

THE SACRED HEART LANGUAGE COLLEGE  
TRANSITION NEWS





# Welcome

Welcome to the October Transition Newsletter.

This issue will include:

- A message from Mrs. Flynn & Ms. Aggarwal who are the Directors of Study for Year 7.
- Advice on making new friends



## A message from Mrs Flynn & Miss Aggarwal

- Well done year 7, you have nearly completed your first half term with us here at TSHLC. We are so proud of how you have settled in and found your feet.
- Remember Year 7 is about trying your best, giving new things a try, meeting new people and being KIND.
- Remember - keep the RIGHT mindset and you will BE AWESOME!



# Making New Friends

Many of us struggle to talk to new people, but meeting new people doesn't have to be scary. Here are some ideas to help you:

- Use Conversation Starters to Get Chatting



- [More conversation starters](#)



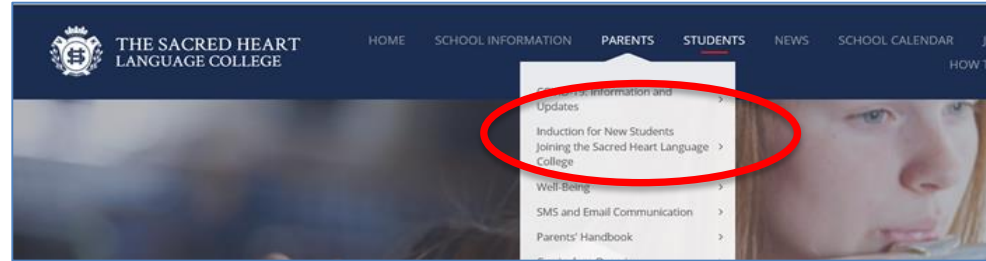
# Friendship

- Spend Time with Your Friend's Friends - it is a great way to meet new people. It can sometimes be easier if you have someone to introduce you and something to talk about.
- A really important value at TSHLC is kindness - Always look out for those alone; try to speak to people who are on their own. Not only will you be helping someone else who might be in a similar situation to you but it usually feels easier to approach one person than a large group.
- Be Approachable – it makes it easier to approach someone who looks like they want to talk to you. Barriers such as negative body-language might put people off.
- Join school activities such as sport – joining in and working with others who are not in your form gives you more to talk about, as well as a wider circle of friends.



# Supporting your daughter- what can we do?

Continue to Visit our website - [www.tshlc.harrow.sch.uk](http://www.tshlc.harrow.sch.uk). We will continue our Transition Newsletter in Autumn term which can be found in [Induction for New Students](#) section with other information.



Follow

**Sacred Heart, Harrow**

@TSHLC

Welcome to The Sacred Heart Language College, Harrow, London.

📍 Harrow, London [tshlc.harrow.sch.uk](http://tshlc.harrow.sch.uk) 📅 Joined November 2013

Like and follow #tshlc on twitter and have a look at some of the activities the students have been involved with over the year.



You should now have received your log in details for Satchel One. Please do use it to monitor your daughter's homework.



# Thank You

Thank you for taking the time to read our Transition newsletter. I hope you have found some useful advice within.