

Moving to Secondary School

Name: _____

Primary School: _____

Secondary School: _____

Goodbye

Primary

School,

Hello

Secondary

School!

My New School

Find a picture or photo of your new school and stick it here.

When you know which School you are going to go to in August, it is a good idea to find out as much information as you can before you start.

The name of the School is _____

The address is _____

The telephone number is _____

The e-mail address is _____

The website address is _____

The name of the head teacher is _____

Going to Secondary School

How do you feel?

These could be useful to think about when you think about changing school.

Use two different coloured highlighters, highlight the phrases that you are looking forward to in one colour; use a different colour for those you are worried about. Or cut them out and stick them into the boxes on the next page.

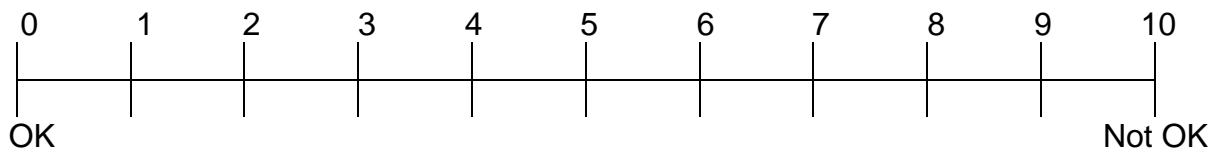
Making new friends	Learning a new timetable
Dinner time	Taking a shower
Having a different uniform	Being on time
Finding way around	Break times
Getting to school	Learning new subjects
Meeting others my own age	Joining clubs
Being with friends	School rules
Homework	Meeting my new tutor
Meeting my new teachers	Being able to do the work
Being with older pupils	Getting changed for sport / PE

If you have cut out the phrases from the previous page, paste them into the appropriate box.

Worries	Happy

A solution-focused approach

Think about something that worries you about moving to Secondary School.



What is the worry? _____

On the scale of 0 to 10 how worried are you? _____

Think of a time when you have been worried before _____

What helped you move down the scale that time? _____

Where on the scale would you like to feel in a month, 6 months and in a year? _____

What would help you move one point nearer? _____

What will have changed so you know you are less worried? _____



Secondary School question sheet

Secondary School: _____

Address of School: _____

Telephone Number: _____

Questions about how the School works	Best way to find out	Answer
What time does School start/ finish?		
What times are break-times and lunch time?		
What sort of food is sold? How much do things cost?		
Where do students go at lunch time?		
What snacks can you buy?		
How much homework do you get?		
What happens if it isn't done?		
Where can I do my homework in my free time?		
What happens if I get into trouble? What are the punishments?		
Who's the best person to talk to if I am having problems?		
How am I rewarded for my work?		

Questions about getting to School	Best way to find out	Answer
Where is the School?		
How will I get there?		
Can I take a bike? Where can I put it?		
How much is the bus fare? Which number bus would I take?		
Are there friends who will be going to the same college I can walk with?		
How long will it take to get there?		
What time will I have to get up?		
Is this better or worse than now?		

Questions about School Uniform and equipment	Best way to find out	Answer
What do people wear to School?		
Where can I buy it?		
What sports kit will I need?		
Do I need my own pens and pencils?		
What kind of bag will I take my School equipment in?		
Is there any other equipment that I need?		

Questions about Who's Who	Best way to find out	Answer
Name of your form tutor		
Name of your Head of Year		
Name of the Head Teacher		
Name of the Deputy Head		
Who else do you need to know? What do they do and when will you see them?		

Questions about the timetable and learning opportunities in School	Best way to find out	Answer
How does the timetable work?		
What subjects will I be able to study?		
What facilities does the School have (e.g. sports equipment, science laboratories)?		
What happens if I find the work hard?		
Is there support in lessons?		
Does it offer anything after school?		
What other activities are offered?		
Which could I join?		

Any other questions I have	Best way to find out	Answer
1.		
2.		
3.		
4.		
5.		

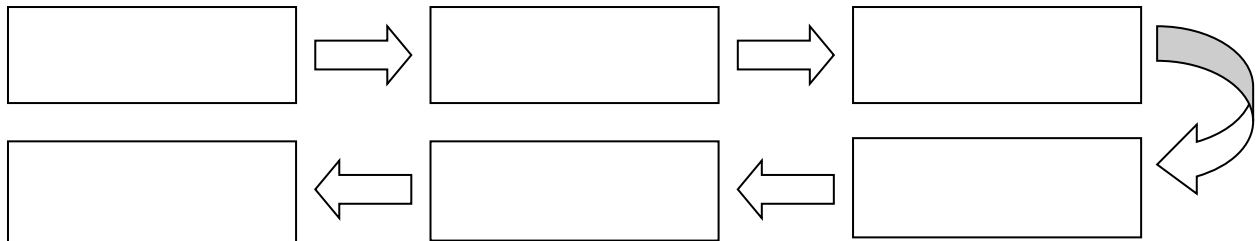
Finding your way around

It can be difficult to find your way around a new environment. Before you visit the Secondary School, get a map of it. Mark on rooms in different colours.

You may want to mark on

- Your form room
- The library
- Different subject rooms e.g. English room, Science labs, Art room, Computer suite
- The canteen
- The toilets
- The main office
- Student's entrance

Plan a route for your visit to school that will take you to some of the places marked on the map.



Draw your route on the map. Try and follow this route when you visit your School.

House Systems

Some schools divide pupils into groups that include pupils from all year groups. These groups are often known as Houses. Often there are inter- house competitions to earn the most points. Points can often be earned for good work or behaviour. It is possible to lose points as well.

The name of your house is _____

The name of your Head of House is _____

I may earn points for:

1. _____
2. _____
3. _____
4. _____

I may lose points for:

1. _____
2. _____
3. _____
4. _____

School Uniform

It is important to wear the right clothes when you start at Secondary School.

Find some photographs of students at school. You may find pictures on the website, in the school prospectus or you may know someone who already goes to the school who can show you.

Find out the school dress code.

Are there any clothes or jewellery you are not allowed to wear?

Is there anything you need to practice?

- Tying a tie?
- Changing quickly for PE?
- Tying shoelaces?

List some of the clothes you might wear to school. Remember to think about appropriate shoes.

1. _____
2. _____
3. _____
4. _____
5. _____

Make sure you buy a bag that can hold A4 folders, textbooks, equipment and that is comfortable to carry.

You will need different clothing for P.E. Make a list

1. _____

2. _____

3. _____

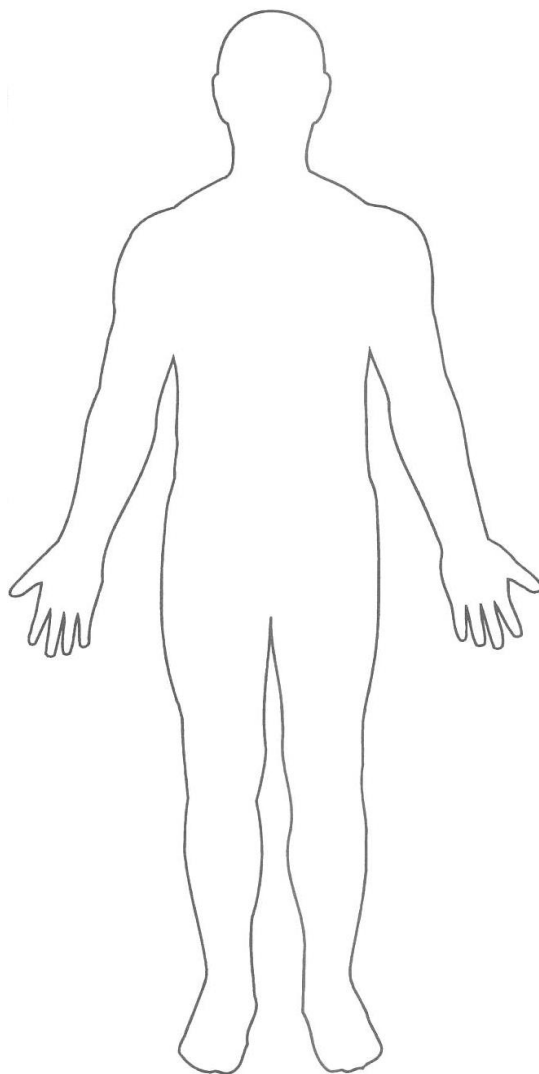
4. _____

5. _____

6. _____

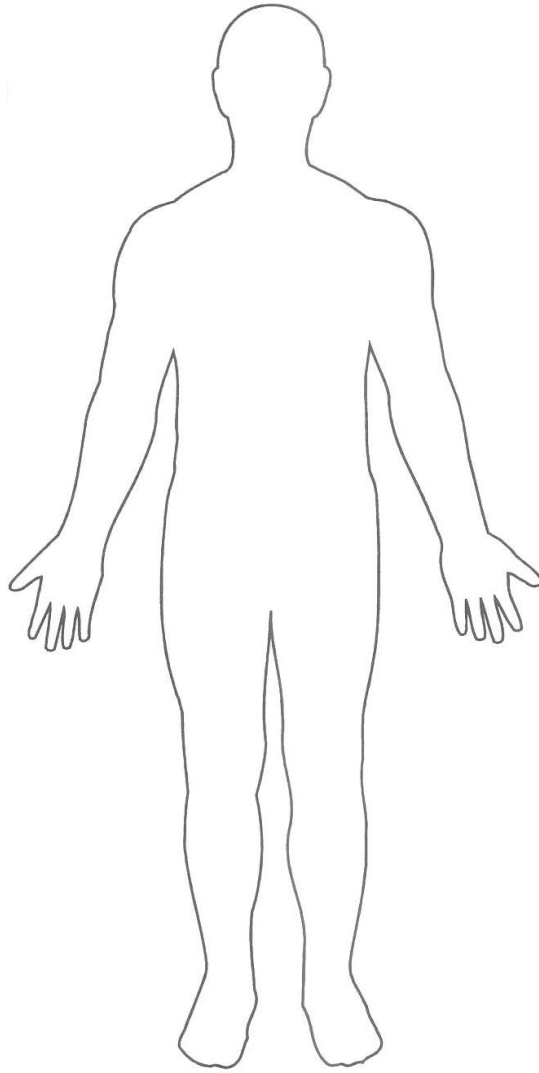
Make sure you buy a bag that is suitable for carrying your P.E. kit, and that is comfortable to carry

My school uniform



Find a picture of the school uniform you will be wearing. You can look in the school brochure, or print one off the website.

My P.E. kit

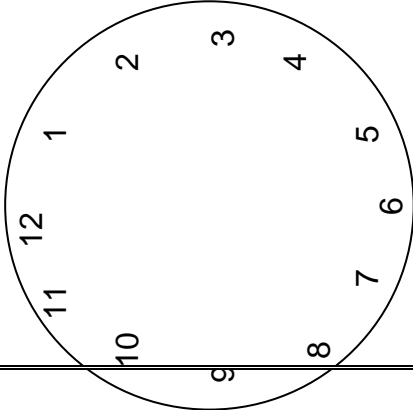
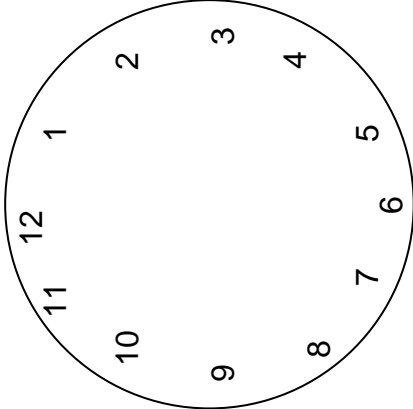
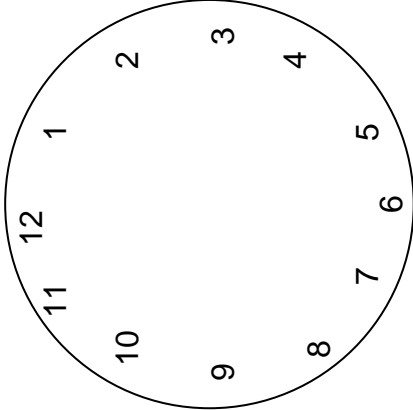
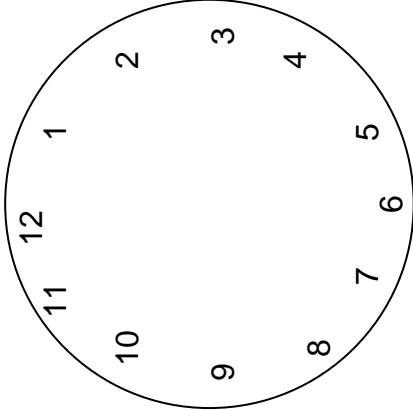
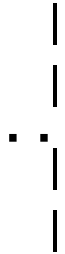
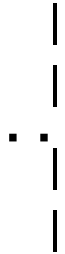
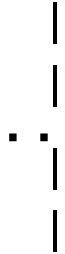
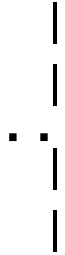


And again for the P.E. kit.



School times

Organisation at school

School starts at:	Break time is at:	Lunch time is at:	School finishes at:
			
			

Morning Break

At the end of a lesson you need to pack your bag, check you have all your belongings and usually you have to leave the room in order to go to your next lesson. At some time in the morning you will usually have a longer break in which you have time for a snack and to meet up with your friends.

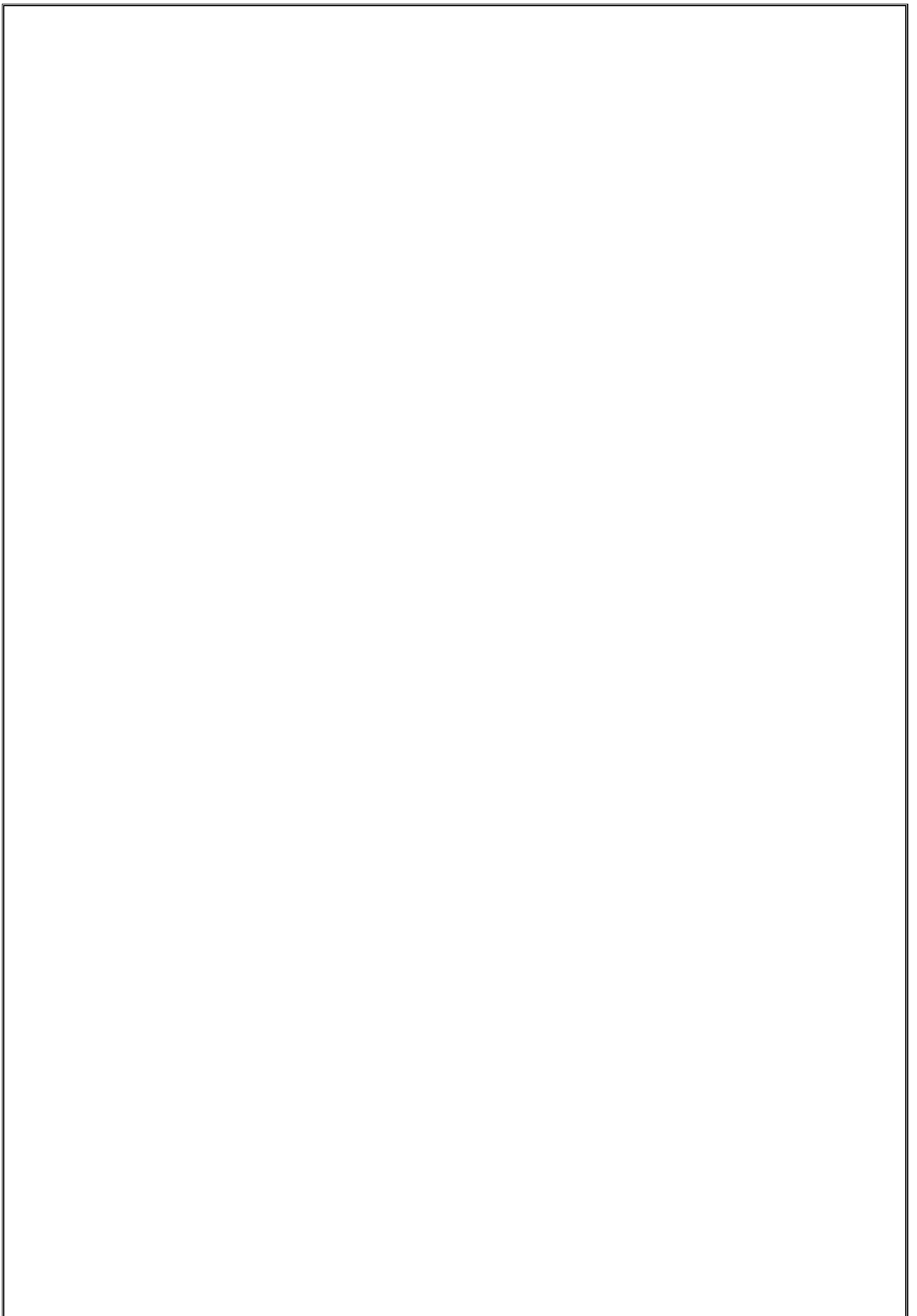
Start Finish Length of break

Where can I go and what can I do at morning break?

Place	What you are allowed to do

What snacks can I buy at School?

1. _____
2. _____
3. _____
4. _____



Lunch Break

The lunch break is between morning and afternoon lessons. It is a time when you can mix with your friends, go to a lunchtime activity, and eat your lunch.

Start Finish Length of break

Where can I go and what can I do at lunchtime?

Most Secondary Schools have a canteen system or you can bring a packed lunch.

Make a list of some of the different types of food you can buy in the canteen:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

REMEMBER you might need to bring in money or a card / voucher (eg: a “Smartcard”)

If you bring in a packed lunch you will need to find out

Where can you eat it? _____

What time do you eat it? _____

Can you buy a drink at school? _____

What sort of drinks or containers are you allowed to bring into school? _____

Lunch time activities- there are often different activities that occur at lunchtime

Make a list of the different activities you could do:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Places to go- there are often different places you can go during your lunch break

Place	What you are allowed to do

Choosing what to eat from the canteen

Find a menu from school with the prices. Plan out what you would like to eat over the week and how much it would cost.

Day of the week	Food	Price
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Total for the week		

Discuss the menu you have chosen with your teacher or your parents.

- Have you chosen a variety of foods?
- Have you included fruit and vegetables in your choices?
- Are there at least 2 days that you have chosen healthy options?



Organisation at home

Route to school

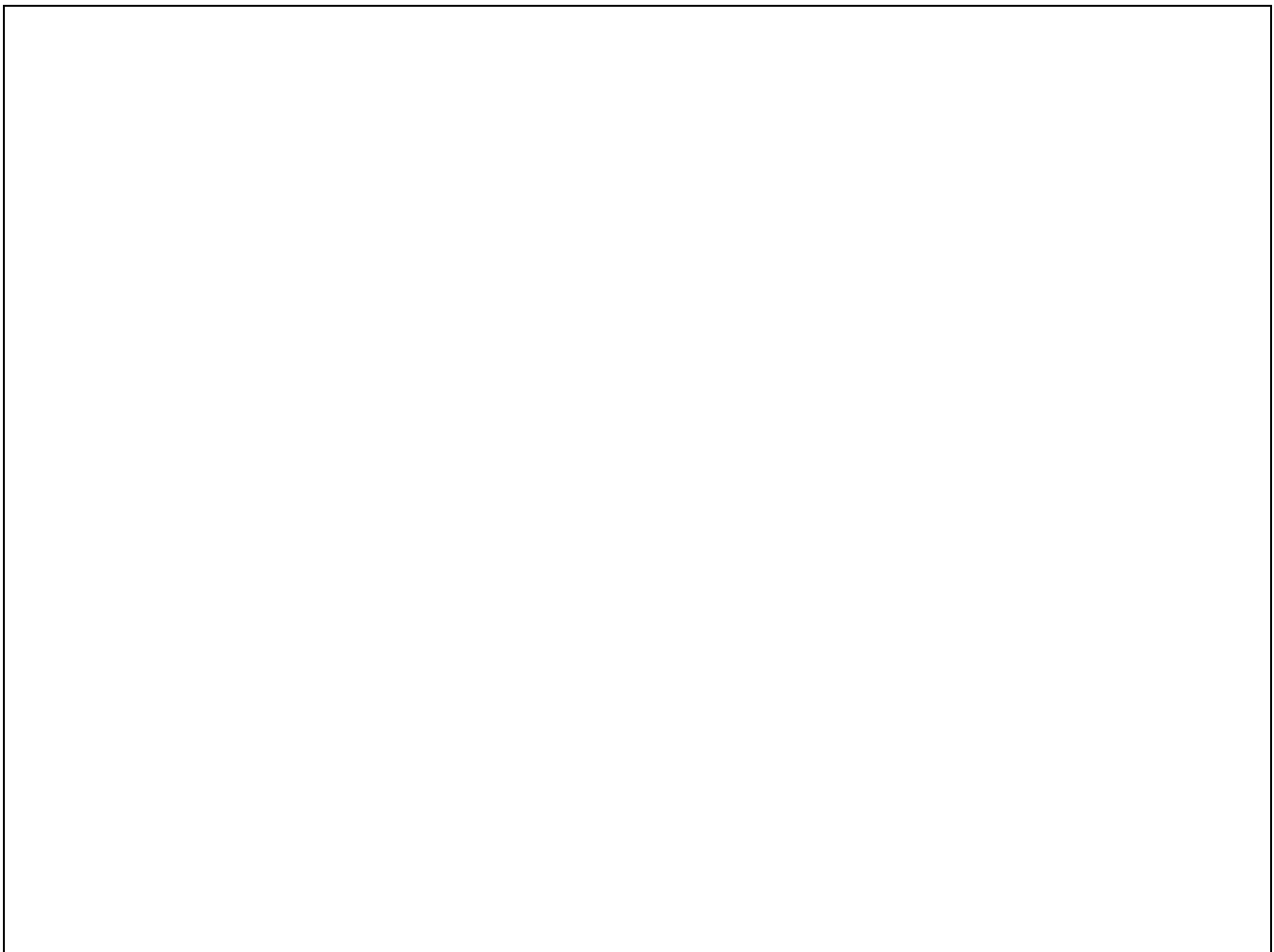
How are you going to get to School? _____

How long will it take? _____

If you are catching the bus, what time does it leave? _____

What time will you need to leave home? _____

Find a map that shows both where you live and your Secondary School.
Photocopy the map and draw on your route to School or your route to the bus stop.



How will I get there?

How will you get to School? _____

You might **walk** or **cycle** sometimes, if you do then answer these questions:



Do I know the way?	
Will I have a friend to walk or cycle with?	
Where will I put my bike?	

You might go by **car** sometimes, if you do then answer these questions:

Will I go by car every day?	
Who will drive me?	
Will I get a lift home as well?	



You might go by **bus** or **train** sometimes, if you do then answer these questions:



Where is the bus stop or train station?	
What time is my bus/train to School?	
What number is the bus?	
Will I need money for the fare?	
What time is my bus/train from School?	

Answer these questions whether you will **walk**, **cycle**, go by **car**, **bus** or **train**.

How long will my journey take?	
What time must I leave home?	
What time will I get home?	

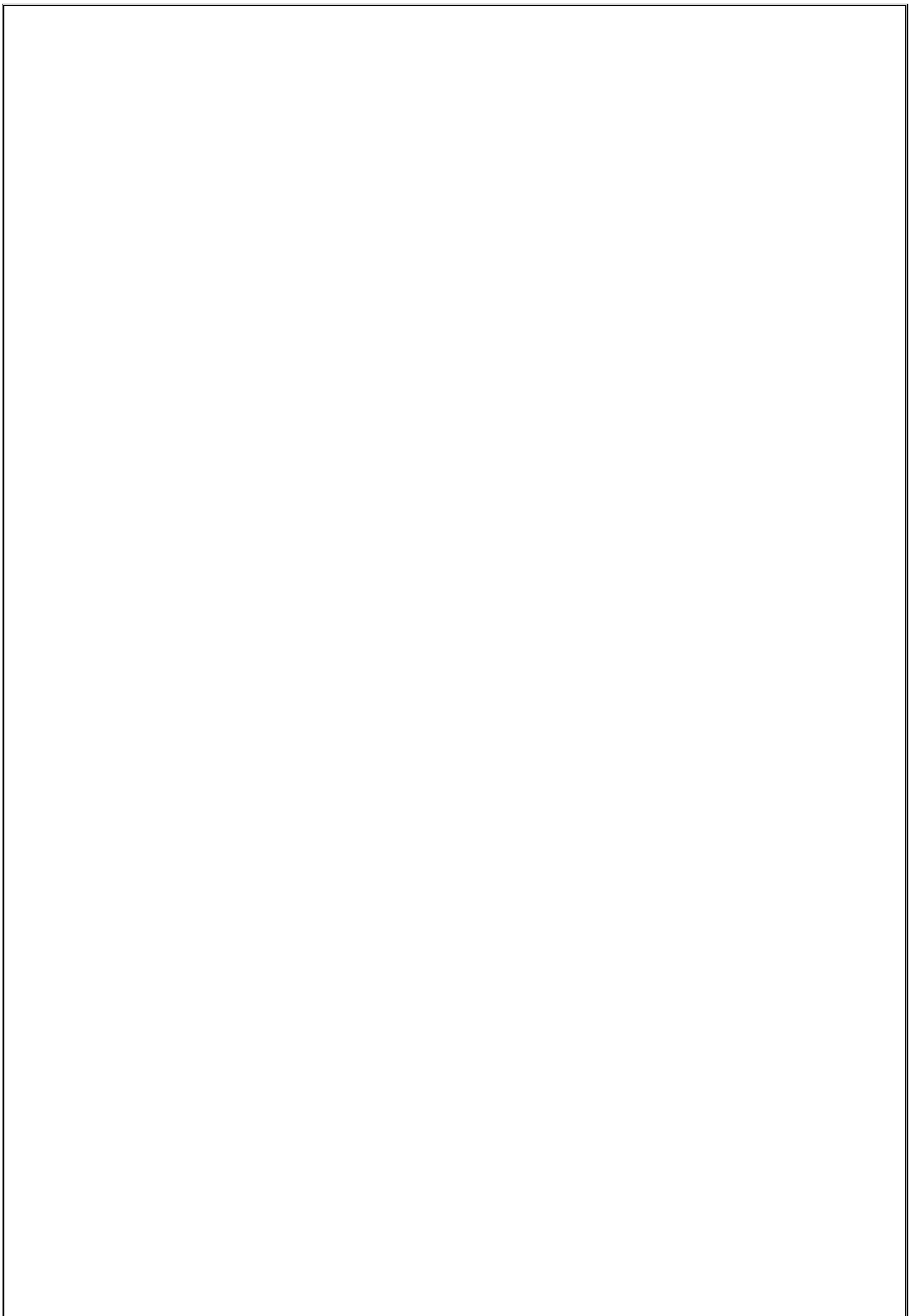
Planning your journey

It is important to plan your journey by bus or train so that you get to school on time.

Use a bus or train timetable to plan your journey.

Questions to ask	Answers
What written material do I need?	
Where do I want to go?	
Which buses go there? Or Where is the nearest train station?	
When do I want to arrive?	
How long will the journey take?	
Which bus/ train will get me there in time?	
How long will it take me to get to the bus stop or train station?	
What time do I need to leave my house?	
Can I get a discount with a student card?	
Can I buy a travelcard for a week or a month's journeys?	
How much will the journey cost?	

Remember it is important to also plan your return journey.



Money management

Now that you are at secondary school you will be responsible for managing your money on a daily and a weekly basis.

The amount of money I have each week is £ ____ . ____

Some of this money needs to be spent on a daily basis.

Items to be bought	Mon.	Tues.	Wed.	Thurs.	Fri.	Total
Snack						
Lunch						
Travel expenses						
Daily total						
Weekly Total						

In addition to the money spent on a daily basis some money will need to be saved each week in order to buy bigger items.

Items	Cost
Books	
Stationary	
Clothes	
Footwear	
Total cost	

I will try and save £ ____ . ____ every week.

Making and keeping friends

Getting to know you

My favourite place is.....

My favourite food is.....

My interests are.....

I don't like.....

I like to listen to

My favourite band/music is.....

My favourite sport is.....

My favourite programme is.....

My favourite colour is.....

I like to wear

I would most like to be.....

I am looking forward to

I am most relaxed when.....

I worry about.....

I am happiest when.....

I get angry when.....

Friendship skills

Vocabulary practice

Choose the right word to match the definitions.

advocate	disagree	trust	respect	empathy	confidential
compliment	advice	command	secret	support	apologise

- _____ an opinion or recommendation you make about what someone should do
- _____ to say you're sorry for something you said or did
- _____ private or secret
- _____ someone who defends and supports you
- _____ to have a different opinion from someone
- _____ to say something nice about someone
- _____ information that's not meant to be shared with others
- _____ to stand behind or encourage others
- _____ understanding what someone feels
- _____ to rely or have confidence in someone
- _____ to hold someone in high esteem
- _____ a direct order to do something

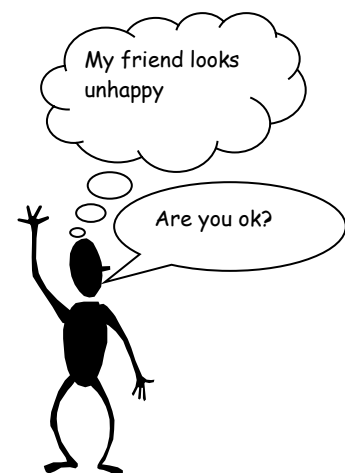
How to be a friend

Here are some positive things friends do for each other to keep their friendship strong.

- **Empathise.** Put yourself in your friend's situation to understand what they're going through.
- **Support.** You can show your support for your friends by just listening when they want to share.
- **Compliment.** Everyone likes to receive a compliment. Compliment your friend on a new hairstyle, a great score on a test, a smooth football move. Be specific and keep it simple. Choose the right moment to give the compliment.
- **Respect privacy.** Sharing secrets is a fun part of a friendship. It's hard to regain your friend's trust if you tell secrets you weren't supposed to share.
- **Encourage.** Use encouraging statements like, "You can do it".

When you wonder if you are being a good friend, ask yourself this question:

Am I treating my friend like I want my friend to treat me?



Making new friends

At Secondary School there are likely to be students from other schools. There will be opportunities to make new friends. It can be difficult to get to know someone new.

It may help to act out meeting new people and use some of these suggestions.

- Smile when you say **“Hello”**.
- Start the conversation by asking a question about what they are doing **“What are you doing?”** or **“What are you reading?”**

or about something you have in common
“So how do you like this lesson?”

- Introduce yourself
“By the way my name is _____, what’s yours?”
- Ask some other questions to find out about them. Suitable topics may be:

School: **What are you studying?**
Who is your teacher?

Home: **Where do you live?**
How do you get to School?

Interests: **What do you like doing?**
What’s your favourite TV programme?

Family: **Have you any brothers and sisters?**

- If they answer your question respond to some of the information they have told you. If you can, ask another question.
- Do not ask about
“That’s my favourite lesson too. I enjoyed working on the computers. What did you like doing?”
- Do not ask about sensitive topics. These are topics that could make the other person upset.
- Don’t ask about something that makes the person look or sound different.
- Don’t ask about any problems he or she may have.

Teasing and Sarcasm

Some teasing is done in good-natured fun, but when teasing gets out of control it can be hurtful. Before jokingly teasing a friend, ask yourself these questions:



Is this an okay subject to tease someone about?

Will my friend understand that I'm teasing?

Have I been teasing my friend a lot lately?

Will this get on my friend's nerves?

If you are teased and you don't like it, resist the urge to hit or push your friend. You can ignore the teasing and simply walk away, or you can respond to the teasing by trying to diffuse the situation. Try making statements like these:

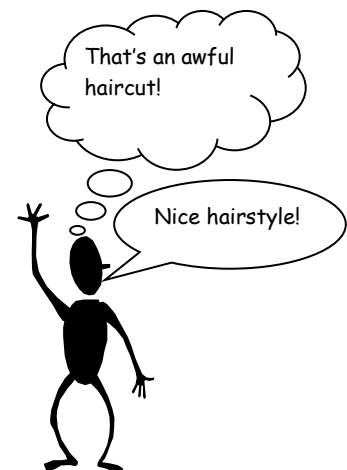
- "And your point is...?"
- "I've heard that one in primary school"
- "Tell me when you get to the funny part"
- "Can't you think of anything important to say?"
- "I'm sorry, were you speaking to me?"

Sarcasm can be a form of teasing. The words in this kind of teasing are nice, but the way the words are spoken adds to the teasing of sarcasm. When you use nice comments to be sarcastic, you exaggerate the expression in your voice and on your face. Say each phrase on the left in a sarcastic tone to show the meaning on the right.

"Yeah, whatever"	means:	You are not bothered
"Ah, well done"	means:	That's stupid
"Pizza face"	means	Spotty face

Before you tease someone, ask yourself this question:

Am I treating this person the way I would like to be treated?



Joining-in

Joining in conversation or a group activity can be scary. However, it is one way to make new friends. Try these strategies for joining in.



Watch and listen. Observe what the group is doing. Listen to what the people are saying. Don't interrupt.



Make a friendly comment or gesture. Nod your head and smile. Make comments like, "That's a good idea", or "That looks great".



Find something you have in common with the group. Think about your own experiences. You could say, "I saw that movie", or "I have that game at home". Keep your comments short.



Ask to join the group. Wait for a pause in the conversation. You could say, "Can I walk with you?" "Do you need any help?" or "Can I play?"



Accept 'no' for an answer. Sometimes people don't want you to be part of the group. Don't argue or complain. Go and ask someone else.



Joining-in Situations

Here are some situations you might want to join in with. Try and plan what you may say or do. You could try acting these situations out.

1. You see three of your classmates playing football after school. You know one of them pretty well. You don't know the other two. You're quite good at being in goal.

What could you do? _____

What could you say? _____

2. You hear two classmates talking about the latest playstation game. You were playing on it last night.

What could you do? _____

What could you say? _____

3. Two classmates you know are gathered around a phone. A third classmate is calling a local radio station to try to win a contest. You think you may know the answer.

What could you do? _____

What could you say? _____

4. Four classmates are looking at a text message they have received from a friend. They are laughing. You're sitting at the same lunch table. You like sending text messages.

What could you do? _____

What could you say? _____

5. Two classmates are asking the teacher for permission to work on an art project during lunch hour. Art is your best subject and your project is already on display.

What could you do? _____

What could you say? _____

Being with friends

Sometimes you have to think carefully about how you act with different people and whom you can share information with.

Getting it right

It is important to behave differently with different people.

Using the concentric circles sheet, work out who you would act in these ways with. You may choose more than one group of people.

1. Who would you hug?
2. Who would you use swear words with?
3. Who could you tell what to do?
4. Who can you argue with?
5. Who can you share your sweets with?

Make up your own: _____

Sharing information about yourself

It is important to talk to people to share an event, achievement or tell them about a problem. Sometimes you have to be careful whom you talk to. Some people may tease you if you are not good friends or they may not keep the information to themselves and share it with others.

Who would you tell these things to? Use the concentric circles to decide who you would share the information with.

1. You still cuddle your teddy at night.
2. You fancy the girl or boy next door.
3. You have won a competition.
4. You have not done your homework.
5. You hate peas.

Make up your own: _____





Settling into Secondary School

(and how to solve the problems you might face)

Sometimes something can happen at school that makes you upset or anxious. A lot of people feel like this especially when they are starting somewhere new.

- **Keep calm.** Tell yourself, "I can solve this problem if I stay calm."
- **Decide what the problem is.**
 - Are you frustrated because you could not do something you wanted?
 - Are you upset because someone did something to you?
 - Are you worried because something has gone wrong?
- **Think about possible solutions.**
- **Think about the consequences.** What will happen if you try different solutions?
- **Pick the best solution.**

Talk with a friend about what you would do in each of these situations in school.

1. You haven't done your homework.
2. You have forgotten your student planner.
3. You are in a crowd going upstairs and you think someone pushed you.
4. You think you are lost.
5. You see someone being bullied.
6. You find someone crying in the corridor.
7. You've lost your purse/ wallet.
8. You see someone stealing money from someone's bag.
9. You find someone's purse.
10. You've ripped your trousers/ skirt.

