



Transition describes the process of changing from one thing to another. You might have heard the term used in primary school for transition days from your old class to your new one.

Moving from primary school to secondary school is a big transition. Teachers in both schools do their best to prepare you for this step and support you through the change. You may have experienced friends or family members transition to secondary school and seen them go through some of the following steps:

- Teachers from secondary school visiting children in their primary school.
- Primary school teachers helping children find out about their new school and how it is different.
- Transition days to the new school to meet tutor groups and experience the new school day

Due to the school closures, transition to secondary school might look a little different this year. It is normal to be worried about missing out on the things you've seen happen for other year groups.

You might not know the details about your transition just yet but the teachers in both your primary school and your new secondary school are still working hard to make sure that everything goes well for you.

This booklet covers some of the things you might be worried about and some activities to help you plan for your transition while social distancing.



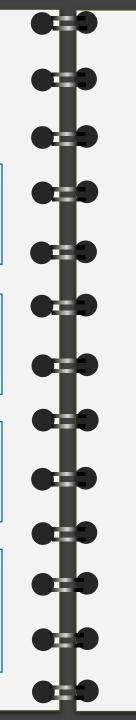
Explore your new High School's website to find out information to fill in this page of your booklet

Which High School are you going to?

What is your new Headteacher's/Principal's name?

who is in charge of year 7?

We have our school Christian Values. What values does your new High School have?



(Can you insert a picture of your new High School here?)

(Can you insert a picture of your new High School's emblem? (The emblem on your new blazer))

Explore your new High School's website to find out information to fill in this page of your booklet

The address is

The telephone number is

The e-mail address is

The website address is

On this page, think about what might be worrying you about high school and what you are happy about and type your responses into the columns below (On the next page are some examples you might want to use)

Worries	Нарру		

		Thínk about something that worries you about moving to Secondary School.						
		0 1 2 3 4 5 6 7 8 9 10 OK NOTOK						
Making new friends	Learning a new timetable							
Dinner time	Being on time	what is the worry?						
Having a different uniform	Break times							
Finding way around	Learning new subjects	On the scale of 0 to 10 how worried are you?5						
Getting to school	Joining clubs	Think of a time when you have been worried before						
Meeting others my own age	School rules							
Being with friends	Meeting my new tutor	what helped you move down the scale that time?						
Homework	Being able to do the work							
Meeting my new teachers	Getting changed for sport / PE							
Being with older pupils		Where on the scale would you like to feel in a month, 6 months and in a year?						
		what will have changed so you know you are less worried?						

How will I know where to go and when?

Bells in school will let you know when you need to make your way to the next lesson. You will be given a timetable that tells you where you need to be in each period. It will probably have the name of the lesson, the teacher you have and the room you need to be in. The teacher's initials are usually used on your timetable, but you will probably have a list of their full names underneath.

Example Timetable:

	Mon		Tues		Wed		Thurs		Fri	
Tutor	ADZ	101	ADZ	101	ADZ	101	ADZ	101	ADZ	101
54	Science		English		Maths		Science		DT	
P1	XTE	216	SAN	147	LSB	222	MSA	236	MES	137
D 2	French		Ethics		English		Maths		DT	
P2	ADH	202	том	226	SGM	105	ЈМК	229	MES	137
P3	English Frenc		nch	History		Art		French		
	SAB	107	ADH	202	SHA	219	ARS	141	ADH	202
P4	Computing		Music		Geography		Geography		Science	
P4	EAH	212	JLS	127	EGS	218	EGS	218	KTN	234
P5	History PE		Science		Science		English			
22	SHA	219	LPT		SLT	238	KTN	234	SAN	147
P6	Science		PE		Maths		English		Maths	
	MSA	236	LPT		LSB	22	SAB	107	ADB	220
teacher room										



What Should I Take With Me?

Try and prepare your bag the evening before as you're more likely to forget things if you're rushing around in the morning.

Any books that you need for the day's lessons –check your timetable and make sure you've completed any homework that is due.

Your planner or homework diary.

A reading book if your school has time for quiet reading.

You should always have a pen and a spare pen, pencil, ruler, sharpener, rubber and calculator with you. A pencil case will help you keep them together so they don't get lost in your bag.

It is not always as easy to get water during the school day as it is at primary school so take a water bottle with you. Check the bottle doesn't leak and keep it upright or in a plastic bag to protect your books and homework.

A packed lunch if you're not using the canteen.

Your PE kit, including trainers, if you have PE that day. A bag to carry everything in.

Your bus-pass or bus fare, if needed

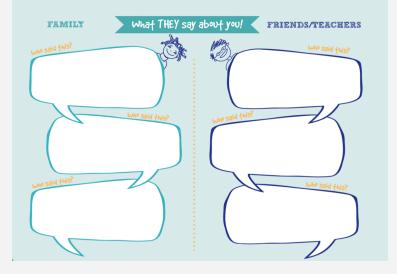
Which of these objects will you need (and be allowed) to take to your new school ?

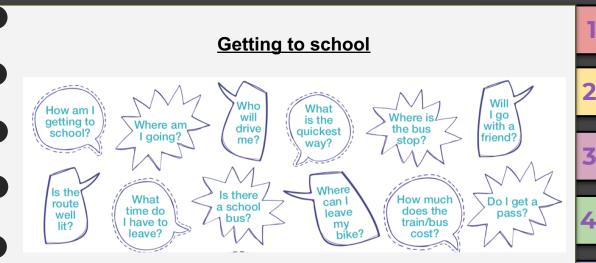
Tick the box next to the drawing and to make sure you have the right answer look at the information you have been given or on the school website. If you're not sure put a ? and check when you start at school in September. No one will expect you to have all the right things in the first week !



Now ask members of your family, your friends and even your current teacher to 'recommend' you to your new school...they can tell you or write some things which they think are **positive** or **special** about you - **what you're like or what you're good at**.

Write their quote in the speech bubbles below and who said them.





Now write down your plan for how you might get there (and rough timings if you can)

My journey plan

Ub dark the jo Date Who How What leave (reme Septe Havin

Once you have decided the safest and quickest way to and from your new school, set a date to practice the journey.

Time

6

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Who is going?

How long did it take you?

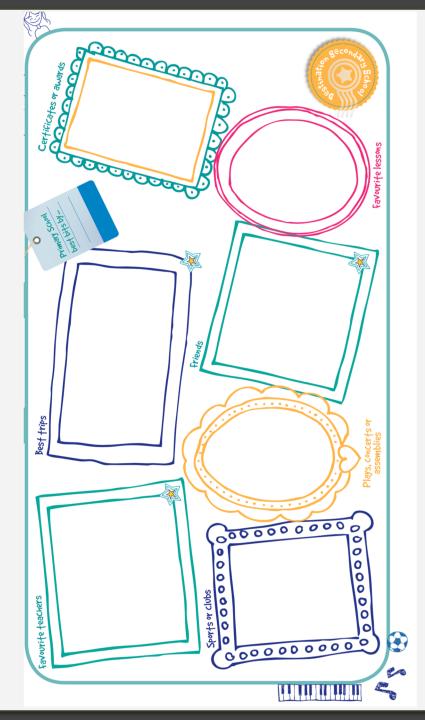
What time do I need to leave the house?

(remember that there might be more traffic in September so leave some extra time)

Having done the journey once with a parent or helper, organise to do it on your own with a friend. Always of course letting your parents know...

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Primary School Memories

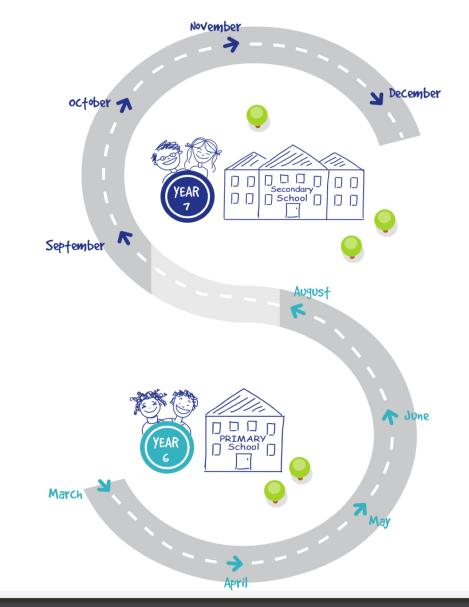


What has been happening most recently and what are your hopes?

On the timeline below, write down specific events or things that have happened since March when you found out about which school you were going to.

What's happened at school or at home and how have you felt about it?

Now think about anything you know will happen in the summer holidays and next term at home or at secondary school.



Stay in touch with your primary school friends.

Year 7 is so much better than primary. After the first few days, you don't worry anymore as it will feel like you've always been there.

> Try not to lose your timetable. Take a photo of it so you have a backup on your phone and give your parents a copy to stick up at home too.

Never underestimate the value of a routine - it helps to have set times of the week when you get your homework done.

Final Tips

Remember that everyone in your year is going through the same thing as you, you're not alone.

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Don't be afraid to ask for help.

It's not that different to primary, once you get used to having different teachers.

Get the bus to school a few times before your first day. It will be one less thing to worry about.

Make sure you pack everything you need the night before so you're not rushing in the morning.

On this page write any questions you may have about your new school, so you can ask them when you get there in September

Questions

