohol addiction.	Loan Shark	A moneylender who charges extremely high rates of interest, typically under illegal conditions.
				Gambling	Taking risky actions with money.

Access to support	Access to support	More information
<ul style="list-style-type: none"> <li>• Child line on Puberty - <a href="https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-facts/">https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-facts/</a></li> <li>• NHS - <a href="https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/">https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/</a></li> </ul>	<ul style="list-style-type: none"> <li>• NHS Eat Well - <a href="https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/">https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/</a></li> <li>• NHS Sleep - <a href="https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/">https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/</a></li> <li>• NHS Exercise - <a href="https://www.nhs.uk/live-well/exercise/">https://www.nhs.uk/live-well/exercise/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Money Advice - <a href="https://www.childrenssociety.org.uk/advice-hub/money-matters/budgeting">https://www.childrenssociety.org.uk/advice-hub/money-matters/budgeting</a></li> <li>• Be Gamble Aware - <a href="https://www.begambleaware.org/">https://www.begambleaware.org/</a></li> </ul>