

Feelings and emotions

Here are some ideas for how to deal with mixed feelings and worries:

- Talk with your parents/carers about what you are most looking forward to and what you are worried about. It is normal to worry about going to Secondary School.
- Look at the positive side of the move to Secondary School. For example, you could highlight the new opportunities you will have by talking about extracurricular activities you could take part in at your new school.
- Talk to friends/parents/carers with any questions regarding old or new friendships. For example, you could ask your friends how they feel about Secondary School. You could also talk about how you might keep in touch with old friends and make new friends at Secondary School.
- Be prepared for ups and downs. Adjusting to change takes time but if things don't settle after the first term, talk to someone about it. Don't keep emotions bottled up!
- Try to make sure you eat well, get plenty of physical activity and plenty of sleep. The change to Secondary School is likely to make you more tired at first.



FAQs

What do I need for my first day at Secondary School?

- Your uniform and possibly your PE kit.
- A backpack or shoulder bag which is strong, durable, and weatherproof.
- A pad of A4 lined paper and ring binder.
- You should have a school stationary checklist but if not the following items would be handy to have; a handwriting pen or fountain pen (with extra cartridges if needed), blue or black rollerball pens/biros, highlighters, pencils, pencil sharpener, rubber, 30cm ruler and a geometry (maths) set, including a protractor. Keep this all together in a good sized pencil case.

What if I get lost?

Some schools give out maps but don't be scared to ask teachers or other students for help. Secondary school seems huge when you first arrive, everyone has been lost at least once! You'll soon know your way around like the back of your hand. Teachers know that it takes time to find your way around and they will expect late arrivals to lessons in the early weeks.

What if I find it difficult to make new friends and I don't know anybody at school?

Everyone is in the same boat as you. Whether they're in your class or not, don't be shy about introducing yourself and getting to know people who you didn't go to Primary School with. Try joining an afterschool club. Clubs are a great way to meet new people and make new friends from different year groups. Whether it's sport or music or art, there will always be somebody there who shares the same interests as you.

How much homework will I get in Year 7?

This may vary but generally speaking Years 7 & 8 get 45 to 90 minutes per day. You will also be given a weekly planner/diary that contains your school and homework timetable. This will tell you how many lessons you have in a day, what they are, what time they start, who the teacher is and where you need to go. Some schools will have a one-week timetable, others may have a two-week timetable. It's a good idea to organise your school bag the night before and make sure that you have got everything you need for the lessons on the next day.

Can I use a mobile phone?

Make sure that you are familiar with the school's mobile phone policy and stick to it. This is unique to all schools and varies widely. Don't be shocked if your mobile gets confiscated if you do not follow the school policy and rules.



Enjoy your first year of secondary school! You're only in Year 7 once so make the most of it, meet new people and have fun! It is an exciting year with lots of changes and new beginnings and remember, never be afraid to ask if you're not sure – there is always someone to help you at school.

Moving from Primary School to Secondary School



Outreach Inclusion Service

Educational Support in South East London



Expectations

Starting at your new school will feel like a big change. New surroundings, new friends, new challenges and new choices are all on offer as you open the doors to your new journey in Secondary School. It can be a really exciting time but you may also have some worries and concerns. This leaflet is for students in Year 6 and Year 7, providing key information for you to have a smooth transition.

The transition from Primary to Secondary School is regarded as one of the most difficult in a pupil's educational career. Children often have mixed feelings about starting Secondary School. You might be feeling:

- Excited about new friends, subjects and teachers
- Nervous about learning new routines, making new friends or wearing a new uniform
- Worried about handling the workload or not fitting in

These worries are all normal. Secondary School also means a move from the familiar to the unknown and a whole new way of doing things. There will be support available when you find things difficult.

Relationships

You will need to meet new peers, make new friends and establish or re-establish your position within your peer group. Making new friends in school doesn't always come easily. Making friends is a process, it doesn't always happen quickly.

Be confident to meet new people. Bring out all the positive attributes you have. Introduce yourself to your peers, starting with the ones you are familiar with if it makes things easier. Ask questions, listen attentively, be calm and courteous. Relax and be positive.

Bullying - Zero Tolerance!



It is not a person's fault if they are bullied. People should never be told to just ignore it or to change who they are. It is the person(s) doing the bullying that need to change their behaviour and their attitude.

Types of Bullying:

- Verbal Bullying - name calling or insulting someone about physical characteristics such as their weight or height or other attributes including race, sexuality, culture or religion.
- Cyber Bullying - the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.
- Physical Bullying - using one's body and physical bodily acts to harm and exert power over peers including punching, kicking and other physical attacks.
- Social Bullying - consistently excluding another person or sharing information or images that will have a harmful effect on the other person.

If you ever feel you are being bullied it is really important that you tell someone you trust immediately. No matter if it's online or in person, in or out of school. When you tell someone action can be taken.

Schoolwork

You will need to adapt to new teaching and assessment styles, cope with a wide range of subjects and adjust to having different teachers in different classrooms. You will need to become more responsible for your own learning, manage a heavier and more complicated study and homework load and learn a new and more complex timetable.

The workload will increase gradually. Allocate time wisely with your work. It's about quality, not quantity. Write a list and prioritise. Writing lists can seem like the simplest of tasks, yet they can be extremely helpful when trying to juggle a lot of work. Know your limits, get organised and always make time for a break. Go home on time.

Getting around

You will have to get familiar with a new school site, new surroundings and being punctual to lessons, having the right books and equipment with you. You may also have to make new transport preparations and manage a longer journey.

Plan your journey in advance by checking bus/train/tram times to make sure it is in line with your route. Try to have an alternative route, just in case there are any disruptions on your journey. Stay on busy roads, it's always best to be seen. Do not pick up any dangerous habits like crossing train tracks, running across busy roads or using a mobile phone while travelling. Stay focused on your journey in case of any dangers i.e. speeding cars.