

# Back to School

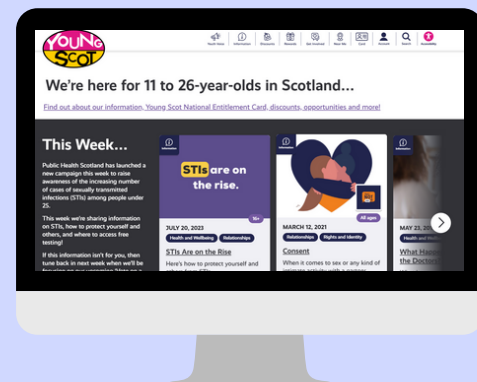
with Young Scot

You made it! Welcome to the new term. It can be exciting and a little daunting to have a whole school year ahead of you but we've got your back.

Young Scot is Scotland's national youth and citizenship charity for 11-26 year olds and we're here to support you throughout school and after you leave!



Young Scot  
National Entitlement Card  
(NEC)



young.scot  
quality-assured  
digital information



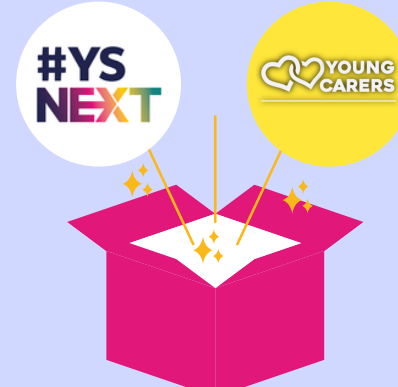
Volunteering  
Opportunities



Young Scot  
Membership



@youngscot



Bespoke  
Packages

Here's how Young Scot can help you start this school year with success!

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Get online and in-store discounts with your Young Scot Membership and Young Scot NEC to help save money on school supplies. Find out where you can get a discount at [young.scot/discounts-and-rewards](http://young.scot/discounts-and-rewards)

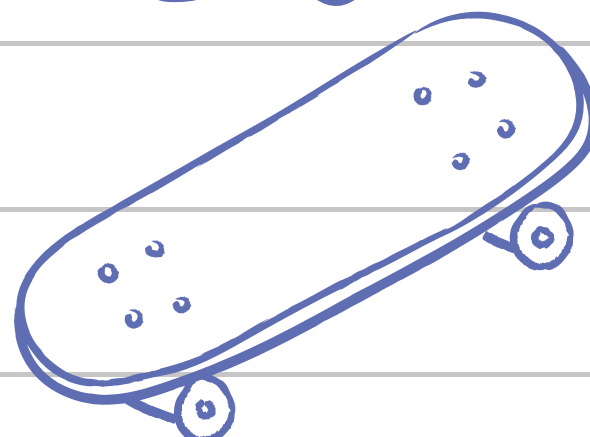
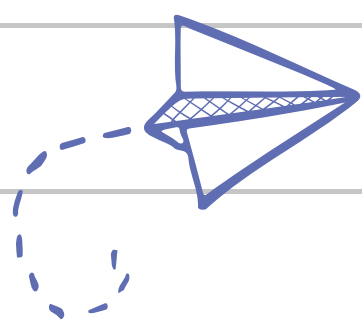
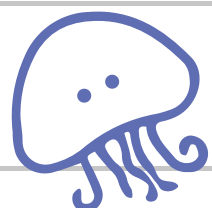
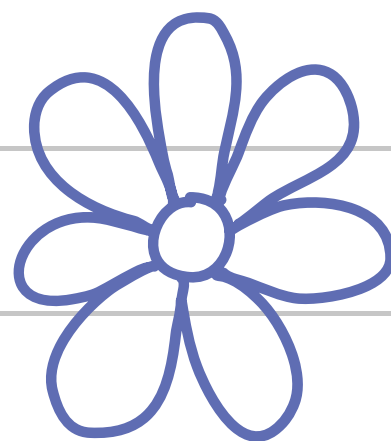
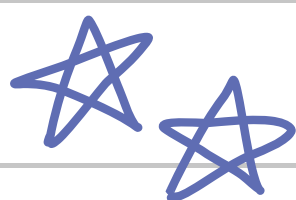
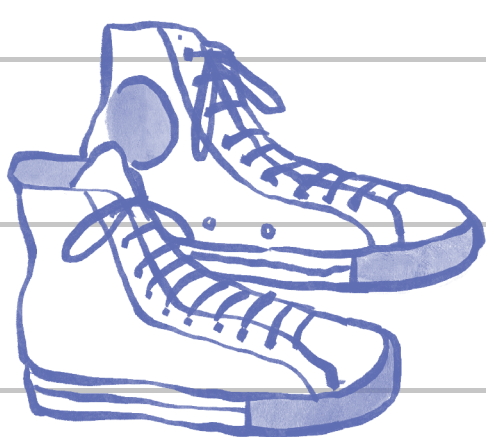


Did you know you can use your Young Scot NEC to pay for school lunches? Speak to your school office to find out more.

Save money with your Young Scot NEC and travel by bus for free! Find out more at [freebus.scot](http://freebus.scot)



Under 22's Free Bus Travel Scheme



Colour me in!

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Looking after our mental health is extremely important, especially whilst navigating the ups and downs of everyday school life.

Check out [young.scot/ayefeel](https://young.scot/ayefeel) for information, videos and tips on all things mental health.



If you're a young carer, sometimes your school work can fall by the wayside.


A young carer is anyone aged 11 to 18

inclusive who cares, unpaid, for a family member, friend or member of their community, regularly and on a long-term basis. No matter how big or small your caring role is, the Young Carers Package is here to provide support and recognition for your hard work whether it's in school or out.

Find out more at [young.scot/young-carers](https://young.scot/young-carers)



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Create a check-list of everything you need for going back to school.

Shoes

Check out our online and in-store discounts on [young.scot/discounts](https://www.young.scot/discounts) like 10% off Schuh and 15% off at BE Uniforms to help you save.

How much money did you save with your Young Scot National Entitlement Card? £ \_\_\_\_\_





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## First Day Back

Sometimes the first day back can be overwhelming and a good way to look after your mental health is to focus on the positives.

Write down one thing that went well on your first day.

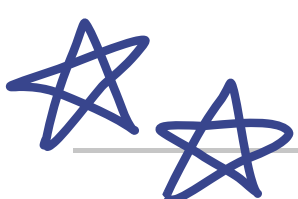


What was your favourite class today?

Write down one thing you learned today.



What are your goals for this year?



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