

# Student well being during the transition into post primary school

## Listening to the student

*“It is essential that we ask the students themselves  
how they find the experience - we must listen to  
the student voice”*

(NCSE - A study of transition from primary to post primary, report  
no.12, 2013)



**STUDENT WELLBEING IS PRESENT WHEN STUDENTS REALISE THEIR ABILITIES, TAKE CARE OF THEIR PHYSICAL WELLBEING, CAN COPE WITH THE NORMAL STRESSES OF LIFE, AND HAVE A SENSE OF PURPOSE AND BELONGING TO A WIDER COMMUNITY.**

*Junior Cycle Wellbeing Guidelines (2017)*

# Student well being

## What does “being well” look like?



# Research has shown that the transition from primary to post primary is

- ▶ An *educational milestone* in a young persons life
- ▶ It is an experience that ranges from being very manageable to a period of anxiety
- ▶ Majority settle in immediately after a week or two
- ▶ Most in a month
- ▶ Almost all within the first term
- ▶ A few (about 12%) take a bit longer

# For the students - How are you feeling about moving into first year?

- ▶ *For the next few minutes ask yourself*
- ▶ *How am I feeling about the next step into post primary school?*

Nervous

Worried

Excited

Laid back


Anxious

Looking forward to it

Alone

Confident

Mixed feelings



**STUDENT**

**VOICE**

# THE STUDENT VOICE

Hear the voice of the student pre transition and post transition

This is an educational milestone in their lives

- ▶ *What are the students thinking and feeling in sixth class?*
- ▶ *A few months in to first year what are they thinking and feeling?*



# PRE TRANSITION - SIXTH CLASS

- ▶ What are the students telling us?
  - ▶ - “I think I am going to get lost, much bigger building “
  - ▶ - “There are so many new subjects and loads of new teachers”
  - ▶ - “I hope I fit in, I don’t know anyone”
  - ▶ - “My friend said there’s loads of homework and exams”
  - ▶ - “ I like primary school. I think I will miss it”
  - ▶ - “ My brother is in the school but he told me not to annoy him”
  - ▶ - “I think it will be ok, just not the first few weeks”



# Before they start first year.....

Students have **mixed feelings** -

this is an experience that we all view differently

- ▶ Some common concerns
  - ▶ Longer day and bigger school
  - ▶ Keeping up with the work and new subjects
    - ▶ Fitting in and making friends
  - ▶ Getting lost, forgetting things, being organised
- ▶ Settling in, missing primary school, becoming more independent
  - ▶ What if I don't settle in?

## A FEW MONTHS IN .....

- ▶ The good news - for the majority of students the move into post primary is **positive and they settle in quickly and adapt.....**
- ▶ “Its grand - if you get lost you just ask someone”
- ▶ “Its great having different subjects and teachers cos you aren’t stuck with the same one all day”
- ▶ “We get to do new activities like swimming and coding”
- ▶ “I have made new friends and I have some old ones too”
- ▶ “Sixth years don’t bother you”
- ▶ “I think that the day is long but the holidays are better”

- ▶ “I found the books and the rooms hard but it gets better. And teachers forget our names too so they get mixed up as well, its hard sorting all your equipment”
- ▶ “The sport is good. And its good if you get to play a match and go away with a team”
- ▶ “Its actually way better than primary cos you get to do a lot of different things”

# What does this tell us?

Overall the move from primary to post primary

- ▶ Is positive
- ▶ Most concerns are gone within a few weeks
- ▶ Importance of asking for help if needed - students are encouraged to ask for help, to seek support
- ▶ The importance of support - one good adult - someone who supports me and looks out for me
- ▶ Open to trying new experiences and activities
- ▶ Doing your best and keeping up to date with work
- ▶ Well being - taking care of myself

Current first years in St Josephs -  
*How do you feel now a few months in at  
the start of a new term?*

▶ DOING OK      SETTLED IN      TIRED

UNSURE      ENJOYING IT      INTERESTING

▶ FINE

YEAR IS FLYING      SORTED      FUN

OVERWORKED

GRAND      IS IT SUMMER YET?      ACCEPTED

▶ HAPPY      GRATEFUL      SUPPORT      WELCOME

# *Advice from current first years.....*

- ▶ “Don’t just stick to your old friends from primary. Talk to others”
- ▶ “Ask your teachers if you are unsure or you are finding something hard”
- ▶ “The tests are grand - just study”
- ▶ “Don’t leave all your homework for one night, space it out”
- ▶ “I think everyone should talk to people from other classes”
- ▶ “Tell your mum or dad or your form tutor if someone upsets you”
- ▶ “Don’t bring your phone in”
- ▶ “Don’t feel you have to like everything - that’s not going to happen”
- ▶ “Choose subjects you like. And only choose art if you can draw”



# Wellbeing

I am  
**limitless**

I believe in  
my **dreams**

I choose to be  
**happy**

I believe  
in **myself**

**CHALLENGES**  
MAKE ME  
**STRONGER**

**I CAN**  
**AND**  
**I WILL**

**ICAN DO**  
**HARD**  
**THINGS**

fall  
**seven**  
times,  
stand up  
**eight.**

**CHALLENGES**  
MAKE ME  
**STRONG**

# Gratitude.

I feel  
**confident**

**FRIENDS**

**HOLIDAYS!**

**SCHOOL**

I love  
**challenges**



**DREAMS**

I am  
**grateful**

**SPORT**



BE SILLY  
BE HONEST  
BE KIND

**HOME**

**HEALTH**

**FAMILY**

...and  
**wonderful**

**ICAN DO**  
**HARD**  
**THINGS**

**CHALLENGES**  
MAKE ME  
**STRONGER**

**I CAN**  
**AND**  
**I WILL**

**CHALLENGES**  
MAKE ME  
**STRONGER**

**ICAN DO**  
**HARD**  
**THINGS**











A word cloud featuring various positive and wellness-related terms. The words are arranged in a roughly circular shape and include:

- resilient
- helpful
- energy
- well
- active
- secure
- happy
- support
- friends
- confident
- optimism
- kindness
- joy
- calm
- secure
- exercise
- compassion
- healthy
- loved
- balance
- skills
- safe
- self-worth
- content
- grateful
- optimistic
- strong
- peaceful