

Getting Ready to Move From Primary School to Secondary School



Name: _____

Primary School: _____

Secondary School: _____



Introduction

We have lots of different journeys in our lives, and it is important to prepare for each one.

It is also important to...

1. Be confident and feel positive about yourself. This will make it easier for you to take brave steps and have a go at new things
2. Think about where you are going and what will be different
3. Think about, and say goodbye to, the people and places you leave behind

This pack has been put together to help you get ready for the exciting step in your life of starting secondary school! You can take this booklet home and talk to your family or friends about the activities, or even better, do it together!

Have a go at this wordsearch! Words can go in any direction and can share letters as they cross over each other.

Bus
Chemistry
Friendships
Physics

Calculator
Classroom
Geography
Relaxation

Canteen
Diary
History
Rucksack

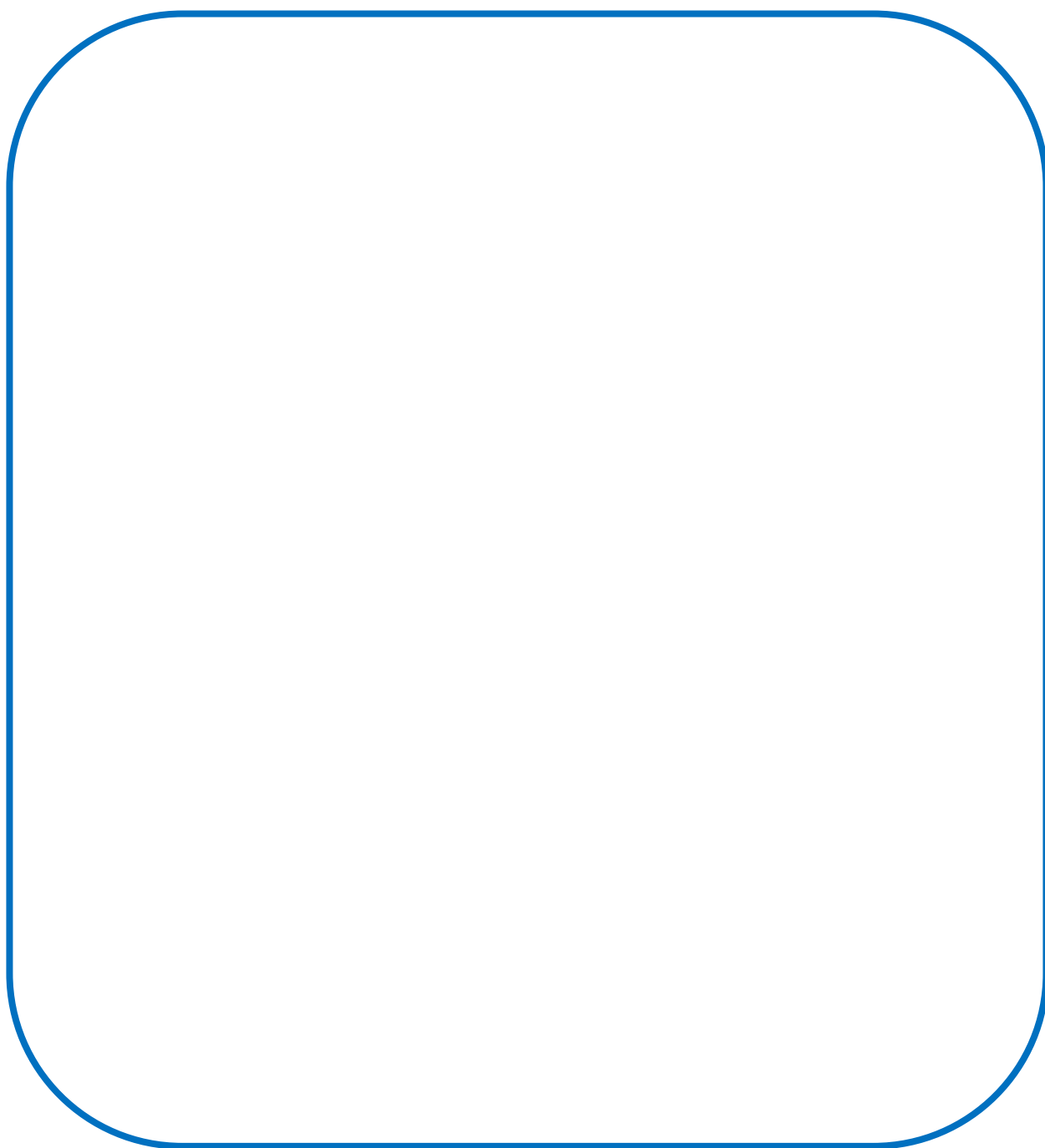
Change
Exercise
Hobbies
Rules

Timetable
Freedom
Homework
Teacher

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

Drawing My New Secondary School

Use the space below to be creative and
draw your new secondary school:



Moving From Primary to Secondary School

There are lots of differences between primary and secondary schools. These are some of the main differences that young people tell us they have experienced, which can feel both daunting and exciting.

More subjects

Different teachers for each subject

Different classrooms

New way of travelling to school

Friends old and new

Different routines

Homework

Equipment

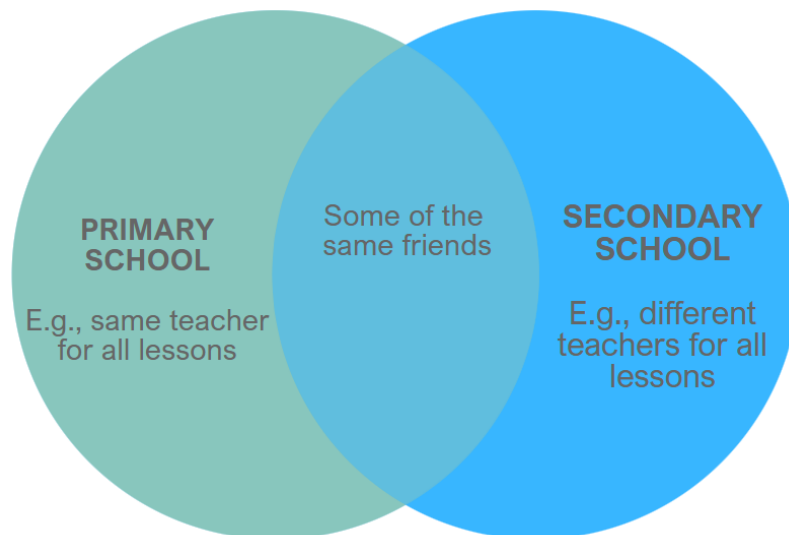
What may be some of the similarities and differences between primary and secondary school for you?

- 1) _____

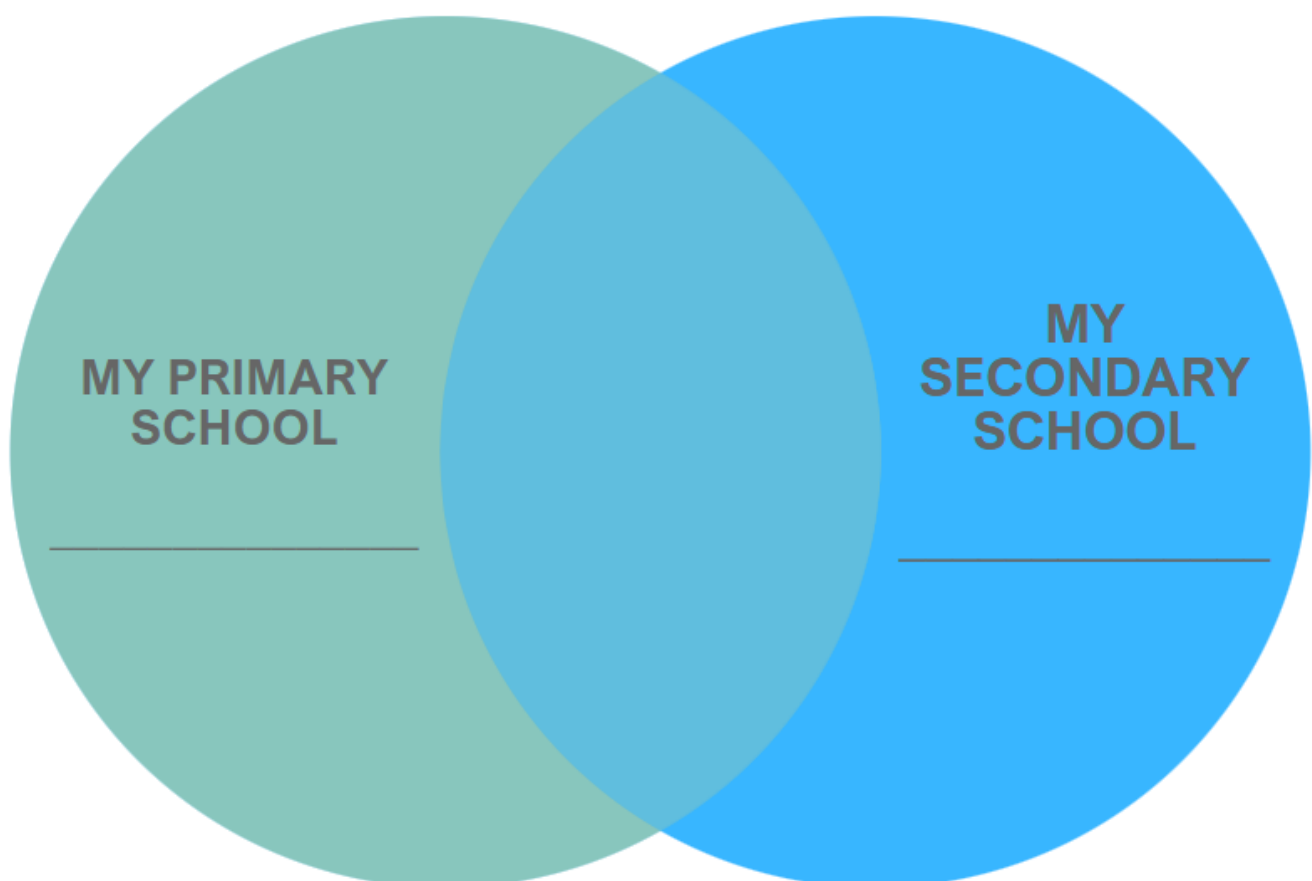
- 2) _____

- 3) _____

Moving From Primary to Secondary School



Complete your own diagram, which will include the names of your primary school and secondary school. Write in the circles things which may be similar or different between the two schools. Use your answers from the previous page to help you.



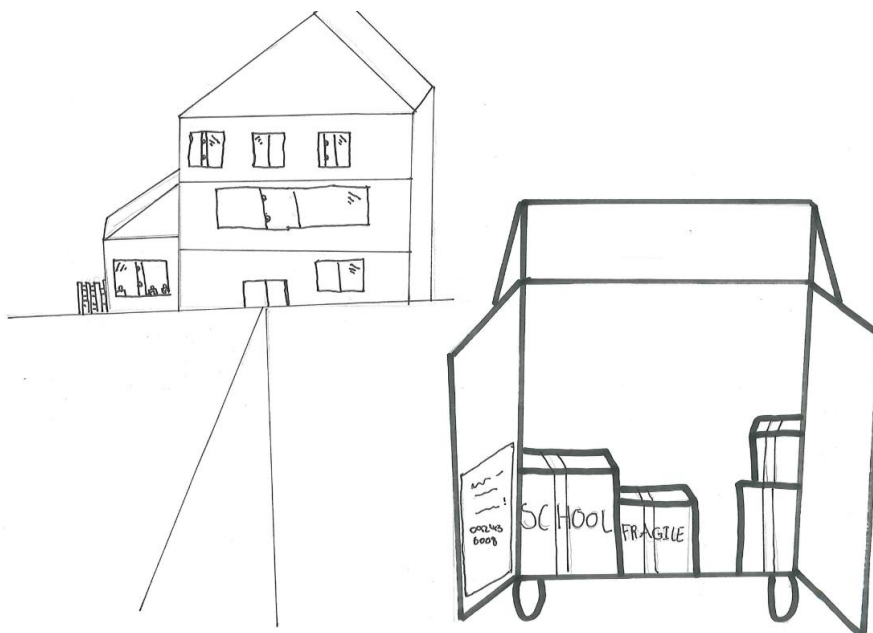
What Works Well Already

Think about a time that something changed in your life, for example, starting primary school, moving house, Covid, getting a new baby brother or sister, or becoming more independent.

You may have used helpful strategies at these times, for example:

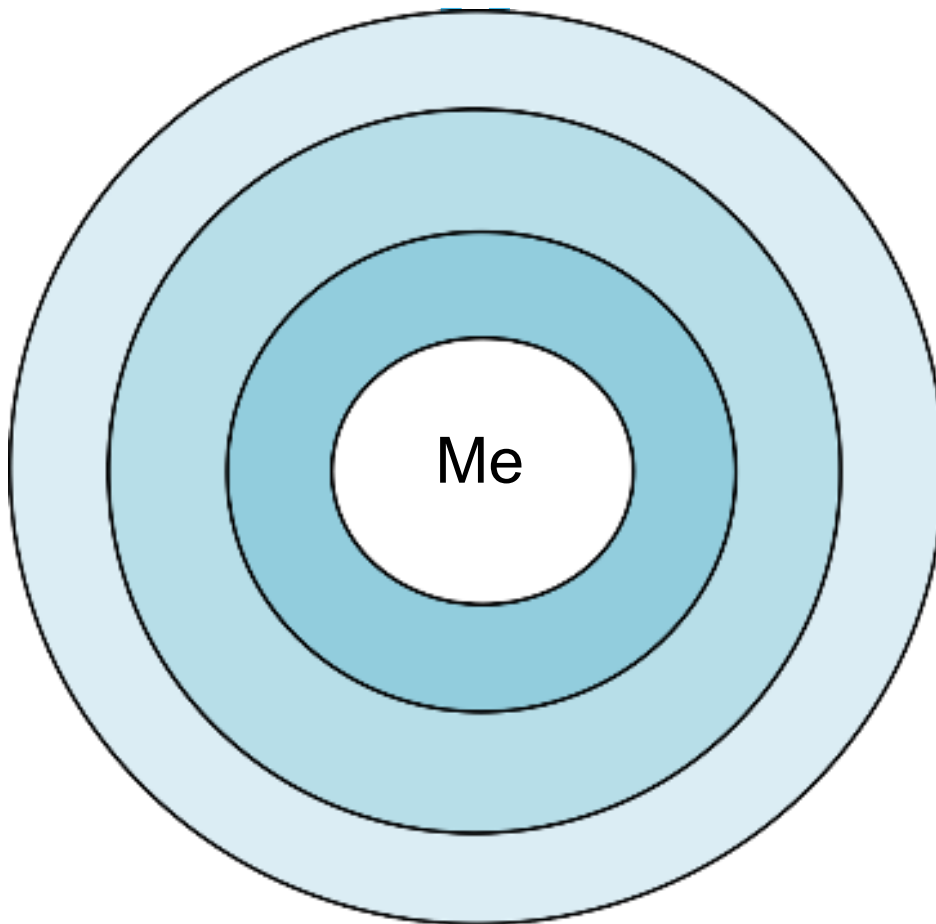
- Talking to people
- Taking time to get used to the change
- Keeping connected to other things which haven't changed
- Support of friends and family
- Focusing on your strengths
- Keep doing things you enjoy

Throughout this booklet, we are going to be having a think about different things that you may experience in secondary school and how you can use some of these strategies to help you.



My Back Up Team

It's important to think about who is going to be in your back-up team to support you at times of change. Support can come in many different forms, such as having someone to talk to, someone to keep you company and somebody to help you solve problems.



Think about the people around you. They may include family, friends, school staff, or club/activity leaders. Plot them on the diagram above, with those most involved in the middle or those least involved on the outside. Write down what kind of support they can give you.

If you have worries or concerns about certain things at secondary school, you may want to speak to someone in your back up team. There are many people who could help you, but they may not know that you need help unless you tell them.

School Staff



There are many staff members in a secondary school. Not all of them will teach you, but they may be important to you in a different way. As well as being a teacher, some members of staff may also have another job in school.

Try and find out about the different adults in your school who can support you; what their job is, what they do and when you may see them.

The name of your Form Tutor: _____

What do they do? _____

When may you see them? _____

The name of the Head of Year 7: _____

What do they do? _____

When may you see them? _____

The name of the Head of Lower School: _____

What do they do? _____

When may you see them? _____

Is there anyone else who might help you?

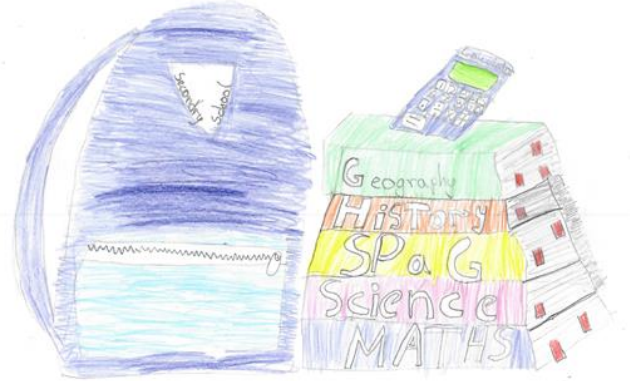
What is their name? _____

What do they do? _____

When may you see them? _____

Winning With Homework

What will help you complete your homework?



What time will you do your homework?

Where will you do your homework?

What will you need to complete your homework?

If you don't understand your homework, what could you do?

How could you reward yourself for completing your homework?

You could use a table like this to help you complete your homework:

Class	Homework task	Due date	When/where will I do it?	Done?
English	Read 2 chapters of "Ways to Wellbeing"	Friday (18 th October)	Monday, 6pm on my desk in my quiet bedroom (14 th October)	✓
Art	Finish your poster	Friday (18 th October)	Tuesday, 6pm at Nan's house in a quiet room on desk (15 th October)	

School Equipment

Things I need to bring to school every day.

Every day you will need your writing equipment. What else may you need to bring to school? Circle the equipment you may need. Draw or write in anything else you may need.



Day	Things I will need to bring
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Keeping in Touch With Primary School Friends

A new school doesn't have to mean saying goodbye to your primary school friends. It is helpful to think about ways in which you can keep in touch with primary school friends and make new friends at the same time.

How could you keep in touch with primary school friends?

What could you do if you are both busy, but you still want to meet up?

What could you do when you meet up with primary school friends?

- 1) _____
- 2) _____
- 3) _____

When would be a good time to meet up with primary school friends?



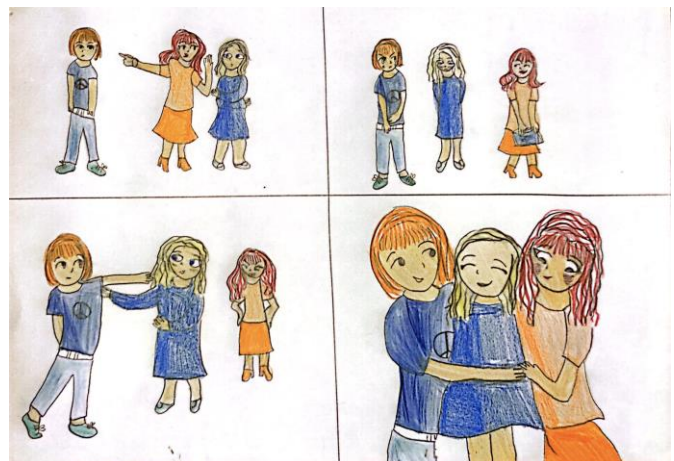
Meeting New People

At secondary school, you are likely to meet other young people who have come from a different primary school to you.

It's likely you will have previously met new people in new situations and possibly enjoyed spending time together. For example, on holiday, at a club or at a party. Can you think of a time you met someone new?

How could you meet new friends at secondary school?

Can you think of any conversation starters you could use to talk to new people?



Who could you talk to in your back up team if you need support around meeting new people?

Being a Good Friend

What makes a good friend? Write some examples in the boxes below



Can you think about a time you have been a good friend to someone?

What are some of the things you enjoy doing with other people?

What are some questions you could ask others to start a conversation? For example, 'what did you do in your summer holidays?'

Finding Your Way Around Your New School

It can sometimes take some time to find your way around your new school.

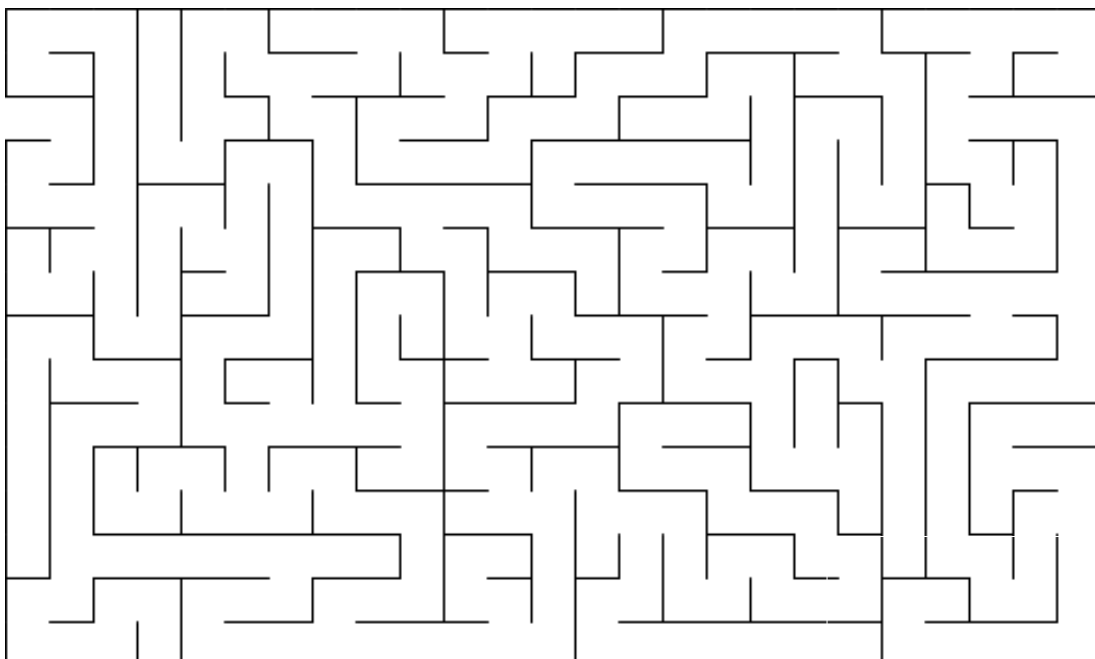
We've all had times where we are somewhere new and didn't know where to go. What did you do to help you find your way?

What could you do to help you find your way around your new school?

- 1) _____
- 2) _____
- 3) _____



Complete the puzzle below to find your way from the school entrance to your classroom door.



Coping With Disagreements

It is normal to have disagreements with classmates. If someone says something that upsets us, it can be helpful to tell them how that made us feel without upsetting them. You can do this through 'I' statements.

'I' statements take a particular order:

- **I feel...**(my feelings about a situation or behaviour)
- **When...**(a blame free description of the behaviour)
- **Because...**(the effect of the behaviour on me)
- **Would you/can we...**(what I need the other person to do instead)

Imagine you heard that your friend said something mean about you to a classmate. Can you think of an 'I' statement you could use to show your friend how you feel?



I feel _____

When _____

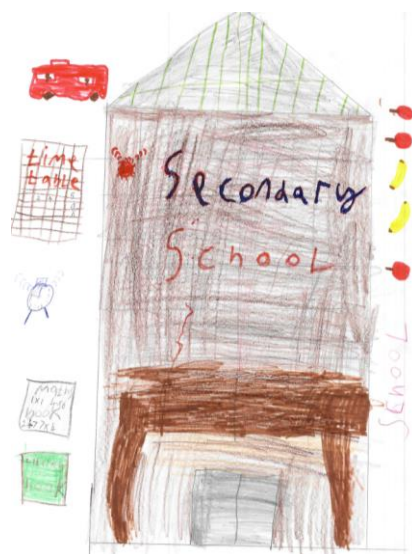
Because _____

Would you/can we _____

Rules and Responsibilities

There may be new rules and responsibilities when you join secondary school, and you may have more freedom sometimes.

What rules did you have at primary school?



What did you do to help you stick to these rules?

What new rules might you have to follow at secondary school?

What could you do or who could you talk to if you made a mistake or were worried about following the rules?

When we go to secondary school, we may be given more independence. In what ways do you think you'll be more independent?

Managing Worries

We may experience two types of worries.

1. Practical worries

These worries often have a solution that needs us to take action, for example:



I have a toothache

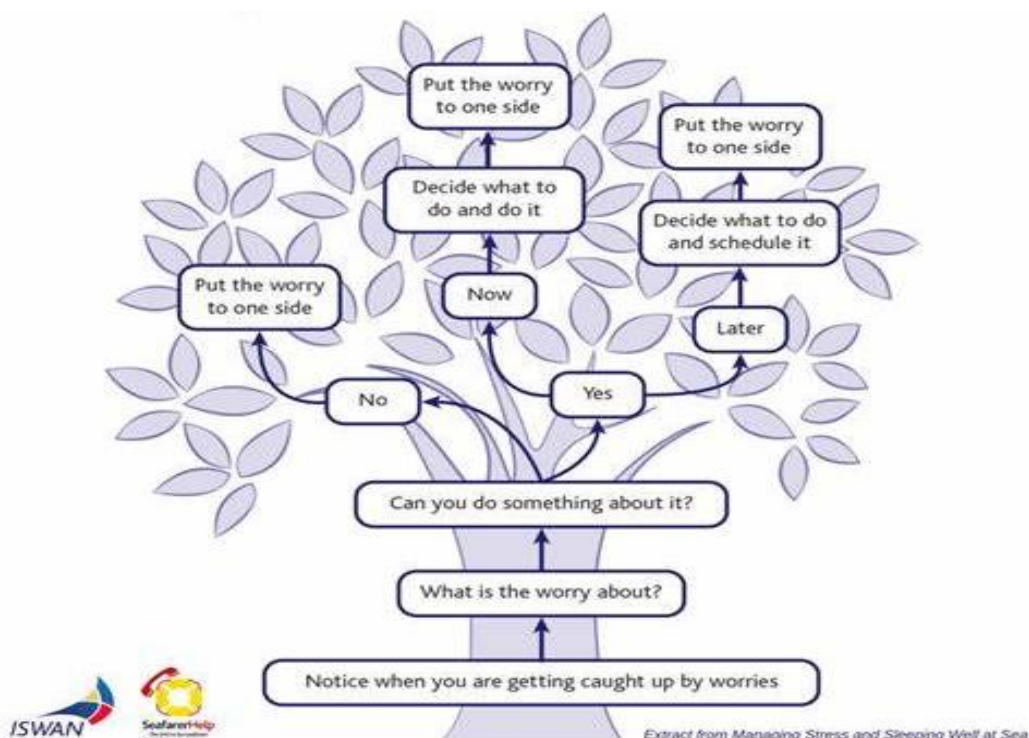
I haven't completed my homework

2. Hypothetical worries

Hypothetical worries often begin with “what if” statements. These worries are about things that haven't happened or things we do not currently have control over and so cannot do anything about, for example:

What if my house gets broken into?

What if my mum is home late?



It can be helpful to talk to someone in your back up team if you are feeling worried. Who could you talk to?

Relaxation Exercise

You can do relaxation exercises to help with **hypothetical worries** or **practical worries**.

Star breathing: Start at any “Breathe in” side, hold your breath at the point, then breathe out. Keep going until you’ve gone around the whole star.



5, 4, 3, 2, 1 Grounding Exercise: Stop and think of 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

Five Ways to Wellbeing

Sometimes the best way to protect us from worries is to make sure we look after our wellbeing.



Can you think of what you may do?

Credit: Live Well Dorset

Be active: _____

Connect: _____

Keep learning: _____

Give: _____

Take notice: _____

Helpful Thoughts

Another thing that can help us cope in stressful situations, is thinking positively. Some examples of positive self-talk statements include:

- Stop and breathe, I can do this
- Lots of people feel like this
- These are just feelings, they will pass
- I have done this before, and I can do it again
- This feeling won't last for ever
- I can learn from this, and it will be easier next time

What positive self-talk statements could you use when you start secondary school?



Getting Organised

Shade in the things you will need to think about before starting school:

My uniform

Remembering
equipment

What time
does school
start and
finish?

How am I getting to
school?

Do I need to bring money for
lunch, snacks, bus fare?
If so, how much?

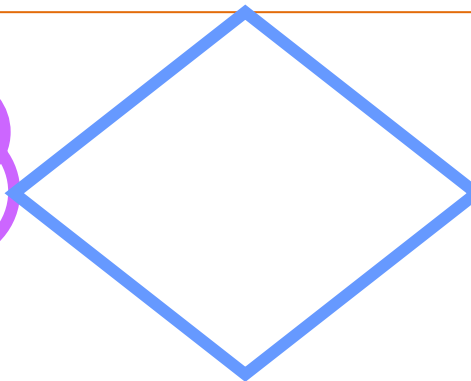
Do I need a
packed lunch?

P.E. kit

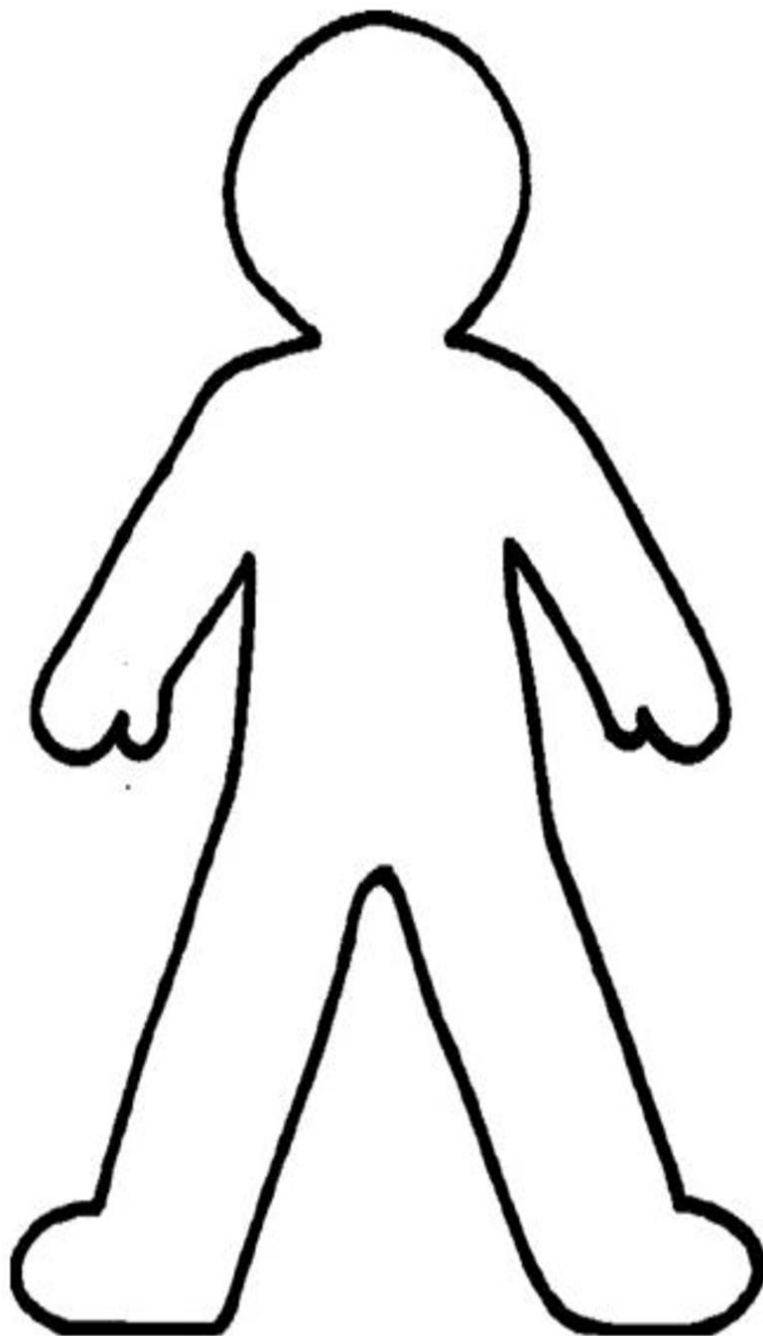
Is my bag
packed?

Do I need my own
pens and pencils?
Do I need books?

We have left some blank shapes for you to fill in any others you can think of...



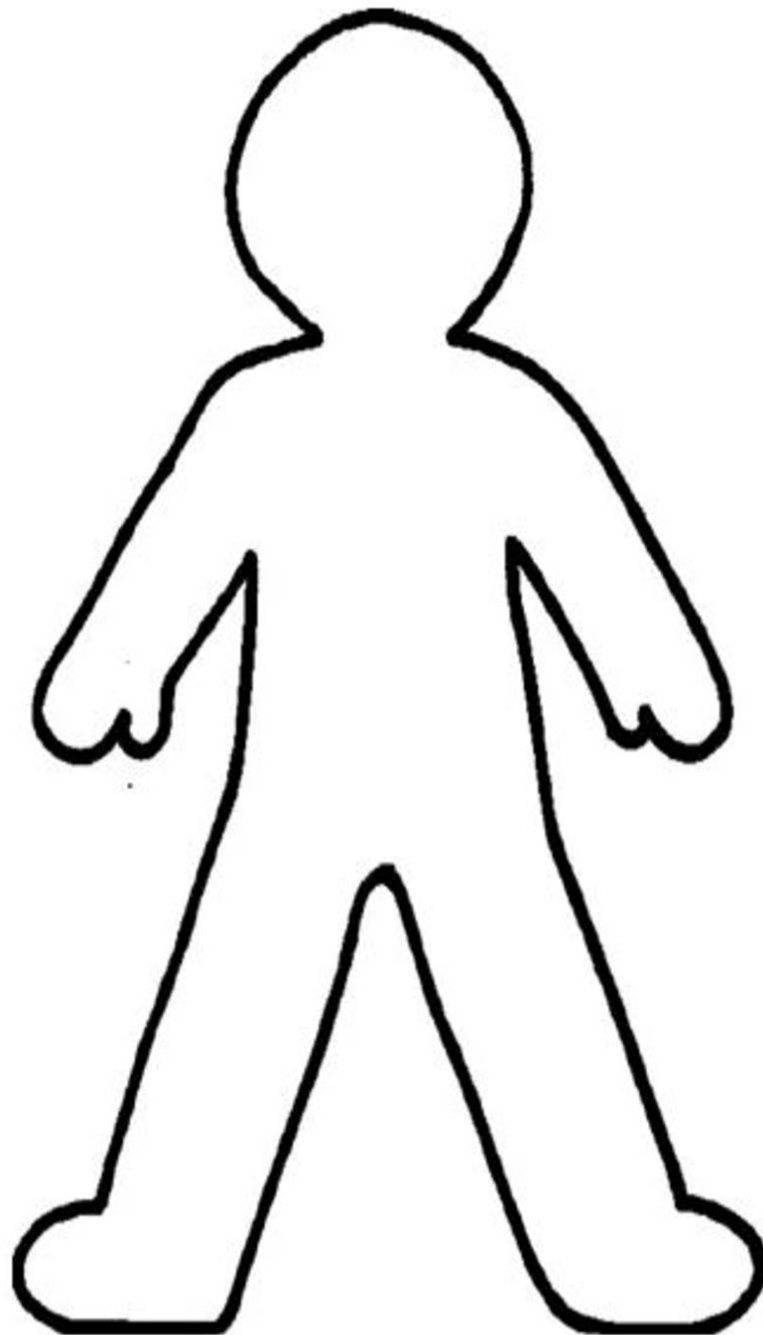
My School Uniform



Credit: Clip Art Library

Draw and colour your school uniform above. If you aren't sure, you can look it up at home but for now you can make it up!

My P.E. Kit

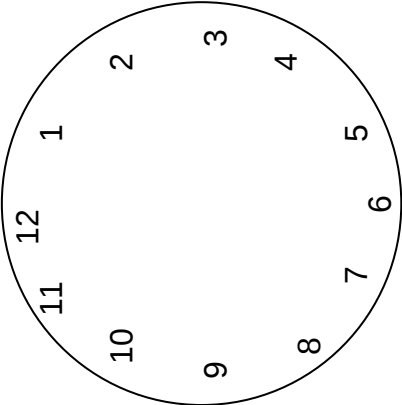
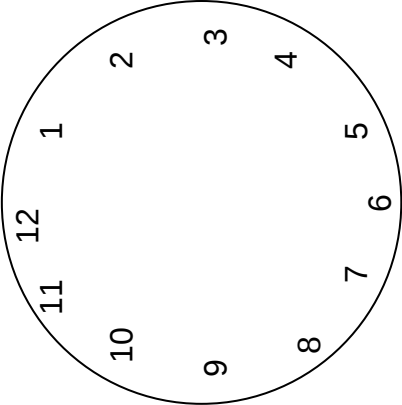
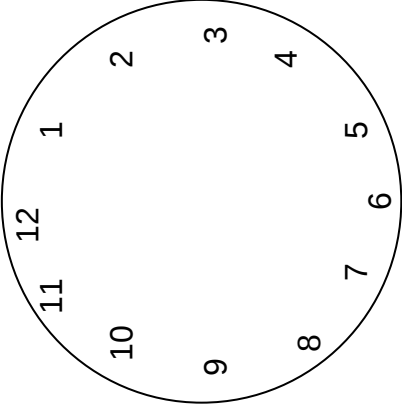
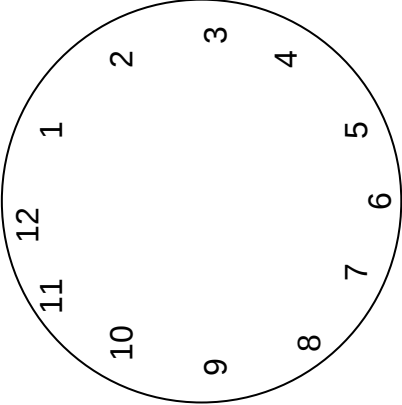
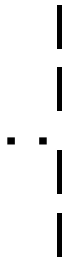
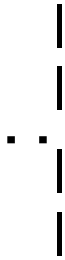
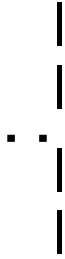


Credit: Clip Art Library

Repeat the school uniform activity for the P.E. kit.

School times

Organisation at School

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

My Journey to School Plan

Write down your plan for how you might get to school and rough timings:



-
-
-
-
-

Now that you have decided on the safest and quickest route to and from your new school, set a date to practice the journey



Date:

Time:

Who is going?

How long did it take?

What time do I need to remember to leave the house?

(Remember to allow time for more traffic when you start school in September)

Apps and Websites

There are loads of free websites and apps that you can use to help you if you are feeling stressed or worried. Here are some below...



Forest: Stay focused

Seekrtech Productivity

PEGI 3

Contains Ads · Offers in-app purchases

Add to

Forest: stay focused

An app to help you stay focused on your work!



Kooth.com

Chat to friendly counsellors.
Read articles written by young people.
Get support and lots more!



GoodMentalHealthMatters.com

Online resources which help young people to make small changes that can make a big difference to the way they feel and cope with the stresses of everyday life.



YoungMinds

Websites with lots of fun activities and advice aimed at supporting and empowering young people whatever the challenges.

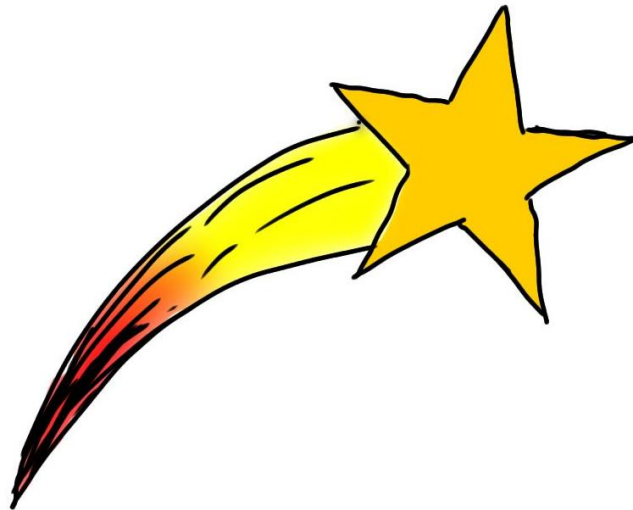


Mood Spark

A website with useful information about how to look after your emotional and mental health.

Notes

THANK YOU AND GOOD LUCK!



“You don’t have to be great to get started but you have to get started to be great.”

– Les Brown

Booklet put together by Kent Emotional Wellbeing Team and Medway Emotional Support Team in April 2023, using materials provided by:

Rice, F., Frederickson, N., Shelton, K. H., McManus, I. C., Riglin, L., & Ng-Knight, T. (2015). Identifying factors that predict successful and difficult transitions to secondary school. *University College London, London*.

Islington Community CAMHS. (n.d). *Managing the Transition from Primary to Secondary school A parent/child workbook*. Retrieved from www.highgatehill.co.uk/force_download.cfm?id=333

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