

The School Years and PWS

Things that might be **good** about school:

- Making new friends
- Swimming
- Lunch time
- Dances / discos
- Camps
- Games
- Art
- Choices
- Cooking
- Kapa haka
- Going home!

Things that can be **not so good** about school:

- Bullying
- Being called names
- Tuckshop – the temptation / smells
- Food
- Supermarket being too close
- Open bags lying around
- Bus rides
- Camps – activities sometimes too hard
- Not enough teachers, teacher support or teacher aides

Advice for younger people:

- Bullying - Let someone know about it.
- Label your food – morning tea / lunch.
- Talk to someone about problems.
- Understand and know what a good friend is.
- Try to focus on your positive strengths rather than what you can't do.
- Love and respect yourself.
- Maybe look at alternative schools / learning places if it is not working.
- Acknowledge what and where the problems are. Then make a plan to avoid or decrease them.