



Transition from Primary to Secondary School

Most people worry about changes, especially big ones. Knowing what to expect, talking about your worries and having a plan to manage anything that seems difficult can make change a lot easier to cope with.

There will be lots of things that are different at your new school, but you might be surprised at how much will be very similar or the same.

This workbook will help you to get ready to leave your Primary school and move on to a new Secondary school.

My Name: _____

My Primary School: _____

My Secondary School: _____

Online Support for Transition to Secondary

BBC Bitesize Starting Secondary School website

Lots of tips and advice for students (and their parents) who are about to start secondary. A great free resource!

<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>

BBC Bitesize - What's the difference between primary and secondary school?

Five animated learner guides for Y6 pupils, from the BBC Bitesize daily lessons materials.

<https://www.bbc.co.uk/bitesize/topics/zjgck2p/articles/zvw48mn>

BBC Newsround Back 2 skool website

Information aimed at kids about starting secondary school, including quizzes and press pack reports.

http://news.bbc.co.uk/cbbcnews/hi/find_out/guides/uk/back_2_skool/newsid_2188000/2188695.stm

Other useful websites for parents:

➤ **Nottinghamshire Local Offer**

Transition information for parents and carers of children and young people with special educational needs.

https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/site.page?id=VUQI_ctahXw&newdirectorychannel=9

➤ **The School Run.com**

Articles and advice for parents to help support transition to secondary school.

<https://www.theschoolrun.com/school-life/transition-secondary-school>

➤ **SFSS Inclusive Transitions Webpage**

Information and resources for schools, parents and young people to support different educational transitions.

<http://www.em-edsupport.org.uk/Page/10962>

➤ **Young Minds**

Advice and information on where you can get help if you think your child might be anxious about school. Lots of other subjects covered too.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-school-anxiety/>

➤ **Family Lives**

General information about supporting your child as they start secondary school.

<https://www.familylives.org.uk/advice/secondary/learning-school/starting-secondary-school/>

What's Going Well at Primary School?

What I like best about school is....

My friends are...

The lessons I enjoy are...

I learn best when...

My proudest achievements have been...

Coping with Changes

Every day you deal with many small changes in your routines like going from being at home to being in school, changing between lessons, having different teachers.

Sometimes there are unexpected changes such as your mum bought a different cereal for breakfast, your teacher swaps the lessons around, your friend is away or you have a supply teacher.

When the changes are something which has happened before, you know what to expect and you can make a plan. If it is a change which you have not had before it can make you worry about what will happen next. It can be hard to imagine what it will be like.

- Take 10 deep breaths
- Get some information
- Think about the new information
- Stay calm
- Make a plan

Feelings About My New School

How do I feel when I think about these things?

	Worried	Unsure	Ok	Pleased	Excited
Uniform					
Getting to school					
Being on time					
Different kinds of lessons					
More clubs					
Moving to different classrooms					
Finding my way around					
Busy corridors					
Different teachers					
Harder work					
Organising equipment					
Doing more things by myself					
Break times					
Using toilets					
Being with more people					
Being in a noisier place					
Missing old friends					
Making new friends					
Being bullied					
Who to ask for help					
Getting into trouble					
Detentions					

Circle your 3 biggest worries

Big Changes or Staying the Same?

Only in Primary School

In Primary and Secondary School

Only in Secondary School

Fact or Fiction?

What do you think your new school will be like?
Tell an adult, write it down or draw a picture.

What would you like to find out?

Important information about my new school

Name of school

Address

Headteacher

Important staff for me

Start time

Finish Time

Anything else

How will I travel to school?

Walk to school

Route:

Walking with:

Journey time:

Leave house by:

By bike

Route:

Storing my bike at school:

Journey time:

Leave house by:

By car

Driver:

Drop off point:

Journey time:

Leave house by:

By bus

Bus number/ name:

Get on at:

Get off at:

Journey time:

Leave the house by:

Other things you might want to find out

Breaktimes	<i>What have you found out?</i>
What happens at break times? Where can you go? What can you do?	
Lunchtimes	
What happens at lunchtimes? What are the food choices? How do you pay? Where/ who do you sit with? What do you do after eating?	
Clubs/ Activities	
What clubs/ activities are there? How do I join?	
School Rules	
What are the school rules? Uniform rules? Sanctions and rewards	
Lesson Times	
How long are lessons? How do you know when a lesson starts or begins?	
Homework	
How will I know what homework I have? How much homework will I get? Is there time to do homework in school? What do you do if you forget your homework?	
Staff	
What is the name of my tutor? Who will be other important staff?	
Making Friends	
Is there a buddying system? How will I make friends?	
Support from Staff	
How does learning support work in the school? Where do you go if you've got a problem?	
Bullying	
How is bullying dealt with in the school How do you report bullying?	
Being late	
What do you do if you are late for school?	
Getting Lost	
What do you do if you are lost or if you lose something?	
Feeling ill or hurt?	
What do you do if you feel ill in school? What do you do if you get hurt at school?	

Where can I get more information?

School Website

Pupils at the school I already know

My friends' older brothers and sisters

Other friends

Form Tutor

Head of Year

Learning Mentor

Pastoral Support Staff

Reception or Admin staff

SENCO or Inclusion Manager

Primary school teachers

Things I can do to get ready for Secondary School

Activity	Useful? <i>Tick if yes</i>	Who will help me do this?
Make a map showing the relationship between the primary and secondary school. Explore different routes between them.		
If possible, get a plan of the Secondary School site, colour code the plan to show where different lessons take place, landmarks and important places.		
If possible, get a copy of next year's timetable (if not practise using an example). Find out what the abbreviations and numbers mean. Get someone to test how well you can read it (e.g. What lesson is third period on a Wednesday?)		
Personalise a timetable with subject symbols, full names of teachers, clock faces etc to make the written information visual and easy to read at a glance.		
Explore developing a colour coding system for different subjects/ teachers.		
Use any photos provided by the school to create a display, information booklet or PowerPoint.		
Start collecting information about the subjects you will be learning about at Secondary School.		
Use the information you have gathered about your new school to make a poster or mind map		
Share any information you have found out about the Secondary School online with your friends- especially those going to the same Secondary school.		
Share any information you have found out about the Secondary School with your parents or carers		
Start to practise using a homework diary and/or personal checklist to help keep organised.		

Telling the new school about yourself

To help your new teachers to get to know you, you can tell them about yourself through a poster, fact file, or PowerPoint.

This is the type of information you might want to include:

- Name
- Date of birth and age
- My family
- Words that describe me
- What I enjoy and what I am interested in
- What I am good at and what I find difficult
- How I learn (think about your favourite teacher- what do you like about the way they teach?)
- Where I prefer to sit in class and how I like to take part in learning
- What helps me and what does not help me
- Things I am excited about and things I am worried about at Secondary School
- Other things to know about me

All about me		My name is
Things that help me learn	This is me:	What I need from my teachers
Things that don't help me learn		
Find out more @		

Visits to My New School

Things I liked or surprised me....

Useful information I found out...

Things I still need to find out....

Things I need to do before I start

Frightening or Fun?

Sometimes we can change how we feel just by changing how we think about things. Changing our thoughts can help us feel better so our bodies stay relaxed and we can do more things.

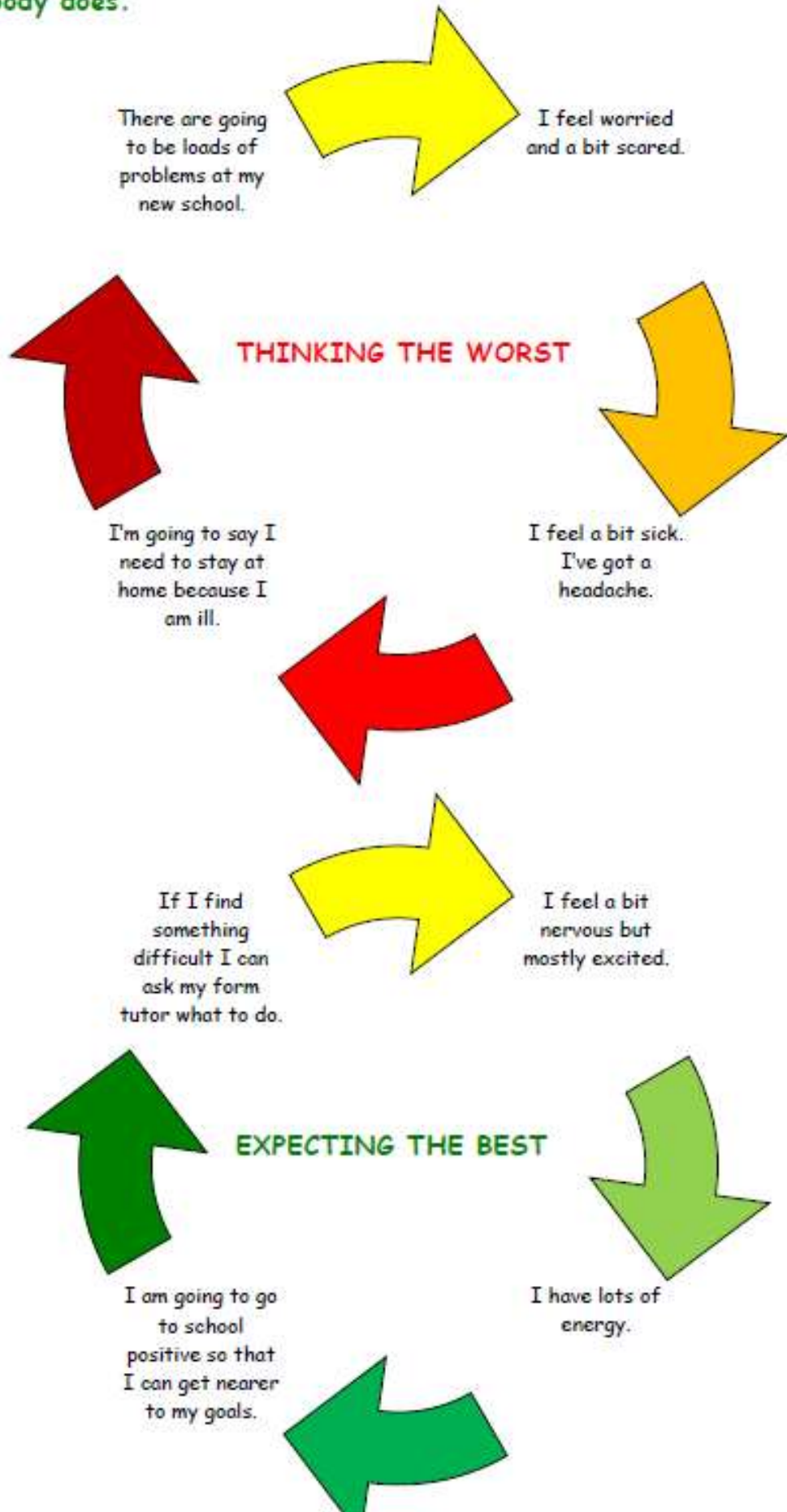


Secondary school will be terrible. It will be too hard, and I won't be able to do the homework. I won't make any friends. I don't want to go.

I can't wait to go to my new school. There will be new interesting subjects, more friends to choose from and more staff to help me. Moving to my new school will help me get a step closer to achieving my dreams.



Changing what you think about something can change how you feel and what your body does.



Ways to Manage Being Worried

Deep breathing

Count to 10

Do sport or exercise

Have a special place to go

Listen to music

Give yourself a treat

Read

Go somewhere quiet

Relaxation exercises

Distract yourself with something you enjoy

Imagine being in a safe, peaceful place

Don't pretend it's all OK

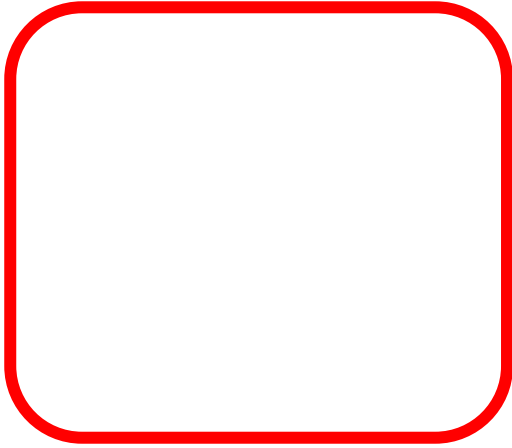
Tell someone – parent, family member, friend or another adult

Ask for help

Sorting It Out

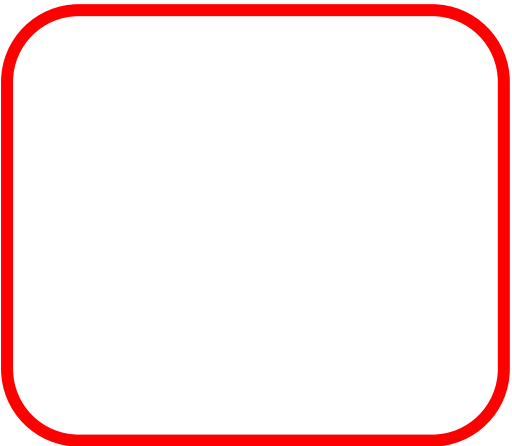
What are my 3 main worries?

Think of two plans for each one to help the worry go away.



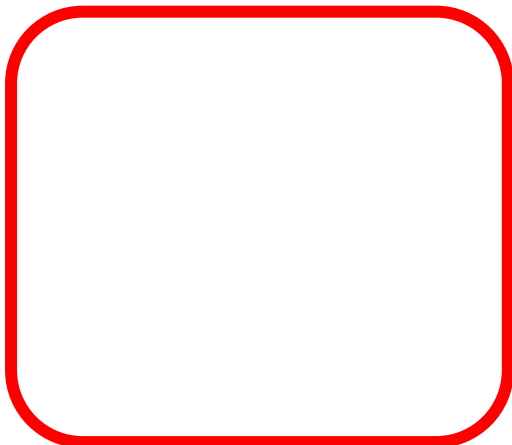
Plan A

Plan B



Plan A

Plan B



Plan A

Plan B

Celebrate Success!

