

A guide for Year 6 Children

Getting prepared for the move to your new school

**NAME:**

**SCHOOL:**

**Moving to Secondary School**

Moving to secondary school can seem like a *huge* thing. There are so many questions, worries, concerns and ‘what ifs’ that go through our head when we have to make a change. That’s natural. Change means something ‘different’, something ‘new’. Because it’s new we don’t fully know what to expect. Who wouldn’t be just a little bit worried about that?!

Moving to a new school may seem as if there will be lots of things to worry about, lots of things you won’t understand and lots of corridors that will make you feel lost. The truth is that most Year 7 children say the same things about starting secondary school.

* ***“It was a bit scary at first but once I went through the door it was fine”.***
* ***“It’s brilliant, SO much better than primary school!”***(Sorry primary school teachers!)
* ***“You do get a bit lost at first but by the end of the first week you’ll know where you’re going”.***

This booklet will give you a head start on getting prepared for secondary school. It will cover all of the things that year 6 children typically worry about or questions in terms of moving to secondary school. From getting lost and not being able to find your way around, to how hard the work is and whether you will make new friends. It will also hopefully prove that secondary school may be a very exciting next step!

**Feelings about going to secondary school?**

How do you feel about moving to a new school at the moment? Put a tick in the boxes that show how you feel about moving to a new school.

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|  | OK | DON’T LIKE | EXCITED | WORRIED | NOT SURE | NO BIG DEAL | GREAT | SAD | ANNOYED | SCARED |
| Having more  homework |  |  |  |  |  |  |  |  |  |  |
| A new journey  to school |  |  |  |  |  |  |  |  |  |  |
| Using new equipment in science, DT and PE |  |  |  |  |  |  |  |  |  |  |
| No longer being  with all your  friends from  primary school |  |  |  |  |  |  |  |  |  |  |
| Being the  youngest in the  school |  |  |  |  |  |  |  |  |  |  |
| Being put into  groups for more  subjects |  |  |  |  |  |  |  |  |  |  |
| Having lots of  different teachers |  |  |  |  |  |  |  |  |  |  |
| Being in a much  bigger building |  |  |  |  |  |  |  |  |  |  |
| Making new  friends |  |  |  |  |  |  |  |  |  |  |
| More difficult  work |  |  |  |  |  |  |  |  |  |  |
| Having to carry your  things with you |  |  |  |  |  |  |  |  |  |  |
| Having to move  around to different  classrooms |  |  |  |  |  |  |  |  |  |  |

**The Journey to School**

One of the first things that will be different for you when starting Year 7 will be getting to school. Unless you’re lucky and your secondary school is right next to your primary school, it will most likely mean that the journey to school will be different. Your new school could be closer to home or further away. This may mean you have to travel in a different way, such as getting the bus or cycling.

Do you know how you’ll get to your new school? Draw a picture showing how you will be travelling to your new school in the box below.

**The Journey to School**

**When travelling to your new school there are certain things you’ll need to know in order to get to school on time. Look at the list below. Make sure you find these things out if you don’t already know them before that first journey to school in September.**

**To get to school on time you need to know:**

* What time schools starts
* When you have to be in school
* What time you have to leave the house
* How long it takes to get there
* What is the quickest and more importantly *safest* route?
* Where you can cross the road safely

**If you plan on taking the bus to school makes sure you know:**

* Where the closest bus stop is
* Which bus to get - find out the number of the bus or whether a scholars bus can pick you up
* How long the bus takes to get to school
* Where to get off the bus (if it doesn’t drop you right outside)

**If you plan on cycling to school think about:**

* Are any cycle lanes you can use to ensure your safety?
* Is there somewhere you can safely lock your bike up?
* Don’t forget to wear a helmet!

**School Bag**

In secondary school there are lots of new lessons and you move to different rooms for each class. It is therefore important to have a strong bag to carry your equipment with you.

In the box below draw what you might want to pack in your school bag.

**What happens if?**

When we do something new for the first time we often ask ourselves “What if?” Such as “What if something happens and I don’t know what to do?” Have a look at some typical “What ifs” about secondary school and try to answer them yourself.

**What happens if I get lost?**

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**What will happen if I forget my homework?**

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**What do I do if I become ill in school?**

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**What if I am too ill to come to school?**

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**What if I need the toilet?**

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**Homework**

Some people love it and some hate it, but whether you like it or not you have to complete homework in secondary school. Completing homework is important, as it helps you to practice what you’ve learned in school. It also helps you retain the information given to you by your teachers. Don’t worry though, if you are organised and prepared this can help you to do your best when it comes to completing homework. Try answering the questions below about homework.

**List 5 items of equipment you may need to do your homework properly:**

**List 5 other things you may need to do to make sure you complete your homework properly:**

**What is a student planner?**

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**How can a student planner help you with homework?**

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**List 4 ways in which people can help you with homework:**

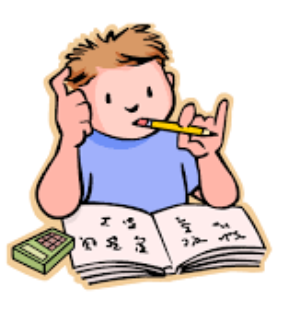
**Where else can you get help with your homework? Who can help and where can you go for information?**

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**Challenging our negative thoughts about transition**

Sometimes when we feel anxious or unsure about something new, lots of thoughts can ‘pop’ into our minds that are not helpful. We call these negative thoughts as they negatively affect how we think and feel about a situation. Moving to a new school can be a stressful time and can often cause you to have many negative thoughts. The best way to change the negatives into more helpful, positive thoughts is to **challenge** them.

By challenging our negative thoughts we can start to feel better about what we are anxious or unsure about. In this case if we can challenge the negative thoughts we have about secondary school we will be able to focus on the positives and what is exciting about starting Year 7, instead of thinking too much about what is worrying or confusing.

Look at the common negative thoughts about starting a new secondary school on the next page. They may be thoughts you or one of your friends have had already. Can you use one of the following phrases to challenge these negative thoughts to change them into positive, helpful thoughts?

* *“That’s not completely true because…”*
* *“Another way of looking at this is…”*
* *“The most likely outcome is… and I can…”*

**“I’ll get lost and won’t be able to find my way around the school”.**

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**“All of the older children are going to be mean to me”.**

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**“I’ll get bullied when I start secondary school”.**

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**“I’ll not make any friends”.**

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**“My teachers are going to be really strict”**

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**“I’m going to miss all of my friends from primary school who aren’t going to the same school as me”.**

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**What will be different in secondary school?**

Work – Homework – Subjects

**List the different subjects you will have in secondary school:**





**How will you know when your homework is due in?**

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**When will you do your homework?**

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**Where will you do your homework?**

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**If you forget your homework or do not finish it what will happen?**

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## **Classrooms/moving around for each lesson**



**How often will you have to change classrooms?**

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**Why do you think you have to change classrooms?**

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**How will you know it is time to change classrooms/lessons?**

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**How should you enter your classroom?**

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**School uniform – New Friendships – Different People**

**Describe your new school uniform – Look it up on the school website if you have never seen it before.**

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**What will you wear for P.E.?**

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**Are any of your friends from your primary school going to the same secondary school?**

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### School Rules

**Will your secondary school’s rules be different to what they are in primary school? What do you think the rules are likely to include?**

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**If you don’t follow the rules in school what may happen?**

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**How will your parents/carers know if you are not behaving at your best?**

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**Will you get wrong for being late if you get lost in school?**

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**What should you do if you are late or absent?**

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**Checklist – What do I need to bring to school?**

Tick what you need to bring on each day. As you tick each thing, put it in your bag. Use a pencil and you can erase your ticks and use this checklist again.

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| --- | --- | --- | --- | --- | --- |
| **Things I need** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Planner |  |  |  |  |  |
| Timetable |  |  |  |  |  |
| Pens |  |  |  |  |  |
| Pencils |  |  |  |  |  |
| Ruler |  |  |  |  |  |
| Rubber/eraser |  |  |  |  |  |
| Pencil sharpener |  |  |  |  |  |
| Coloured pens/pencils |  |  |  |  |  |
| Pencil case |  |  |  |  |  |
| P.E kit |  |  |  |  |  |
| Strong bag |  |  |  |  |  |
| English homework |  |  |  |  |  |
| Maths homework |  |  |  |  |  |
| Science homework |  |  |  |  |  |
| ICT homework |  |  |  |  |  |
| Languages homework |  |  |  |  |  |
| History homework |  |  |  |  |  |
| Geography homework |  |  |  |  |  |
| R.E homework |  |  |  |  |  |
| D&T homework |  |  |  |  |  |
| Art homework |  |  |  |  |  |
| Music homework |  |  |  |  |  |
| PSHE homework |  |  |  |  |  |
| Personal items (glasses, inhaler, medical items) |  |  |  |  |  |

**Frequently Asked Questions regarding transition**

These are questions often asked by year 6 children about moving to a new school. Even though some might not admit it, most year 6 children worry about moving on to secondary school. All of these questions have been asked by year 6 children before you, and many future Year 6’s will continue to ask them.

**Q: Will I get lost in a new setting?**

A: Everyone can struggle to find their way around somewhere they haven’t been before. Most year 7 children admit that they ‘got lost’ once or twice when starting a new school. Teachers and adults in school know that it can take time to find your way around and are always there to help. If you can, try to move around school with a friend or someone who is in the same class/group as you. If in doubt just ask for help. You won’t be spoken to about being a few minutes late when you first start school.

**Q: What if I am not in the same class as my friends?**

A: Secondary schools know that friendships are very important and being with people we know can help us to feel confident and safe. If some of your friends are going to the same school as you the chances that you will be in the same class as at least of one them is very high! If you are going to a school where you don’t know anyone there will be adults there to help you to make friends, perhaps with someone who may be in the same position as you.

**Q: What if I find the work too difficult?**

A: After so long out of school it is understandable that you won’t remember everything you’ve learned before. We all forget things from time to time and it is natural to be worried about this. Teachers are there to help and will make sure that the work you are given will be at a level you will be able to understand. Make sure you let your teacher know if you are finding the work difficult, at any time.

**Q: What if I don’t make any new friends?**

A: Making friends does not have to happen straight away. As long as you take part in lessons you’ll be surprised how quickly you can make friends just by talking to your classmates.

**Q: What if the homework is too difficult?**

A: If you struggle with homework there are lots of ways you can access help and support. You can ask for help from someone at home, such as your Mam, Dad, carer, brother or sister. You can use the internet to get information about the subject or topic or you can ask your teacher for help. Teachers don’t mind you asking for help before it has to be handed in. Just be honest and say you’re struggling. Teachers are there to help!

**Q: What if forget my equipment or don’t have what I need?**

A: In secondary schools you are often asked to provide your own equipment and carry it with you during the day. Whilst it is important to remember to bring equipment into school there may be the opportunity to buy or borrow pens and pencils in school when you need to.

**Q: Will I be able to go to the toilet when I need to?**

A: There should be plenty of opportunities to go to the toilet when you are in school, either when moving between classes or at break or lunch time. If you need to go to the toilet more often, perhaps because of a medical issue, your teacher should be aware of this and will make arrangements.

**Q: What if I don’t feel well?**

A: If you don’t feel well in school you can let a member of staff know and they will do what they can to help. All schools have trained first-aiders to help when children are feeling unwell.

There will be other questions you may have about moving schools. The key thing to remember is *there is no such thing as a silly question!* If it concerns you enough to worry about it, don’t be afraid to **ask**. Don’t forget that all of the adults you know have all moved from primary to secondary school (some of them when the world was in black and white) and they know how daunting it can seem.

**Your new school’s website**

Secondary school websites are great ways to look into what your new school will be like. On the website you can learn the names of some of the teachers, look at the school uniform, as well as finding out what kind of things happen in school.

Have a look at the website of the school that you are going to be attending to find out as much as you can. Keep checking it over the summer as you may find the school adds extra information just for Year 7 children.

Simply google the name of the school and its website should be the first thing that pops up.

**Are you ready?**

Well done! You’ve managed to work your way through this booklet and although you might not know everything about your new school you hopefully will feel a lot better about going. Remember to try to focus on the positives wherever possible and don’t be afraid to ask someone if you need to.

There’s no such thing as a silly question if you really need to find out the answer!

Good Luck!!!!