

STARTING SECONDARY SCHOOL

MY NEW WORLD



1. INTRODUCTION

What is this booklet about?

Starting a new school can be a little scary, but it's also a chance to make new friends, learn new subjects and meet new teachers. Some of these changes might be easy and some might be hard. We can get ready for these changes and make a plan! This booklet will help you get ready for your new school and it is yours to keep.

Choose five adults that can support you with reading and writing or drawing in this booklet, like a parent/carer, uncle/auntie, teacher, social worker or sports coach. Spend some time with an adult to talk about the different sections. Remember you don't need to finish this booklet all at once. Take your time and go through it when you're ready.

When you've finished this booklet, remember to keep it somewhere safe and keep reading it before you start your new school. This will help you feel more prepared with starting your new school.



This pack will help you:

- Think about secondary school
- Use a timetable
- Use a homework diary
- Plan your day
- How to ask for help
- Fix problems
- School map
- Making friends

Progress is impossible without change

George B Shaw

2.

ALL ABOUT ME

This is what I look like...
(Stick in or draw a picture)



Hello, my name is

I am important and special

I am

years old

Things I like/enjoy are

(3 things I enjoy doing at home)

1.	2.	3.
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Things I do not like

(3 things that make me sad or uncomfortable)

1.	2.	3.
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My biggest achievement so far is...

Something I do differently to most people is...

A talent or skill I have always wanted to learn is...

I admire/look up to...

3 interesting facts about my culture/community are (e.g. language, food, clothes, holidays/celebrations):

1.	2.	3.
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3.

HOW DO I FEEL ABOUT GOING TO A NEW SCHOOL?

What am I excited about/looking forward to?

What am I worried about?

CONVERSATIONS

What might help me have the best experience?

How do I feel about Primary school now?

“Be smart enough to know when you need help and brave enough to ask for it”

Gurubogsa

My wellbeing page

Starting a new school can be difficult but it is important to be aware of your emotions and what can help you through each step. Answer as many as you can and discuss with an adult.

What helps you to feel better when you are... (sad, scared, worried, confused)?

What makes you feel happy/at peace?

Where do you feel safest?

What are you grateful for?

Describe a perfect day

What can you do today that you couldn't do a year ago?

When was the last time you tried something new? How did it feel?

What new thing would you like to learn/try?

“
I'm proud of myself, I have learnt a lot since my first day of school. The more I practise, the more I improve. I can do this!
”

What do you hope to achieve in 5 years? What does success look like to you?

How do you feel about change at school?

How do you feel when you make a mistake? What did you learn?

What do you like to talk about to your friends?

What makes a good friend?

How would your friends describe you (e.g. kind, funny, smart, helpful, thoughtful, etc)? (3 points)

1.	2.	3.
----	----	----

What adult do you prefer to talk to and why?

Choose 3 people you know who have gone to secondary school? How did they find secondary school? What helped them?

1.	2.	3.
----	----	----

Should you be like others or be unique? How so?

4.

WHAT DO I NEED TO KNOW ABOUT SECONDARY SCHOOL?

AM I READY?

This next section will help you practise some of the helpful skills you will need, some things will be different from your time in primary school but some things will be the same. Here are some things to think about and compare.

SAME

- You will have a routine
- You will have lessons about lots of different topics in both primary school and secondary school
- You will have break time and lunchtime everyday
- You will still have assemblies

DIFFERENT

- Your lessons might not be in the same class each time and each class might have a different teacher
- Your timetable might be different from the rest of your friends
- You will learn lots of new subjects (languages, music, technology)
- You now have to carry the equipment you need for the day (note books, textbooks, pen, paper)
- You might start to travel to school using different types of transport or without adult support
- You might make some new friends and have different friends from different classes
- There is less play equipment

The next few pages will help you practise skills you will need. Skills like:

- Understanding the day (reading your timetable, the language used around the school)
- What do you need to remember (packing my bag, planning your journey to school)
- What to do if you need help? (if you get lost, don't understand your homework, issues with friends, school work)
- Ideas for making new friends
- Safety online (like cyber bullying, grooming) and how to handle bullying

I am ready to succeed! The best way to learn is to keep trying. I will keep moving forward as fast as I like.

Journey planning

Once you know what school you will be going to, it is a good idea to practise learning the way to get there.

- It helps to know how you will travel to school. You might use bus, train, walking, cycling, car or taxi.
- It helps to remember landmarks (special places that never move), so you know if you are going the right way.
- It helps to travel with other students going the same way.



Write down what your journey might look like.

What are the landmarks that will help you remember the correct way?

What transport will you use to get to school?

What might you be worried about?

How long will you be travelling for?

Understanding the daily routine

When you go to secondary school, you will be given a timetable which tells you all about your lessons. Secondary schools are different because they have lots of different lessons and you need a timetable to tell you when the lessons are, where lessons are and who your teacher is. Each school might use a different table design and some use codes instead of subject or teacher names and classrooms.

TOP TIP

Have a copy of your timetable on your wall to make packing easier

Take a look at the example below and see if you can use it to answer the questions.

Day/Times	Monday	Tuesday	Wednesday	Thursday	Friday
8.45-9.00	MORNING REGISTRATION/ASSEMBLY				
Period 1 9.00-10.00	English Ms Collins Room E5	P.E. Mr Price Gym	Drama Mrs Ted Drama Studio	PSHE Mrs Gills Room H6	History Mr Baker Room H2
Period 2 10.00-11.00	English Ms Collins Room E5	Music Ms Taylor Music 2	Maths Mrs John Room M4	I.C.T. Mr Mkan Room ICT2	History Mr Baker Room H2
11.00-11.20	BREAK				
Period 3 11.20-12.20	Science Mr Rob Room S6	R.E. Mr Forni Room H1	Technology (Food) Mrs Gills Kitchen 1	English Ms Collins Room E5	French Ms Bird Room L1
12.20-1.20	LUNCH				
Period 4 1.20-1.30	AFTERNOON REGISTRATION				
Period 5 1.30-2.30	Art Mrs Smith Room Art 1	Maths Mrs John Room M4	Science Mr Rob Room S6	Technology (Food) Mrs Gills Kitchen 1	Art Mrs Smith Room Art 1
Period 6 2.30-3.30	Geography Mr Jones Room H3	French Ms Collins Room L1	Science Mr Rob Room S6	French Ms Bird Room L1	R.E. Mr Forni Room H1

Quiz

1 What time is science on Monday?

3 Who teaches Math on Wednesday morning?

2 What lesson is period 2 on Thursday?

4 Where is French on Friday?

Match the lesson with the description

FRENCH

GEOGRAPHY

DRAMA

HISTORY

TECHNOLOGY

PSHE

Acting, pretending to be someone or something

Learning about the past - people and things from a long time ago

Making things - textiles, food, design

Learning about countries and nature (volcanoes)

Learning to speak another language

This stands for personal, social, health and economic

Packing my bag for different days of the week



Since you will have different lessons on different days, you will need to pack only the things you need for each day. Some secondary schools have lockers to keep your things in but some don't. If they do not have lockers, your bag will be too heavy if you carry things you don't need. You will need to pack your bag for school the night before.

Look at the timetable above and list what you might need to bring for the day. One has been done for you.

On Tuesday, I will need to bring

- My planner
- My timetable
- Map of school
- My pencil case (will all I need)
- My lunch/lunch pass
- My homework that is due
- My PE kit
- My RE book
- My Math book
- My French book

On Thursday, I will need to bring

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On Friday, I will need to bring

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-
-

B	O	S	H	A	M	E	Y	B	W	J	I	A	M	T
J	O	D	G	D	S	R	U	Z	K	J	N	S	A	W
P	O	O	Y	B	M	S	R	C	S	W	G	A	P	Q
L	V	Y	K	G	P	E	L	M	I	K	R	R	P	Z
A	R	W	X	A	Y	Q	W	E	T	D	E	U	V	S
N	K	J	S	C	P	Z	B	O	I	E	D	L	S	P
N	G	S	Z	R	E	J	S	F	R	V	I	E	F	E
E	A	W	O	M	N	Q	W	L	C	K	E	R	K	N
R	P	T	Y	J	S	U	P	X	I	U	N	S	L	C
T	I	M	E	T	A	B	L	E	S	O	T	L	R	I
X	U	I	P	E	N	C	I	L	C	A	S	E	X	L
Y	R	U	B	B	E	R	E	G	L	I	M	T	W	S
H	F	Y	T	F	B	O	L	U	N	C	H	K	Y	D
H	D	L	Q	A	V	T	I	P	E	K	I	T	P	K
X	I	N	S	T	R	U	M	E	N	T	S	W	D	F

Fill this word search

- BOOK
- BUS PASS
- HOMEWORK
- INGREDIENTS
- INSTRUMENT
- LUNCH
- MAP
- PENCILS
- PENCIL CASE
- PENS
- PLANNER
- RUBBER
- RULER
- TIMETABLE
- PE KIT

Organisation and preparation

Keeping organised and prepared is important to help you have an easier day.

It is useful to have a good memory, but you might use a planner in secondary school to help you. This might also be called a homework diary or journal. You can use it to write reminders of:

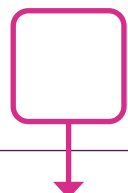
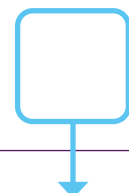
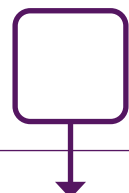
- What homework you need to do
- When it needs to be finished and handed in
- What lesson the homework is for
- What you need to pack in your bag to bring to school
- Notes for reminders
- Notes from teachers to parents/carers

It is a good idea to check your planner the night before and organise your bag, so you know what the next day might need or look like. This is how to be prepared.

Every school uses a different design to help you remember. See one example below and label what the sections are used for:

1. What homework you need to do
2. When your homework needs to be finished and handed in
3. Which lesson the homework is for
4. What you need to pack in your bag to bring in to school
5. Notes to help you to remember things
6. A space for teachers to write messages to the adults you live with

Week beginning: 9th September 2024					
Subject	Homework	Due	Subject	Homework	Due
			English	Finish homework	16.09.24
Subject	Homework	Due	Subject	Homework	Due
French	Write a paragraph about my weekend	Friday		Assembly	
Subject	Homework	Due	Notes		
Food tech	Bring in cake ingredients	Tomorrow	Jen has shown excellent behaviour this week. Well done Jen! (Ms Collins, English)		
			Teacher signed		
			Parent/care signed		



Using a map

These activities are to help you feel ready for finding your way around your new school. One of the things that is different about Secondary Schools is that they are big. Instead of staying in one room most of the time, you will be doing lots of different lessons in different rooms, including new and exciting ones!

This map is a bit like the one you will get when you go to your new school, but not the same. You are going to think about what it shows and practise using the map to get around.

Start by taking a look at the school map, and thinking about what the map tells us. Look at the key and have a look at what the different colours and symbols mean.



Map quiz

- 1 Where do you need to go for your lesson after break on Thursday?
- 2 Where would you go to buy lunch?
- 3 Which room do you need to go to for your last lesson on Thursday?
- 4 Where do you need to go for PE?
- 5 Where do you need to go to for your lesson after lunch on Friday?
- 6 Where do you need to go for your last lesson on Tuesday?
- 7 What room is next to the music room?
- 8 If you have a dentist appointment and you get to school at 11.30am on Monday, what building and floor would you go to?
- 9 Where would you go for assembly?

Asking for help

At secondary school, sometimes there might be a problem and you don't know what to do. That's ok, and it will happen to everyone.

Be confident enough to ask for help when something is difficult or confusing, it is a sign of strength. There is always someone who will be able to help.

Some things you can do are;

- **Ask your teacher** – they are there to help you
- **Ask a friend** – they might have had the same problem or remembered what you forgot
- **Ask your parent/carer** – they might have a good idea of what to do next
- **Ask the school office** – they will have useful information
- **Check your homework diary/planner** – there is lots of information in here too

Sometimes even when you're doing good listening, you might not always hear or understand what someone has said. You might ask someone to say something louder or slower to help you understand.

I feel confident enough to ask for help when something is difficult or confusing. Asking for help is a sign of strength

Making friends

Everyone in your year will be in the same position as you but you can find people who you might like to spend the most time with. These people might have the same interests as you or know something you are interested in learning. It will take some time to get used to everyone and build trusting relationships, so give yourself time.

- Be brave and join a club for a topic you like. This way you can find other people who like the same things as you, and you can share your interests
- Ask people questions about their interests to see if there are similarities to yours
- Take turns to talk and share interesting facts about yourself and your interests
- Be a good listener so the other person feels respected and enjoys sharing with you
- Be honest if they say something that upsets you or makes you feel uncomfortable
- Remember, it is likely that everyone is feeling just as nervous or worried as you because you are all in the same situations. They may show it in different ways



Conversation ideas

- How are you today?
- Can I help you with...?
- Do you like...(sport, books, food, games, TV)?
- Do you have...(siblings, pets, games)?
- Would you like to play/join me?
- What do you like doing that's fun?
- What did you do on the weekend?

Things are never quite as scary when you have a friend
Bill Watterson

Safety online and offline

The adults in your life try their best to make your world safe but sometimes things happen without them seeing or noticing. It is important that you know how to keep yourself safe too. Dangers can appear online and offline, in social situations and in the wider world. Here are some tips of what to do if you feel unsafe or notice something.

Something that could make you feel unsafe includes; threatening, swearing at you, bullying, aggressive talk, asking for personal information, encouraging unsafe behaviours, sharing unsafe images or offering expensive gifts. Always talk to a trusted adult if you experience any of these things or if you are worried about something that has happened.

Online

- Block unsafe or unkind people
- Report the incident and inform an adult
- End the interaction/game
- Delete the apps you are using
- Only play or talk with people you already know

Offline

- Tell a teacher (Head of Year, Form Tutor or Class Teacher)
- Tell your parent or carer
- Speak with a trusted adult for wellbeing and mental health (Place2be, school counsellor, a class teacher you like)
- Be an upstander – protect your friends. If you think someone is being unsafe or attacked, **get help from an adult** or speak out (if it is safe to). Do not introduce your friends to people who may be unsafe to them



You can find help, advice and report issues online using the links below

- www.childline.org.uk
- www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/
- www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/
- www.youngminds.org.uk/young-person/coping-with-life/bullying/
- www.kidscape.org.uk/advice/i-am-a-young-person

5.

WHAT DO I WANT MY NEW SCHOOL TO KNOW ABOUT ME?

This page is for you to share with your new school if you like.

What am I good at?

What do I enjoy learning about?

What helps me learn best?

What do I find challenging?

What do I like about my current school that I want to stay the same in secondary?

What do I not like about my current school that I want to be different in secondary?

What rewards/achievements have I received?

What do I want to do when I am older?

What questions do I want to ask my new school?

Five People I Trust

Write the names of 5 adults that you trust, one name on each finger. These are people who listen to you, believe you, and help you with things.



MY NOTES

A large, blank white rectangular area with rounded corners, intended for writing notes. The area is framed by a dark purple border.

SOURCES

- Bigtalk cards
- SEYIS 2020 Primary to secondary transition pack
- SEN and SEYIS COVID-19 Promoting positive transition for SEND pupils during and after the crisis
- Secondary school readiness pack by Paula Chapman and Jessica Page
- Transitioning from year 6 to year 7 for Looked after Children by Laverne Edward
- EPS - emotion coaching
- ECASS successful start to secondary
- Ark John Keats Year 7 pupils
- [Internetmatters.org/advice/11-13](https://www.internetmatters.org/advice/11-13)



