

## Self-Management and Well Being

As part of our teaching of wellbeing, we have been considering the impact of our behaviours and habits on how well we do in school and beyond, which in turn has a knock on effect on how we feel about ourselves.

Through this, it was apparent that being organised and well prepared is key to our success, wellbeing and developing positive self-esteem.

Having looked and discussed this in class, we thought it would be good to get the perspective of some ex- Meath Green pupils, who have moved onto secondary school and see what they had to say about the subject of self-management.



It was clear from the start that experience had taught the ex-Meath Green students that the key to making a good start and making the most of Oakwood's opportunities, comes from being well organised and prepared. One of the strongest points they made was that keeping on top of the homework by not leaving it to the last minute, being aware and organising yourself the night before so that you were sure to have the equipment and books you needed for the day ahead was definitely the best advice they could give.

Their top, top tip was to start here, at Meath Green. Using the time they have left either to develop or refine the good habits of being prepared and organised. They gave great examples of what this looks like in real terms;

- ✓ Do all homework the day it is given
- ✓ Get into the habit of getting **yourself** prepared for school, making sure that you have kit for PE, games and swimming because at Oakwood if you turn up to PE with kit or a lesson without the books or equipment that you need you get a behaviour point which is a detention

Another added bonus of the visit was the Oakwood pupils were able to dismiss some of the niggling worries that the Yr 6 had about the transition that awaits them in September.

"I don't want to get lost?"- No problems you have opportunities to orientate yourself with the building and also get a map which helps you not get lost.

Other questions were:

"How do school dinners work?"

"How much homework do you get?"

"Are there many clubs?"

Many thanks to the ex MGIS pupils for coming in and for Oakwood for letting them come