

Moving on up!

Getting ready for high school



**Name**

**My school now**

**My new school**

**All about me**

***This page could be sent to the new setting…***

I like…

I don’t like…

At school, you can support me by…

When I am older, I would like to be…

My favourite sports…

I worry about…

I am happiest when…

I get upset when…

What helps me to relax…

My favourite places…

My favourite foods…

Name:

I like people to call me:

My date of birth:

I identify as: (gender)

I like to listen to…

My motto for life is…

I live with…

People who are important to me…

*PHOTO*



**Investigating my new school**

**Challenge - can you find….**

A picture of the school?

The address, phone number and email?

The name of the head teacher or principal?

The school website address?

A funny fact?

Five fascinating facts about the school?

A picture of the school logo?

Information about fun extra-curricular activities or trips?

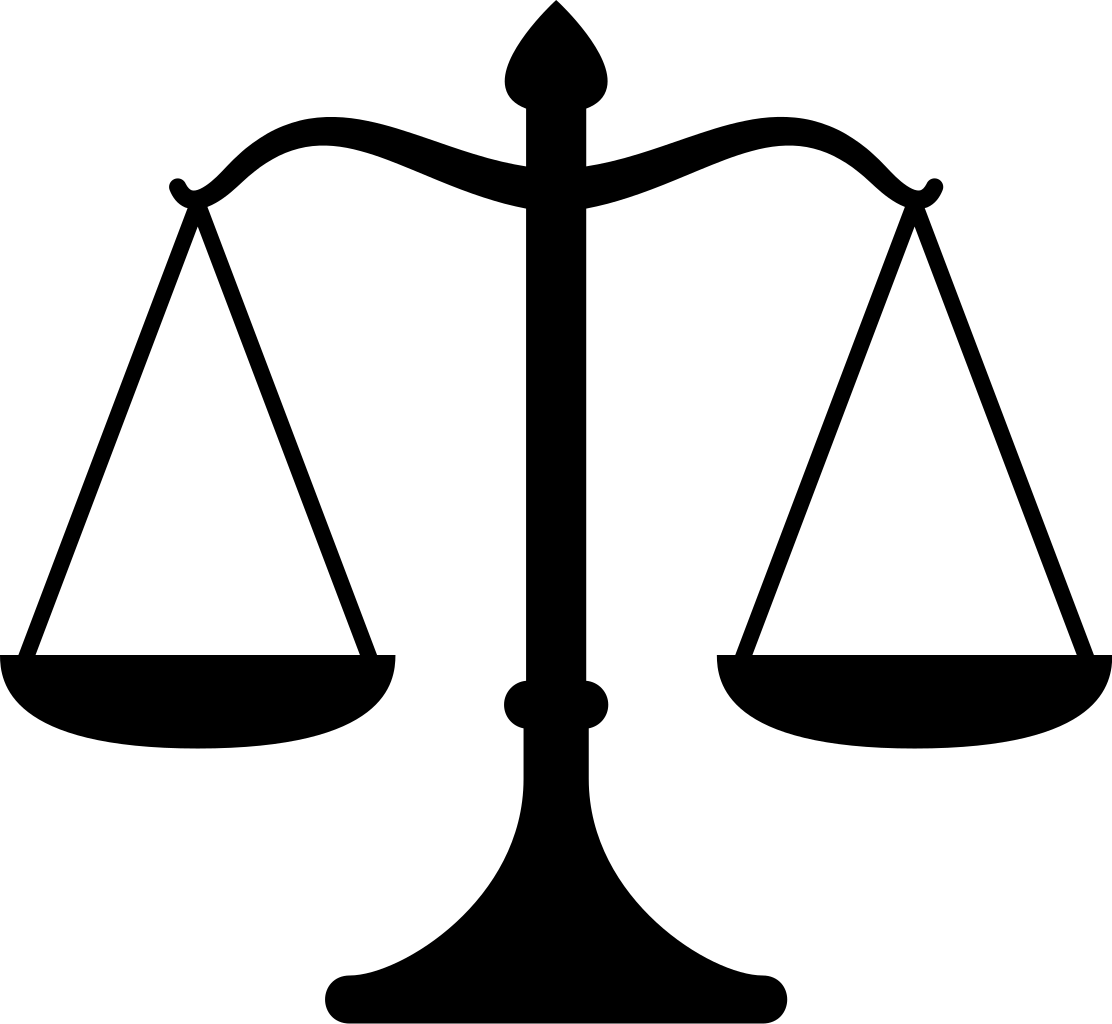
The school motto?

**How do you feel about moving on?**

**Here are some helpful things to think about.**

You could highlight things you are looking forward to and things you are worried about in different colours or cut them out and stick them on the next page. These are spaces for you to write your own ideas.

|  |  |
| --- | --- |
| Making new friends | Learning a new timetable |
| Lunch times | Being more independent |
| Having a different uniform | Being on time |
| Finding my way around | Break times |
| Getting to school | Learning new subjects |
| Learning new things | 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 |
| What to do if I lose something | Who to ask if I need help |
|  |  |



**I am excited about… I am worried about…**

## 

**Positive mindset**

**Think about something that worries you about moving to high school.**

How could you turn a negative into a positive?

One example has been completed for you.

|  |  |
| --- | --- |
| **Worry** | **Thinking positively** |
| I will get lost and be late for my lessons. | I can use the map of the school or ask somebody where to go if I can’t find my way around. |
| I will find the work hard. |  |
| I won’t make new friends. |  |
| I won’t be able to do the homework. |  |
| I won’t remember all the things I need for my lessons. |  |
| I will get into trouble or get a detention. |  |

**What do I need to know?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Questions about how the School works** | | | **Answer** | | |
| What time does school start and finish? | | |  | | |
| When are break times and lunch time? | | |  | | |
| What sort of food is sold?  How much do things cost? | | |  | | |
| Where do you go at lunch time? | | |  | | |
| Are there quiet spaces to go to? | | |  | | |
| How much homework do you get? | | |  | | |
| What happens if it isn’t done? | | |  | | |
| How can I get help with my homework? | | |  | | |
| What happens if I do something wrong? | | |  | | |
| Who can I talk to if I am having problems? | | |  | | |
| How am I rewarded for my work? | | |  | | |
| When can I use the library? | | |  | | |
| **Questions about getting to school** | | | **Answer** | | |
| Where is the school? | | |  | | |
| How will I get there?  You could plan your route on Google maps | | |  | | |
| Who will go with me?  Are there friends who will be going to the same school that I can walk with? | | |  | | |
| Can I take a bike?  Where can I put it? | | |  | | |
| How much is the bus fare?  Which number bus would I take?  Where are the bus stops?  What times do the buses go?  How will I pay for the bus? | | |  | | |
| How long will it take to get there?  What time will I have to get up?  What time will I need to leave the house? | | |  | | |
| What happens if I am late? | | |  | | |
| What will I do if I forget something important like my bus money? | | |  | | |
| **Questions about school uniform and equipment** | | | **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? | | |  | | |
| Will I have a locker to keep my things in? | | |  | | |
| **Questions about who’s who** | | | **Answer** | | |
| Name of my form tutor | | |  | | |
| Name of the head of year | | |  | | |
| Name of the head teacher or principal | | |  | | |
| Name of the deputy or assistant head | | |  | | |
| Who else do I need to know?  What do they do and when will I see them? | | |  | | |
| Will I have a buddy or mentor to help me? | | |  | | |

|  |  |
| --- | --- |
| **Questions about the timetable and learning opportunities in school** | **Answer** |
| How does the timetable work? |  |
| What subjects will I learn? |  |
| What facilities does the school have? eg sports equipment, science, art, cooking |  |
| What happens if I find the work hard? |  |
| Is there support in lessons? |  |
| Am I allowed to go out to use the toilet during lesson times? |  |
| What clubs are there at lunch time or after school? |  |
| What trips are there? |  |
| Are there any other special events or activity weeks? |  |

|  |  |
| --- | --- |
| **Any other questions I have** | **Answer** |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |

**Finding my way around**

**It can be tricky to find your way around a new place at first. Before you visit your new school, get a map of it. Mark on important places in different colours.**

You might want to find

* Your form room
* The main office
* The library
* Different subject rooms e.g. English, science, art, computer suite
* The lunch hall
* The toilets
* Student’s entrance

**My map**

**School staff**

**There are many teachers in a high 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 they may have another job in school. The different names for these jobs are helpful to learn.**

Find out some of the jobs that adults in your high school have.

**The name of your form tutor**

What do they do?

When might you see them?

**The name of the head of year 7**

What do they do?

When might you see them?

**Is there anyone else who might help you?**

What is their name?

What do they do?

When might you see them?

**House groups**

**Some schools divide pupils into groups that include pupils from all year groups. These groups are often known as houses.**

**Find out if your school has a house system.**

The name of my house is

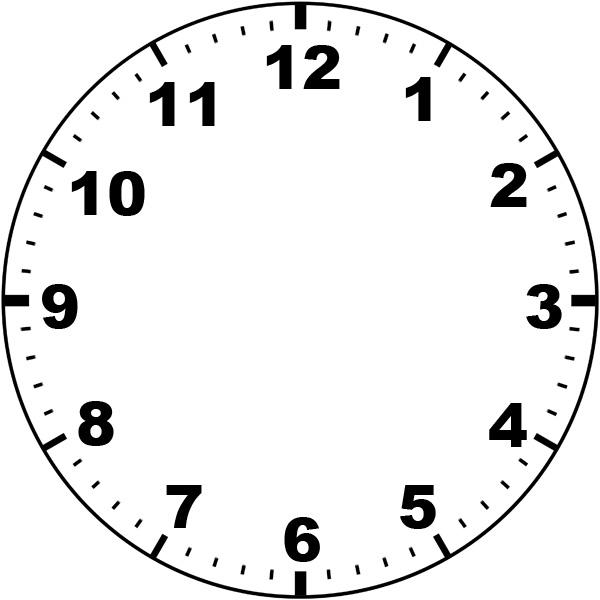
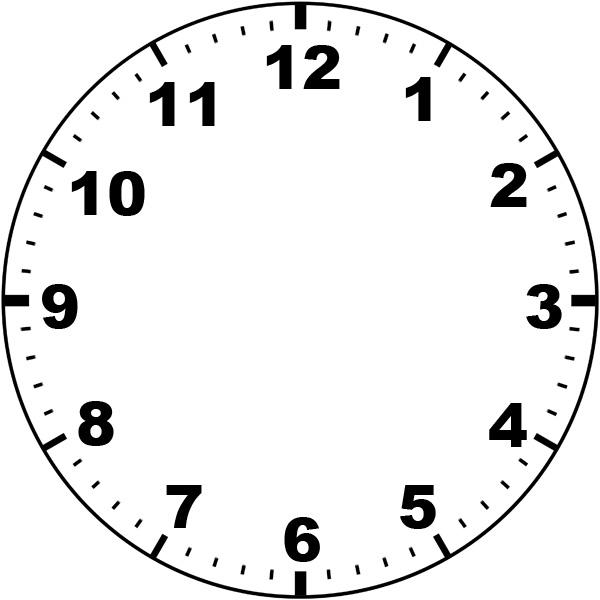
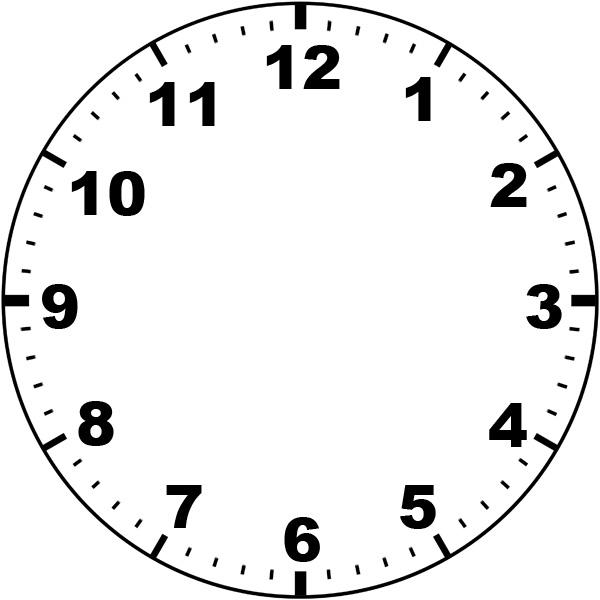
The name of my head of house is

Challenge…

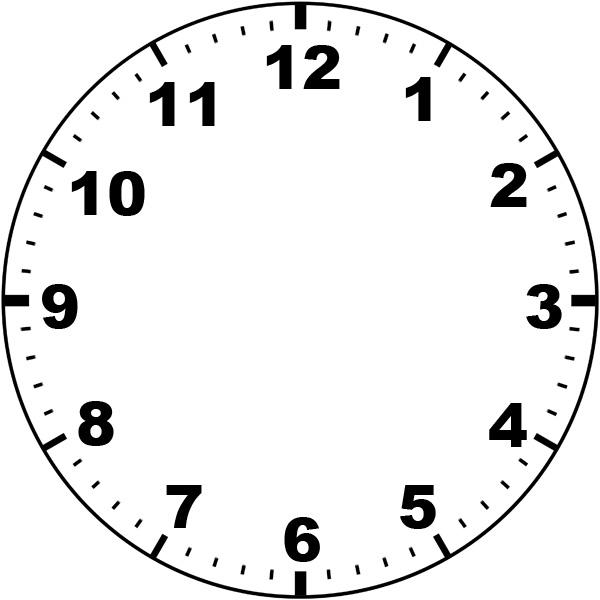
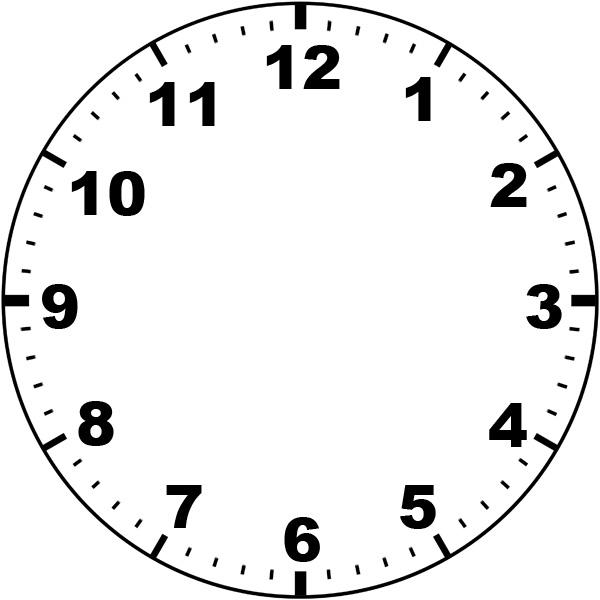
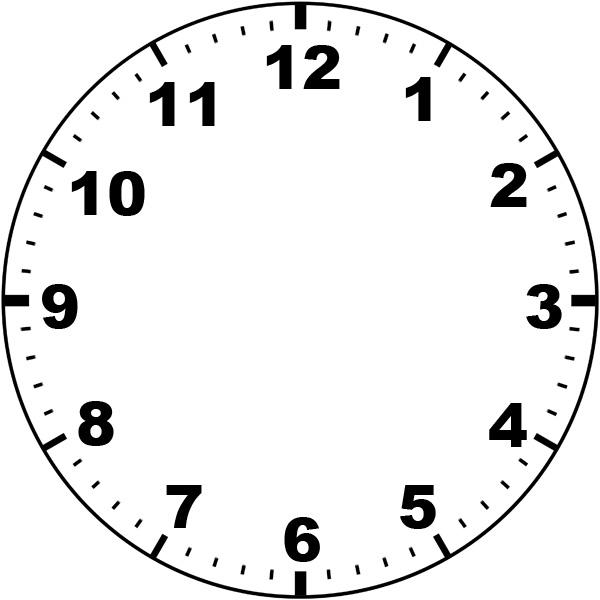
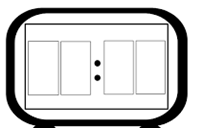
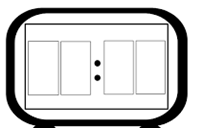
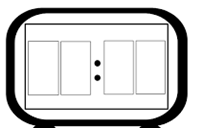
What can you find out about the houses? Draw or write…

## 

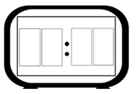
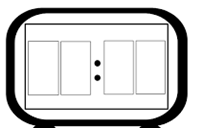
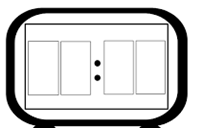
**The school day**



The start of school Break time – start and finish



Lunch time – start and finish School finishes



**School uniform**

**It is important to wear the right clothes when you start at high school.**

**Find out about the uniform. Use pictures on the website, in the school prospectus or ask someone you know who already goes to the school.**

Draw your preferred uniform. Remember to think about appropriate shoes.

Find out about the school dress code.

What jewellery will I be able to wear?

Is there anything you need to practice? e.g. putting on a tie

What will happen if I have the wrong uniform?



**My school bag**

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

**Can you find your dream school bag on the internet?**

How can you make sure that it is big enough to carry all your things?

How do you know it will be comfortable?

My dream bag…

**My PE kit**

**You will need different clothing for P.E.**

Draw your PE kit here.

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

Make a list of your kit here:

What will happen if you forget your PE kit?



**When I visit my new school**

**Visits will not be possible post COVID-19 and pg 17-18 could be adapted for CYP to reflect on a ‘virtual tour’ of the new school, if secondary settings are able to provide this.**

**You will be able to spend some time at your new school before the end of term on transition days. You may be able to have some extra visits to look around the school and ask questions if you feel that this would help you.**

When will we go?

Who will go with me?

How will I get there?

|  |  |
| --- | --- |
| **My questions** | **Answer** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**After visiting my new school**

Describe what you did and saw.

What did you like at the school?

What would you like to improve?

How was it different from your school now?

Is there anything else you want to find out?

**Morning break**

Finish

Start

Length of break

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

|  |  |
| --- | --- |
| **Place to go** | **What you are allowed to do** |
|  |  |

Are there quiet spaces to use, support groups or activities available at break times?

Do I need to take a snack?

What kinds of snacks can I take?

What snacks can I buy at school?

**Lunch break**

Finish

Start

Length of break

Most high schools provide hot lunches or you can bring a packed lunch.

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

|  |  |
| --- | --- |
| **Places to go** | **What you are allowed to do** |
|  |  |

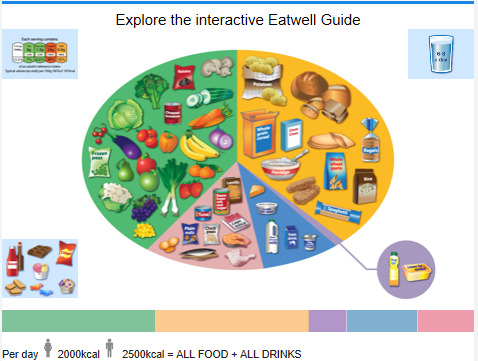
**Choose your lunch**

Look at the school menu.

* What would you pick?
* What would it cost?
* Do you pay with cash or is it a cashless system?
* If you ate your dream menu every day what would it cost for a week, month, year, 5 years at school?

**Choosing what to eat**

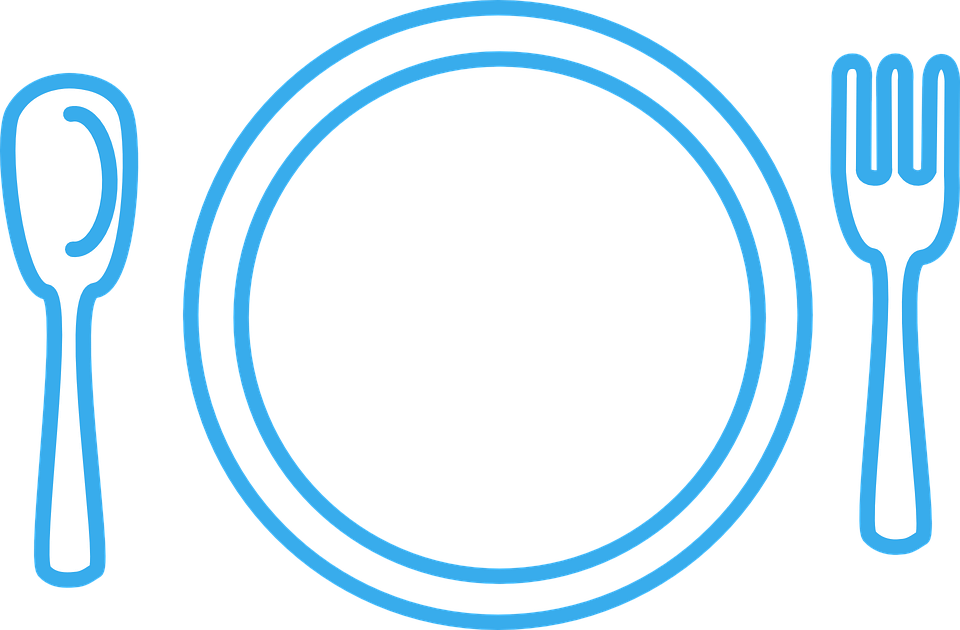
**It is important to eat well and choose some healthy options, whether you have a hot lunch or take your own packed lunch. Remember - it is important to have a good breakfast before you leave for school and to drink enough water during the day!**



**Design a healthy menu**

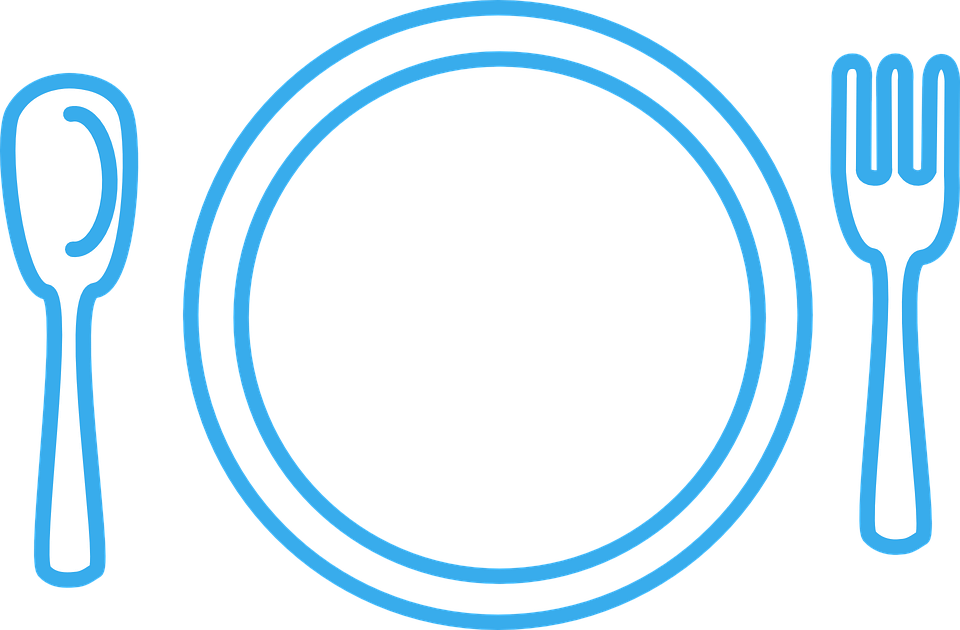
Draw some healthy choices you would like to eat at…

Breakfast



Snack

Lunch



* Have you chosen a balanced variety of foods?
* Have you included fruit and vegetables in your choices?
* What drinks can you have?
* Will you take a water bottle?

**Expectations and behaviour**

**Think about how you are expected to behave in school and the reasons for this.**

|  |  |  |
| --- | --- | --- |
| **School expectations** | **Rewards** | **Consequences** |
| Arrive on time at school and for lessons |  |  |
| Wear the correct uniform |  |  |
| Be prepared for lessons |  |  |
| Work hard |  |  |
| Complete my work on time |  |  |
| Work well with others |  |  |
| Listen to the teachers |  |  |
| Do my homework on time |  |  |
| Participate in sports teams |  |  |
| Use my mobile phone at the correct times and in appropriate ways |  |  |
| Be polite and treat other people with respect |  |  |
| Join in with clubs or other activities |  |  |

**Getting ready**

**Before leaving for school there are a lot of things to think about.**

**It is a good idea to get your bag packed and ready the night before.**

Things to think about…

|  |  |  |
| --- | --- | --- |
| **Check you have the correct equipment and homework** | **Clean your teeth** | **Get up** |
| **Wash** | **Get dressed** | **Check your timetable** |
| **Check you have money if you need it** | **Leave for school** | **Eat your breakfast** |

Any others?

Plan your morning routine with approximate times.

|  |  |  |
| --- | --- | --- |
| **Digital time** | **Analogue time** | **What I need to do** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
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|  |  |  |
|  |  |  |

**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** sometimes, if you do then answer these questions:

|  |  |
| --- | --- |
| Where is the bus stop? |  |
| What time is my bus to school? |  |
| What number is the bus? |  |
| Will I need money for the fare? |  |
| What time is my bus homel? |  |



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

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

**Planning my journey**

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

If you are likely to take the bus sometimes, use a timetable to plan your journey.

|  |  |
| --- | --- |
| **Questions to ask** | **Answers** |
| 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 will I take? |  |
| How long will it take me to get to the bus stop? |  |
| What time do I need to leave my house? |  |
| How will I pay for the bus? |  |
| How much will the journey cost? |  |
| What time does the bus leave after school? |  |
| What time will I get home? |  |
| What will I do if I miss the bus? |  |

**Can you find your route to school on Google Maps?**

**What do I need to take?**

**Things I need to bring to school…**

Think about the equipment you need to take to school. Draw or write what you will need.

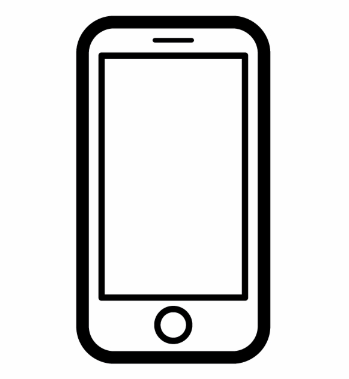
**I packed my bag and in it I put…**

.





**Can you take a mobile phone?**



What are the rules about using mobiles?

**Making and keeping friends**

**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”.



My friend looks unhappy

Are you ok?

When you wonder if you are being a good friend,

ask yourself this question:

**Am I treating my friend the way I want my friend to treat me?**

**Making new friends**

At high school there are likely to be students from other schools. There will be opportunities to make new friends.

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, you can respond to some of the things they have told you. If you can, ask another question.

“**That’s my favourite lesson too. I enjoyed working on the computers. What did you like doing?**”

## 

**Joining in**

Joining in conversations 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. |

**Asking for help**

**Sometimes at school things may be difficult or may go wrong.** They might include things like not knowing what the homework is, not being able to find your way around, getting into trouble or finding the work hard. There are many people who could help you, but they won’t know that you need help unless you tell them.

**Friends can help** if you don’t know where to go. You can ask them what the homework was if you are not certain. They can also help to work out new situations like going to the cafeteria.

**Teachers can help** if you don’t know what to do in class or for homework. They will also be able to help you if you have forgotten something or don’t know where to go.

**People at home can help** you to plan and organise your equipment and homework. They will be able to help you work out the best person to ask if you have problems with work or may try and contact someone in school and ask them to help you.

**What would you do if….?**

* You don’t know where your next lesson is
* You don’t understand the homework
* You have been told off for forgetting your book several times
* In the lesson you did not understand what the teacher wanted you to do
* You arrive late at school or are late getting to your lesson

**You can also talk to someone at childline on 0800 1111 or go online at**

<https://www.childline.org.uk/>

**Getting things wrong**

## Rewind, Replay

## Think of a time you have got it wrong. Imagine you are a film maker and you can make a film where you get it right. Draw the scenes of the new film below:

## 

## Imagine your film in your head. Can you make yourself like your film next time?



## 



**Putting things right**

**If you do break a school rule or behave in a way that upsets or hurts someone then you can show you are sorry by apologising. Sometimes this can be hard as it can be difficult to admit that you have done something wrong.**

**When you forget something**

Everyone forgets things and it is always a good idea to say you are sorry. Imagine you have forgotten something. Practise saying the right words with a partner and then it will be easier when it does happen.

I am sorry Sir / Miss. I’m not used to my timetable yet and I’ve forgotten to bring the right book. I will remember it for the next lesson.

**When you make a mistake**

Mistakes can sometimes happen because you did not really understand what the teacher meant. Some things may be different from what you are used to and if you pretend that you understand when you don’t the teacher will not know that you need help.

Think up a situation in which you have not understood exactly what the teacher meant. What could you say?

**Solving problems**

**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 planner

3. You are in a crowd going upstairs and you think someone pushed you

4. You are lost and late for a lesson

5. You see someone being bullied

6. You don’t understand the work in the lesson

7. You’ve lost your purse/ wallet

8. You see someone stealing money from someone’s bag

9. An older child says something unkind to you

10. You’ve forgotten your PE kit

**Managing your feelings**

Scribble it out

**Write or draw the things that make you feel angry.**

Once you have finished, scribble them out.

Scribble hard to get the anger out.

Write/draw here:



As soon as you have finished, screw this piece of paper up and throw it away as hard as you can.

**Same and different**

**Now you have found out lots of information about your new school, compare it to your school now.**

What will be the same? What will be different?

Draw or write your ideas.

|  |  |
| --- | --- |
| **Same** | **Different** |
|  |  |

What are you looking forward to the most?

**Moving on up!**

**Think positive!**

**Write a diary entry or draw a picture of your first day at school, turning your worries into positive outcomes.**