

A collection of colorful stationery items including pens and markers in red, black, pink, and purple, arranged along the top edge of the white wooden background.

Moving from Primary school to
Secondary school

Transitioning workbook



What is transition?



Transition is the process of changing from one thing to another.



Moving from primary school to secondary school is big transition.



Moving from primary school to secondary school is big transition! Teachers from both schools are working together to support you through the change.

When you transition from primary school to secondary school you may go through some of the following steps:

- Your primary school teacher might help you find out about your new school and how it might be different.
- Some of the teachers from secondary school might visit you at your primary.
- You might have a transition day to your new school to meet your tutor group and get a feel for how a school day would be in secondary school.
- You might get given a transition book to help you understand the move from one school to another.



Transitioning schools in 2020



Due to the school closures, transitioning between primary school and secondary school may look a bit different in 2020. It is normal to be sad or worried about missing out on activities you have seen happen for other year groups.



You might not know about all the information about your transition yet but your old and new teachers are working to make sure everything goes well for you.



Each school is different so the plans might not be the same for everyone, but below are some things that might happen to help you with transition:

- You may still have some days in your new school to help your transition to secondary school.
- Your current class teacher might have some things planned to help you with the move. You could always ask your teacher any questions you have.
- Your primary school may still have some leavers activities planned for when restrictions change.
- Your secondary school might have information about your new school that can help you prepare.
- Your new form tutor might get in touch with you so you know who they are before you start school.



Feelings about transitions

You may have some confusing feelings about moving from primary school to secondary school. It might be helpful to write them in the sections below

What am I looking forward to?



What am I worried about?



What are my goals?





Things that you could be excited about



making a new start



You could be excited making new friends



Learning new subjects



More independence



Lunch and afterschool clubs



New teachers

Things that you could be worried/nervous about?



Getting Lost



Losing your old friends



classwork



homework



New teachers



bullying



Exams



Getting lost

Don't worry—you aren't expected to know your way around your new school straight away



Your school should provide you with a map to help you get to each of your classrooms.



Some schools have signs in the corridors that can help you in the right direction.



You can always ask for help from teachers and even other students.

Keeping in touch with old friends



When you first start secondary school you could be concerned about how you will keep in touch with your friends from primary school.



If you and your friends are not in the same classes, you can always make plans to eat your lunch together, spend breaks together or walk to and from school together instead.



If some of your friends are not going to the same school, you can still stay in touch. You could always arrange to have a phone or video call to catch up. You could also arrange to see each other after school or at the weekends.



Homework and classwork



You will be learning new subjects at secondary school, but some of the subjects will still be the same.



Each subject will set you homework but this will normally be linked to the work you were doing in class. Sometimes it might be finishing off work you did in class.



Some schools will provide you will a planner to write down your homework in.



Other schools may ask you to check and upload your homework online.



You will be given more time to do bigger pieces of homework.



Sometimes it can feel that you have too much to do and it can feel overwhelming.



Speak to your parent, carer, teacher or classmates if you are worried or don't understand something.



Bullying

Bullying is a behavior by an individual or group that deliberately harms another. Sometimes people who bully others are unhappy, jealous or are being bullied themselves. If you feel you are being bullied you can:



Keep positive and say positive things about yourself and others



Be proud of who you are, different people are equally valuable.



Don't keep being bullied to yourself. Always tell someone whether it is a teacher, a parent, a carer or another adult.



Think of the consequences of the different ways you might deal with bullying. Some ways of dealing with bullying are:

- Ignoring it or staying relaxed.
- Being assertive by using your body language, eye contact, tone of voice and the words that you are saying.
- Remember why other people bully
- Look at websites such as Kidscape and Childline to find more information and support on bullying.



New teachers



You will have a new teacher for each of your subjects. All of your new teachers are looking forward to meeting you!



Don't worry if you can't remember your teachers names to begin with, they also have lots of new names to remember!



Teachers are normally around at the beginning and the end of school as well as during lunch times. You can usually find them if you have any worries you need to talk about.

Exams



Exams are just big tests! They are there to check what you have learnt in class.



Exams can help teachers know what areas you might need more support with.



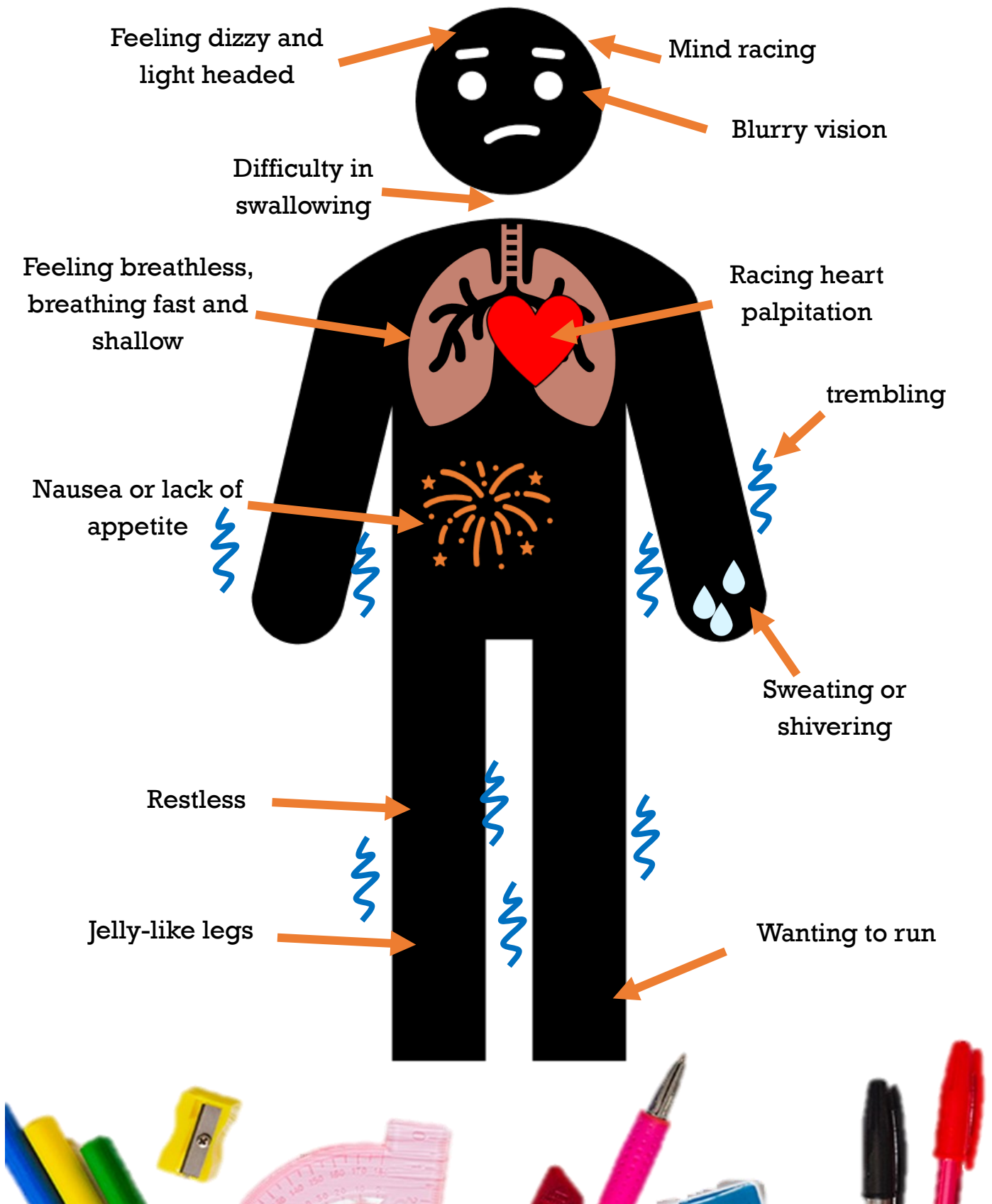
You might need a bit more time to complete an exam, or need help with reading and writing in the exam. That's okay, your new school will be able to support you with this.



How does being worried make us feel

Sometimes when we are worried or anxious we can have physical reactions. This is perfectly normal and everyone can feel like this when they are nervous.

You might feel some of the things below:



How is secondary school different?

There are several ways that secondary school is different from primary school. These will be covered in the sections below. Take some time and record what you think some of these things might be.

What do you think will be different about secondary school ?



One of the things that is different is that in primary school you have most of your lessons in one classroom and your teacher made sure you got to your lessons and had the right equipment.

In secondary school it is your responsibility to get to your lessons and make sure you have got the correct things with you. Don't worry; this becomes easier over the first few weeks.



Getting around secondary school



In secondary school there are bells to let you know when lessons and breaks start and finish.



On your first day you will get given a timetable that lets you know what lesson you have and what classroom you need to be in.



Travelling to secondary school



Your secondary school is probably going to be in a different place to where your primary school. This could mean that you have to walk further to get to school or might even have to take a train or bus.



Going to secondary school might mean that you have to get yourself to school for the first time which can be a bit scary!

There are some top tips below that could help



TOP TIP!

It is a good idea to practice your journey before your first day. If you are worried about getting lost you could do your journey with friends or family who could help you if you get confused.



TOP TIP!

If you can't get out and do the route then you could look at a map and plan the best route from your house to school.



TOP TIP!

If you need to take a bus or a train, look up the timetable and find out where your nearest stop is. You will need to work out what time to leave the house to get the bus or train stop to make sure you catch it in time so you are not late for school.

Use this space to draw a map or write down details of your route



Understanding your timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Tutor	HRP 127	HRP 127	HRP 127	HRP 127	HRP 127
Period 1	Science RAS 159	English ELP 221	R.E VMS 113	D.T CLD 175	Drama RFD 194
Period 2	Science RAS 159	Music KWO 103	English ELP 221	D.T CLD 175	History MST 168
Break					
Period 3	French NST 187	History MST 168	Art MME 194	English ELP 221	French NST 187
Lunch					
Period 4	Maths GPW 106	Geography LSL 155	Science RAS 159	P.E JTD 198	English ELP 221
Period 5	Computing AIN 144	Maths GPW 106	Geography LSL 155	Maths GPW 106	Maths GPW 106



Your time table will usually include your lesson, the classroom number and the initials of your teacher.



TOP TIP!

It can be useful to colour code your timetable so it easier to see what lessons you have.

What books would you need to take on Monday ?



What day would you need to take your PE kit?





What should I take to school



Things you might need to pack in your bag for school



Any books that you need for that day's lessons. Make sure that you take any homework that is due that day as well.



Your planner or homework diary



A pencil case which should take a pen, spare pen, pencil, ruler, rubber, sharpener and calculator with you.



It is useful to take a bottle of water with you to school. It can be harder to get water between lessons. Check your bottle doesn't leak or keep it in a plastic bag to keep your bag dry.



If you are not getting lunch at school then you should take a packed lunch



Make sure that you have money or a pass for public transport so you can get to and from school.



On the day that you have PE you need to take a PE kit including trainers



What should I take to school



TOP TIP!

It is a good idea to pack your bag for school the night before. It is easy to forget things if you are rushing around in the morning.

In the space below you can draw or write a shopping list for some of the things you need to start secondary school.



Lunch at secondary school

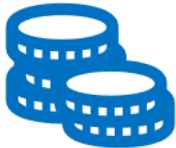
You might find that lunch there are a few differences between lunch at secondary school and primary school.



You will still have the option to bring your packed lunch with you and there should be somewhere in the school where you can buy lunch as well.



There will be space to eat your lunch in the dining hall. Some schools may let you eat outside or in other areas of the building.



Prices of the food you can buy at school can vary so it is important to make sure you take enough money to pay for the food you want.



Some schools have cashless systems where, you, your parents on the school can load money onto an account for you. You can use this account to buy your food.



TOP TIP!

Some schools don't open their canteens at break times so it is useful to take snack with you if you want one.

You could write down what you like to have in your school lunch



Moving to secondary schools and friendship

Starting secondary school can be overwhelming especially when it comes to meeting new people and making new friendships. It can also be sad to not be going to the same secondary school as some of your primary school friends.

Making new friends



Your secondary school understands that it can be nerve-racking to start a new school and having to meet new people. You will be placed in a tutor groups that you will probably see once a day.

Some schools have tutor groups that are all students from your year and some schools have tutor groups that are a mix of students from each year.



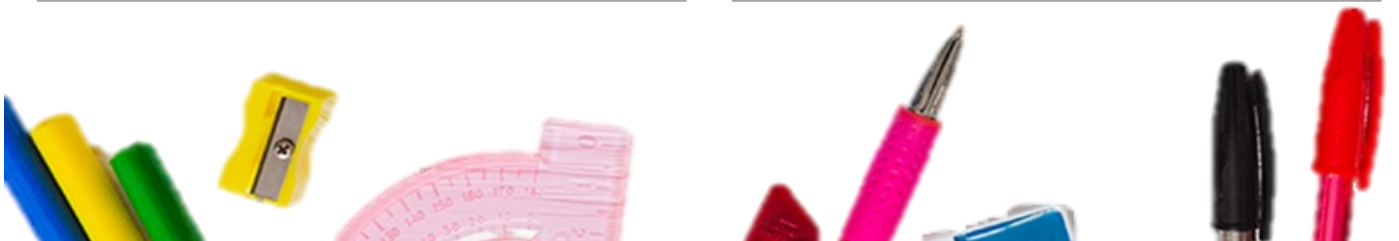
There are opportunities to make more friends in subject classes. Often schools will mix up different groups for different lessons.



You could also think about joining a club or a sports team to meet new people.

Use this box to write about some of your interests

Use this box to write something you might share with a new friend



Tips for starting a conversation



Smile



Ask questions so you can see if you have anything in common



When you are with other people, listen to what they are saying



Remember to be yourself



Remember, you can spend time with your new friends as well. Enjoying spending time with your new friends doesn't mean you like your old friends any less.



Here are some things that can help



Well-being



Be organised



Be enthusiastic



Be resilient



Be kind



Be brave



Be honest



Be yourself



Here are some things that can help



Well-being



Try to have regular snacks and meals. Any kind of change, worry or stress is harder if you are hungry.



Try to keep a regular routine and try and get a good amount of sleep. It is much harder to concentrate and cope if you are over tired



Try to do some kind exercise - it could be something like going for a walk. Exercise releases hormones that can help reduce anxiety.



Be organised

Make sure you have everything that you need for your day at school. This could include:



- Having the right books and equipment for lessons like a PE kit or stationary



- Having your lunch and a drink



- Having your bus/train pass or money



Here are some things that can help



Be Enthusiastic

Whether you are in lessons or doing your home work, teachers don't expect you to get every answer right. They will appreciate if you do your best and try to learn new things.



Be Resilient

It is okay to find change like this worrying or stressful at times. If you find yourself feeling overwhelmed, you can ask for help from someone in school or from family and friends at home.



Be Kind

If someone else seems to be having a hard time, try to help. This is a good way to make friends and hopefully they will return the favour.



Here are some things that can help



Be Brave

- You're not alone
- Sometimes the change might feel too much, or you might feel like you don't know what is happening or what you're supposed to do.
- Talking to other people in your classes can help you realise that you're not alone and that any feelings you have are normal.
- Talking to other people about how you feel is an important way to cope with change.
- Don't be afraid to ask for help, it might be something as simple as asking a teacher or another student if you are lost



Be honest

If you do something wrong or forget something, it's much better to own up straight away.



Be Yourself

Believe in yourself! You can do it!



Useful information

You might still be a bit concerned about the unknown aspects of starting secondary school. You can use this page to write down useful information about your new school. There are a few ideas to get you started.

What do I do if I feel unwell?

What do I do if I get lost?

What do I do if I am late or miss my transport?

What do I do if I forget my homework or PE kit?

Use this box to write about things you think are useful

