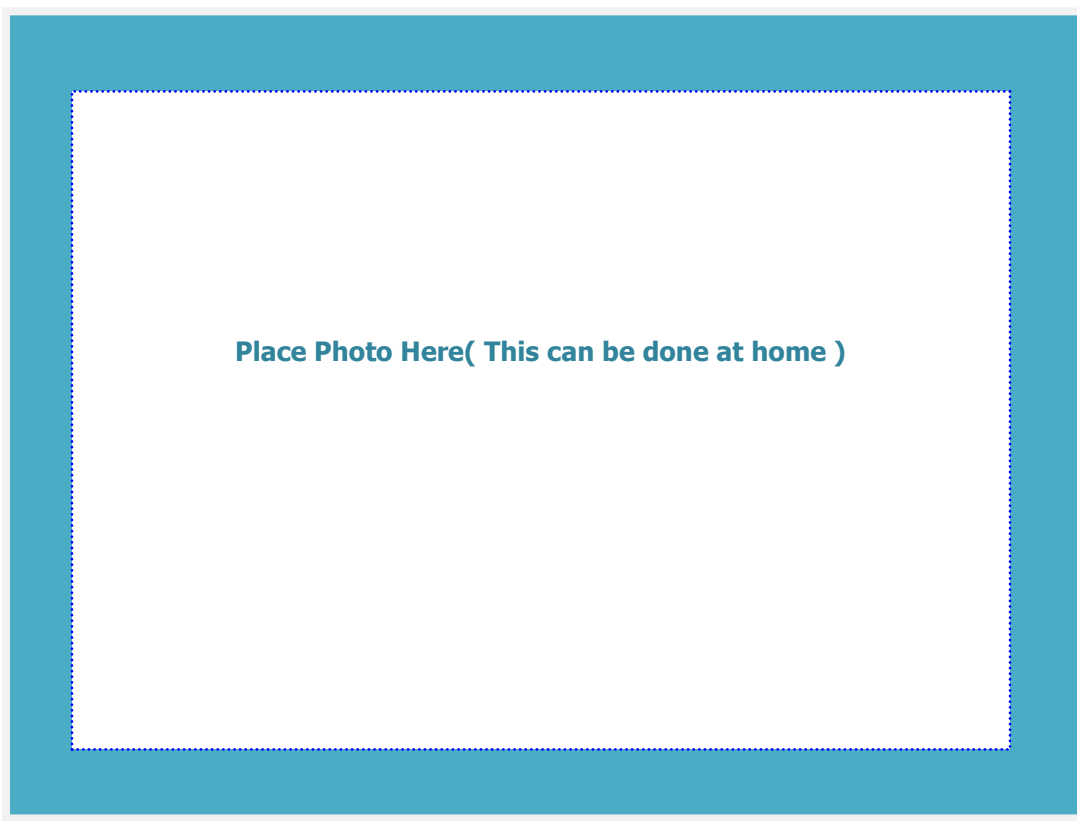


My Transition Book

Present School name

My friends and I



My Name.....






Pupil's Views

Skills' taken from Language for Learning, 'Questions' taken from Talkabout (Children and Teenagers) by Alex Kelly)

Adapted to Suit SECONDARY TRANSITION

Name:	Date of Birth	Primary School:	Date:
		New Secondary school:	

Skills				Comments (is this a skill I will need to work on at secondary ?)
Listening to instructions.				
Listening to Adults.				
Listening to other's views.				
Sitting still in my seat.				
Understanding what to do in lessons.				
Answering questions.				
Remembering new words.				
Telling someone about something that has happened.				
Telling a story.				
Joining in when friends are talking.				
Working in groups at the table.				
Keeping up when people are speaking quickly.				
Remembering what to do.				
Remembering what to say.				
Speaking to my friends.				
Speaking to adults in school.				
Speaking to my family.				

Transition to Secondary 2020

Presently many of our schools are not working as normal due to a virus called COVID-19. This is order to keep everyone safe.

No-one yet knows when and how schools will be re-opening. Things may be different when this happens, but your schools will let pupils and parents know.

I am in year 6 and will be a year 7 pupil in September 2020.
It is OK to feel worried or anxious about secondary school.
This is normal

In this booklet there are many things I can use to help me be ready for my new secondary school.

If I have any questions, I can always ask adults for advice.

When it is safe and I will be go back to school it will be good to meet friends and teachers.

It is good to go to school.
Going to school is important



Questionnaire

1. What do you think it will be like at your new school?

.....
.....

2. What things would you like to find out about your new school? *Please circle and add some of your own if you wish.*

Where lessons will be? Tutor group

Where are the toilets? Homework

Will I be with friends? School clubs

Where do I go if I need help?

.....

3. List three things you are looking forward to:

1.....

2.....

3.....

Reading writing waking up being quiet seeing new subjects

Making friends listening being quiet remembering new classrooms

Hearing being brave feeling happy waiting talking independence

My New School

Name of school here _____



The address is

.....
.....

The telephone number is

The name of the head-teacher is.....

School starts at **and finishes at**.....
(This may be changed in the light of COVID -19)

I will travel by car/bus/walking/bike/train circle the right one.

To get to school on time, I will need to leave my house at about
(You might be able to try and practise this in the summer holidays)

I will attend the school from **September 2020**

My Journey to School

It is important to plan your journey to school so that you know your route, how long it takes and that you can get there on time.

Start point (address)	
Destination (School address)	
Distance from home to school	
Time I wish to arrive at school	
Mode of Transport (walk, cycle, bus, car, train)	
The buses I can catch	
Details of bus/train changes	
Nearest bus stop/train station to my house	
Time it will take to get from my house to the bus stop/train station	
Where is the nearest bus stop/train station to my school?	
Time it will take to get from the bus stop/train station to school	
What time buses/trains will get me to school on time?	
The time I need to leave my house	
Where do I get the bus/train from at the end of the school day?	

Make sure you also plan your return journey

A Guide to Making Friends.

Making new friends can be scary. However, most new Year 7's will also have to make new friends.

Here are some tips to help you make friends.

- ✓ Join a club at school
- ✓ Accept everyone is different
- ✓ Try to ask questions
- ✓ Try to be kind to others
- ✓ Find pupils who share the same interests



List two things that are interesting about you?

1. _____

2. _____

However, there are also personal things we shouldn't share with people immediately. Think about what it might be best not to share too.

Social media

Sometimes starting secondary school means you have more freedom and maybe in KS3 you might start using social media. Remember once you post something it is on there forever so careful about what you share.

If you think you are being bullied online or someone you don't know is trying to be your friend then speak to a trusted adult immediately.

Rumours!

Most people in your class will probably want to talk about going to secondary school because it is a big step for you all.

It's good to talk about all the exciting things ahead of you and it's also good to tell each other about the things you're a bit worried about.

Sometimes though pupils can scare each other unnecessarily because they have listened to **rumours** about what the school is like.

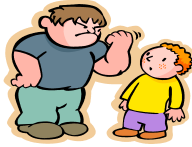


Very often rumours are exaggerated stories!

For example, a story that there are gangs of older students taking money from new Y7 pupils could be an exaggeration of a one off incident where a Y11 boy ran off with £1 when a Y7 girl dropped it.

Rumours may have an element of truth in them but usually they contain many things that aren't true. It is best to listen to the facts that members of staff tell you rather than the **rumours** pupils from the school might tell you.

Let's Talk about Bullying



What is it?

If somebody physically hurts you, or verbally abuses you, that's bullying.

Specific types of bullying include:

- **Homophobic bullying** based on your sexual orientation
- **Racist bullying** because of your skin colour
- **Religious bullying** because of your beliefs or faith.
- **Sizeist bullying** referring to your body size
- **Sexist bullying** focusing on you being of the opposite sex
- **Cyberbullying** targeting you online, often anonymously
- **Bullying because you are different**

Bullying can be a one-off or it can go on for a long time. Bullying can happen to anyone.

Above Taken from Young Minds, (youngminds.org.uk)

- Any behaviour by an individual or a group, which **DELIBERATELY** harms others and takes place.
- Can be **physical, verbal** or involve **threats** of physical harm. It can also be **cyber – on the internet or mobile phone.**
- Can be nasty **name calling** or **teasing**
- Can be **demanding** money or things, or **making someone do something they do not want to do.**
- Can involve **excluding** somebody (deliberately **leaving someone out** of an activity, **ignoring** them etc.)
- Usually **goes on for a while**
- Takes place when one person or group has more **power** than the person or group being bullied.

BULLYING IS NOT :

- **An argument with a friend**
- **A one-off fight or argument.**

- A one off – comment

Why Might People Bully?

- Very few people who are happy with themselves bully others.
- Sometimes bullies have been bullied themselves- they are looking for someone to take their anger or negative feelings out on.
- Sometimes bullies are jealous.
- Bullying can make people feel strong, respected and powerful, but they often feel bad too. (This is usually only for a short time)



BULLYING IS NOT OK !

What can you try and do if you are bullied?

- Tell someone – a teacher, a parent or another trusted adult.
- Say positive things to yourself
- Be proud of who you are (we all belong to different groups and are equally valuable)
- If it is Cyber (Online/ text etc) – show an adult immediately.
- Think about the consequences of the different strategies you could use to deal with bullying.
- Techniques for dealing with it
 - Fogging/ ignoring- relaxing
 - Being assertive-body language, eye contact, tone of voice, words you say.
- Remember why people bully.

6 GOOD REASONS TO TELL

1. You have the right to live without fear.
2. Taking action is better than doing nothing. How bad can things get if you tell?
3. There is nothing embarrassing about being bullied-think how many people it happens to.
4. It is braver to tell than to ignore or hide it.
5. If you think there is something wrong with you, is it because the bullies have made you feel this way? This is a common effect of being bullied. IT IS NOT TRUE
6. Bullying does not say anything about YOU. It says a lot about the BULLY.

(If you call me a rhino does it make me one?)

Code of conduct

Rules

Why do we have them?

Every school will have some rules for the classroom, corridors and assembly as well as rules about homework, break-times and uniform. You might not like them or even agree with them but they are there to make life easier for everyone in school. Rules help keep us safe.

Can you think of some other reasons why schools need rules?

Have you ever broken a rule?

What Happened?

Breaking the rules!

There will always be consequences for breaking the rules too. So it's not only important to know what the rules are but also what will happen if you don't follow them. Some consequences will be more serious than others will.

Write down as many secondary school rules as you know:

What might happen if you break the rules?

Where might you find out about what the rules are ?

Scenarios – What could I do If ?...

What should you /could you do in these situations?

1. You have not done your homework because you didn't write the instructions down properly.....



2. A teacher tells you off for talking in class but you were just answering your classmate's question.....

3. You have forgotten a textbook you need for that lesson.....

4. The teacher sees you chewing gum in their lesson and isn't happy....

Apologising

If you do break a rule, it is usually a good idea to admit that you got it wrong and to say sorry.



It might be useful to practise apologising. Discuss the scenarios from last page – how might you repair the situation? In each one, a rule has been broken. With a partner, take it in turns to act to be the annoyed teacher and the pupil who says sorry. It can be hard to keep calm if you're being told off. Try to remember things will only get worse if you get angry!

Asking for help

Asking for help is a good skill to learn.

It is OK to ask for help if we find something tricky or do not understand how to do something or what we have to do.

Write Down a list of people you could ask for help in your new school

1. _____
2. _____
3. _____
4. _____

GETTING ORGANISED



Equipment I might need in my school bag:

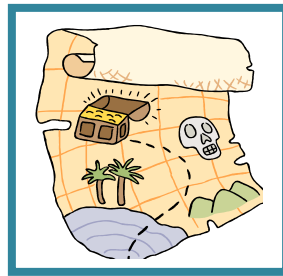
	Mon	Tue	Wed	Thurs	Fri
Personal effects					
Homework					
P.E kit					
Pens, Pencil case and calculator					
Keys (Locker/ home)					
Packed Lunch					
Money					
Bus Pass					
Hand sanitiser/ face mask ? (This can be deleted / adapted if needed)					
Planner/Diary/journal					
Phone					
Lap Top					
Medication					

Finding your way around

Most Year 6 pupils feel a little scared about going to a school that is so much bigger than their primary school. They feel worried about getting lost, or being late for a lesson because they're not sure of where the room is.



A map can help where all the and you can easily to get there.



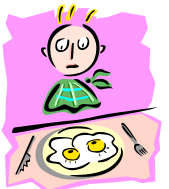
because it shows different rooms are see the quickest way

There is space to stick in your map on the next page. You might look at the website for any maps of your new school.



If you like science you could look to see where the science labs are.

Or if you think dinnertime is the best thing about school then you can look to see where the canteen is!



Stick a copy of the
school map here

YEAR 7 TIMETABLE





Timetable Practice

(This section can be done the first few days after starting secondary school)
Study the timetable from the secondary school and see if you can answer these questions.....

1. When do you spend time with your tutor?

2. Which days will you do P.E.?

4. When is your break time?

5. When is your favourite lesson?

Congratulations and Enjoy Year 7!!

Year 6 has been a bit different with schools having to restrict their opening and you having to work from home. This might make you feel a little nervous about starting a new school. Every Year 7 in the UK will be feeling the same – it's normal. Teachers might also feel the same. It might be a nice thing to do to send your primary school a postcard or email once you start Secondary School just to let them know how you are settling in.

