



MOVING ON UP **FINDING OUT ABOUT** **SECONDARY** **SCHOOL**



<https://riseabove.org.uk/article/lets-talk-about-change/>

**OUTREACH INCLUSION
SERVICE**

WE WILL BE LEARNING ABOUT:

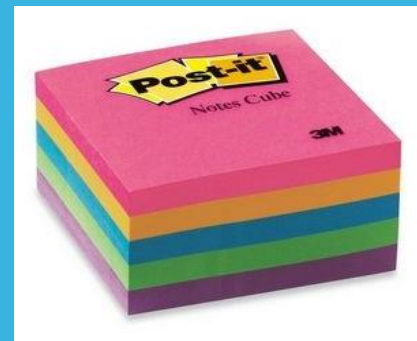
1. What are the differences?
2. Expectations
3. Keeping Safe
4. Getting it right



TASK

QUESTION:

1. How do you feel about going to Secondary school? Can you use 3 words to describe your feelings?
2. Do you have any concerns/worrying stories you have heard about Secondary school?



CONCERNS, WORRIES, QUESTIONS...

“What if I don't understand the work?”

“Will I be bullied?”

“How much homework am I likely to get?”

“Making friends, I don't know many people going to my new school”.

“Will I get shouted at if I get lost?”

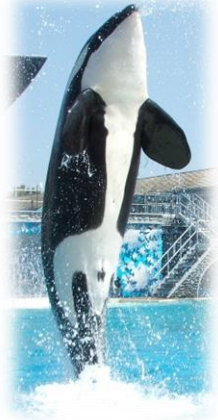
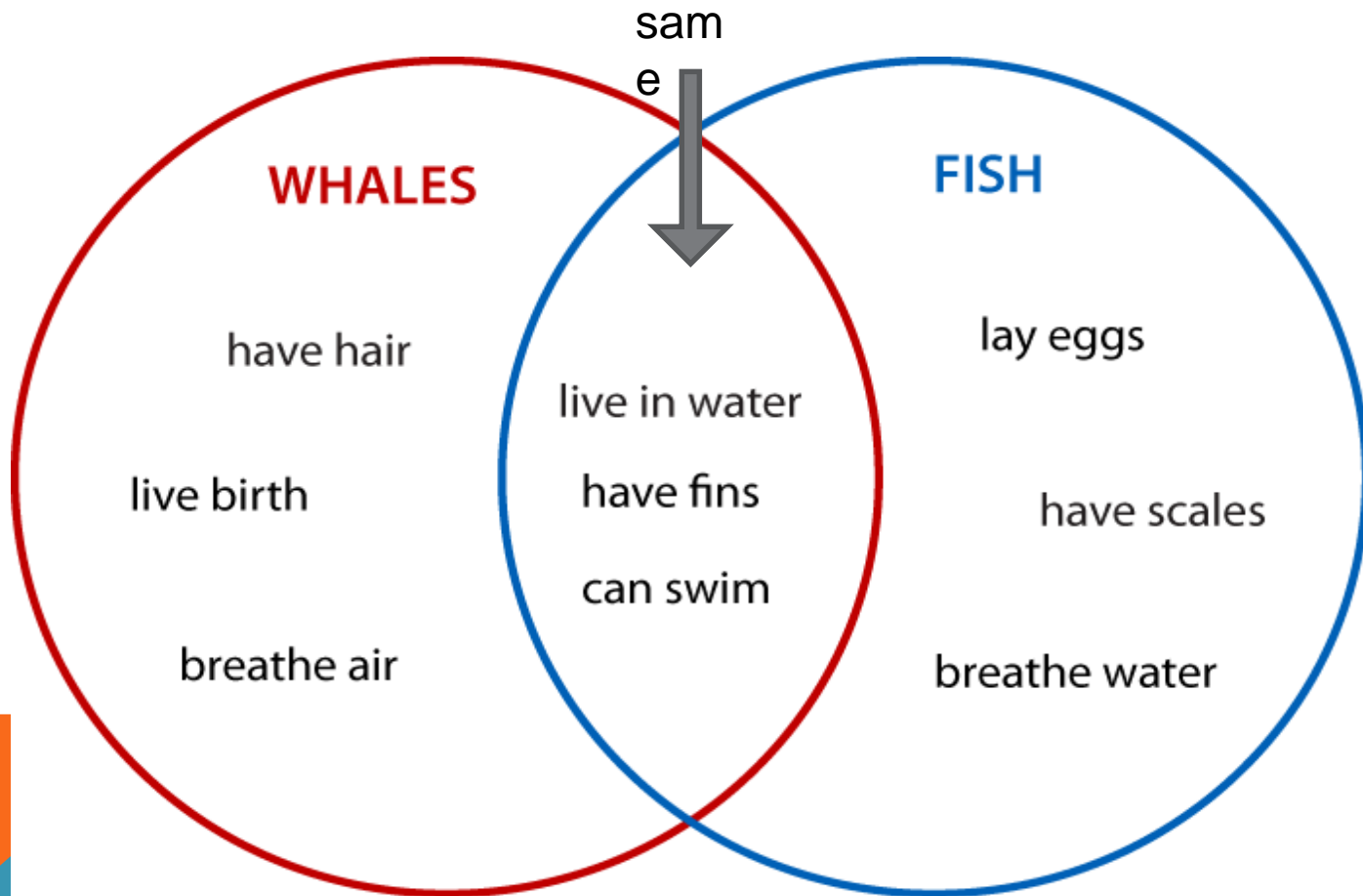
“Are the teachers big and scary?”

Talk to older pupils, they've felt how you do now, and they are happy to help.



WHAT ARE THE DIFFERENCES, WHAT IS THE SAME?

VENN DIAGRAM



WHAT ARE THE DIFFERENCES?

PRIMARY

One class teacher /
fewer pupils /
smaller building /
fewer subjects / no
uniform sometimes /
less homework

BOTH

Uniform / rules / tests /
homework / parents
evening / staff / school
trips / after school clubs
/ some subjects

SECONDARY

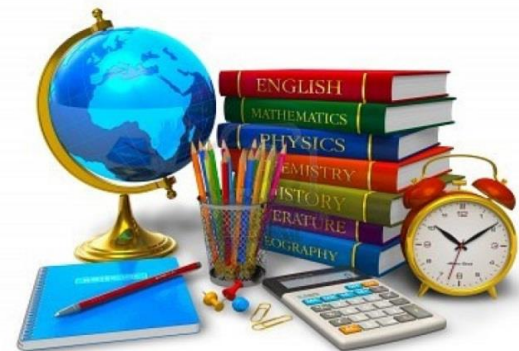
Larger building /
more students /
different subjects /
more than 1
teacher / detention
/ more homework /
different lunch
arrangements



EXPECTATIONS

Discuss:

1. Uniform
2. Equipment / sports kit / day planner / timetable
3. Teacher / Form tutor / Pastoral Manager / Head of Year
4. Homework
5. Punctuality / travel
6. Punctuality
7. Following school rules



Uniform

“Can I still look cute in my uniform?”

Hair - natural colours. Accessories are usually school colours.

Jewellery - normally one pair of plain studs are allowed but no other piercings.

Make up - not allowed.

Shoes - sensible black shoes.

Blazers - usually have to be worn at all times.

Caps/baseball caps - not usually allowed.



Just remember that the rules apply to everyone, so you're all in the same boat....

Its not what you wear, it's how you wear it.

Let your character stand out. Wear your uniform and let your personality shine.

There is a time and place for extravagance and unique style...

It's called the **weekend!** 😊



Equipment / sports kit / day planner / timetable

WHAT EQUIPMENT DO I NEED?

Once you move to secondary school, you'll be expected to have your own set of stationery and bring it to lessons.



SPORTS

Make sure you're in the right kit. School will give you a list of what you'll need for PE and can probably recommend uniform shops you can get it from.



WHAT'S INCLUDED IN MY PLANNER?

Your Planner will contain your school and homework timetable. This will tell you how many lessons you have in a day, what and where they are and when they start. Some schools will have a one-week timetable, others may have a two-week timetable. There's also room to note what your homework is and when it's due. Plan your time effectively, use your Planner!



Who are you and what do you do?

Teacher:

You will have a different class teacher for each subject. They are specialised in that subject and will be available to teach and support you with the work they set.

Form Tutor:

They are usually the first adult that pupils interact with each day and in secondary schools, the only adult that they see once or twice every day. They will use tutor time to reinforce the school ethos and to inspire and encourage pupils. They will keep an eye on your daily progress. The form tutor is a vital link between student, school and parents/carers.

Pastoral Manager:

Pastoral managers look after the welfare of students and ensure they can come to school. They help support with behaviour concerns also.

Head of Year:

A Head of Year is responsible for the pastoral care of the students in the year group. This means that behaviour, safeguarding and attendance issues all come under their remit.



Homework / school work / deadlines

How do I cope with all the homework?

Try to do a little bit every night and use your planner to get organised.

Where can I get extra help from?

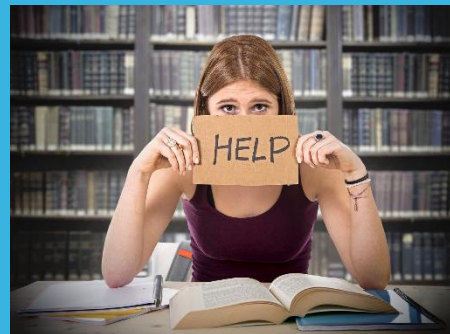
Do not stay quiet if you are struggling! Speak to your teacher or head of year. You could attend homework club to gain tips and advice.

What if I'm not smart enough to do the work?

You have been offered a place because you deserve it! You will grow just as the challenges do.... Take one day at a time.

How many tests will I have in the first year?

There are no official exams in your first few years of school but you will have progress tests that are set by your teachers through the year just like at Primary School.



Punctuality and Travel

Travel the route to school together a few times so it becomes familiar and use the buses if that is part of the route.

Try to find at least one other neighboring pupil who is going to the same school so that you have a travelling companion.

Get to know your route!



Punctuality

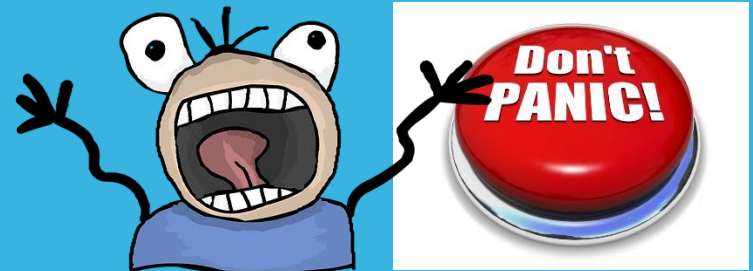
WHAT HAPPENS IF I'M LATE?

- Late marks
- Detention
- Truancy /Attendance

WHAT IF I GET LOST?

Secondary school can be like going to a new country! Your school will give you time to get used to the building.

Teachers know that it takes time to find your way around a big new building and they will expect late arrivals to lessons in the early weeks.



Following school rules

When do you get detentions and how long do they last for?

- A detention can be given for a range a of different reasons. Mainly breaking school rules.
- Detentions also vary in length, but are usually between 30-60minutes.
- Some schools have Saturday detentions also.

What about rewards? Will we get certificates/merits for things we do well?

Yes, your Secondary school will have a way of celebrating your achievements. This may be house points, merits, certificates, awards.



Top Tips in School

- No talking in class
- No attitude towards staff
- No missing class (bunking)
- No fighting in school
- No form of weapon to be brought into school
- SHOW THAT YOU ARE SECONDARY READY!

If any of these are broken it can lead to:

- Detention
- Permanent exclusion



Overcome challenges / be determined / take responsibility / turn a negative into a positive / have a moral compass / maintain good behaviour despite frustrations / don't take unnecessary risks / think about the consequences

KEEPING SAFE

QUESTION:

What does 'keeping safe' mean to you?

Can you think of any examples?



Travelling to school

- Crossing the road
- Being responsible on public transport
- Avoiding talking to strangers
- Any valuables to be kept in your bag
- Sitting in a safe space on public transport



TYPES OF BULLYING

- **Social**
- **Physical**
- **Verbal**
- **Cyber** (including WhatsApp, Tik Tok & Snapchat)



TELL TELL TELL

 Tattling or Snitching	Telling or Reporting 
Trying to get somebody into trouble	Trying to get you, another person, or property out of trouble

Poster formatted by Debbie Dunn using PowerPoint



Bullying in any form is wrong. If you feel that you or someone else you know is being bullied in any form, it is important that you tell.

Who can you tell if you have this problem?

- Teachers
- Parents
- Head of Year
- Police

KEEPING SAFE

Scenario 1

Chester, a tall, skinny teenager who excels in Maths and Science classes, feels embarrassed when he has to change into his PE kit in the boy's changing room at school because he lacks muscularity and size. Other more athletic and well-built teens notice Chester's shyness and decide to exploit it. Using their phones, they covertly take pictures of Chester wearing only his boxer shorts. These pictures are then circulated among the rest of the students via Instagram. Soon enough, boys and girls are pointing, snickering, and laughing at Chester as he walks down the school hallways. He overhears comments such as "There goes Bird-Chested Chester," "Big Wus," and "Pansy." These words cut him deeply, and the perception that his classmates have of him begins to affect his Maths and science grades.

If you were his teacher, what would you do? If you were his parent, what would you do? What can Chester do to deal with the harassment - now and in the future? How can his harassing classmates really understand how much pain they are causing with their words and actions? What would you do if you were a bystander?

KEEPING SAFE

Scenario 2

Jade overhears her friends talking about a party they are going to at the weekend. She asks them where it is and they change the conversation and ignore her question. That weekend she sees them posting pictures from the party online with the caption “Best friends forever”.

How do you think this makes Jade feel?

Scenario 3

In every English lesson, students get into groups with each other for group work. Every week, all the other students refuse to work with James, saying that he smells and is dirty. Sometimes they pass him notes with a picture of a shower and tell him to ‘have a wash’.

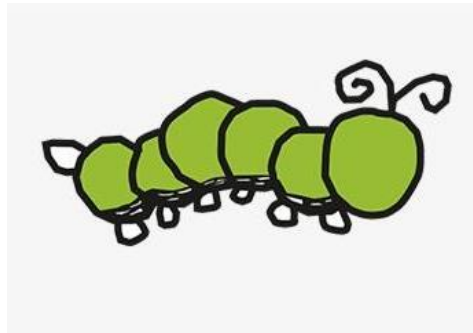
What should James do?

GETTING IT RIGHT

When moving on from Primary school to Secondary there may seem like there are lots of changes to school life.

Change is good!

Change helps us to grow. Change helps us to learn new ways of doing things, new ways of dealing with things and sometimes change may be just what we need.




Helpful tips on getting it right

Overcome challenges


- Recognise your feelings and realise that it is okay to feel pain. Let yourself be sad, angry or any other emotion – but learn how to cope with your emotions and feelings appropriately.
- Don't be afraid to ask for help.
- Make a plan.

Be determined

- Work from your point of strength.
 - Avoid distractions.
 - Create personal values for yourself.
- 

Helpful tips on getting it right

Take responsibility

- Take responsibility for your thoughts, feelings, words and actions. Stop blaming other people for things that go wrong.
 - Try hard not to take everything personally. If someone says a nasty thing to you or about you try to ignore it or speak to an adult.
 - Make yourself happy by doing the things you enjoy.
 - Live in the present moment and don't keep comparing things in your past or over worrying about the future.
 - Feel calm and try to be confident and have faith in yourself.
 - Stop complaining and learn to accept that sometimes, things are just the way they are.
- 

Helpful tips on getting it right

Turn a negative into a positive

- Surround yourself with positive people – pick your friends wisely.
- Take responsibility for your own actions – even if you may get into trouble for them. Own your behaviour.
- Remember that no one is perfect.
- Have positive thoughts – say 5 positive things that you are grateful for every morning.


Helpful tips on getting it right

Don't take unnecessary risks

- Always go straight to school in the mornings, don't stop at the shop unless you really need to.
- Only meet your friends in safe places where you can all be seen.
- Don't take short cuts home, like through parks, fields or alley ways.
- Don't take things or carry things for anyone.
- Only do something if you want to, not because you have been asked or pressured to. **SPEAK OUT!**

Helpful tips on getting it right

Maintain good behaviour despite frustrations

- If you are told off for something you didn't do – STOP! Don't shout or answer the teacher back.
 - Stay calm and talk to them at the end of the lesson, at lunchtime or at the end of the school day.
 - Talk to your Form Tutor or Head of Year.
 - If you are having a bad morning or day talk to an adult. Ask for a few minutes to take some deep breaths or drink some water.
 - THINK THINK THINK before you react.
- 

Helpful tips on getting it right

Think about the consequences

- Always remember that our actions come with consequences. Sometimes they are consequences that we may not like – a detention, a phone call home to our parent/carer etc. Think to yourself... IS IT REALLY WORTH IT?



Helpful tips on getting it right

- Keep a list of 'to do' things and tick them off as you go along.
- Prioritise your homework and set dates to complete it that are achievable.
- Switch off the TV and your mobile when you are working so that you give homework your full attention.
- Make sure you get enough sleep – at least 8 hours a night! Sleep is so important for our brains to function properly and healthily.
- Set out all the things you need for the next day the night before so that when you get up and are ready to leave, all your belongings, books and equipment are ready and waiting!