

## Focus on the positive

What's really helpful to remember is that this is not the end, but merely a change; a chance for you to transition to something new and keep growing as a person. While it may not be possible to mark change through physical celebrations under the current circumstances, we are going to be putting a Prom on for you when we can as we want you to have the chance to celebrate all you have achieved over the last five years.

This does not mean denying negative things, but simply choosing to focus on the things you have enjoyed about being a part of Noel-Baker and the memories you will take forwards.



### What can I do?

It is important that you:

- Share your positive memories of your time at Noel-Baker: which lesson did you enjoy and why? Who was your favourite teacher and why? What's your funniest memory of being at Noel-Baker?
- Ask at least three other people what their positive memories of Noel-Baker were – this may well help you remember things you had completely forgotten about.
- Remember the good times you had at Noel-Baker and the memories you will take with you. Some of you may decide to do this through a year book or autograph book, some of you may decide to create something virtually, or simply keep them in your head.

Here are some links you or other people at home might find useful:

- [How to keep positive](#)
- [Parents: Six ways to support your children as lockdown eases](#)
- [Parents: Five ways to build your child's resilience](#)

