

MOVING TO SECONDARY SCHOOL



A PACK OF ACTIVITIES TO HELP YOU
PREPARE FOR YOUR TIME AT
SECONDARY SCHOOL

Use the activities to guide you through your preparation for secondary school.

RESOURCES to help with the activities

- * Sample school timetable (This will not be exactly the same as the timetable you will have in Year 7.)
- * Times of the school day
- * Map of your school

(Where possible we have obtained the above resources from your new school for you.)

Other resources to help are:

- * School website
- * School prospectus
- Information received from the school
- Talking to family and friends.

Planning sheet provided

- ⇒ This tells you which activities you can use the extra resources above
- ⇒ Helps you to work through the activities in order.
- ⇒ Provides extra tips and guidance for your parents to help support you with the activities.
- ⇒ As you complete each task place a tick in the 'Done' column.

Your Profile

You can complete your profile together with your family. Talk and think about what you would like your new teachers to know about you.

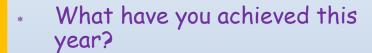
Draw or stick a picture of you in the middle of the profile sheet overleaf.

Now think about the **positive** aspects of your personality: the **good** things about you and what you like doing.

With help from your family answer the following questions on the Profile Sheet.



- What do you enjoy?
- What are you good at?
- What does your family like about you?







- * What do you like doing in your spare time?
- * How can your teachers help you?









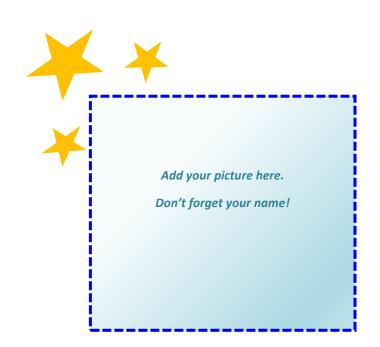


Write your answers down around the picture of you.



My Profile Sheet

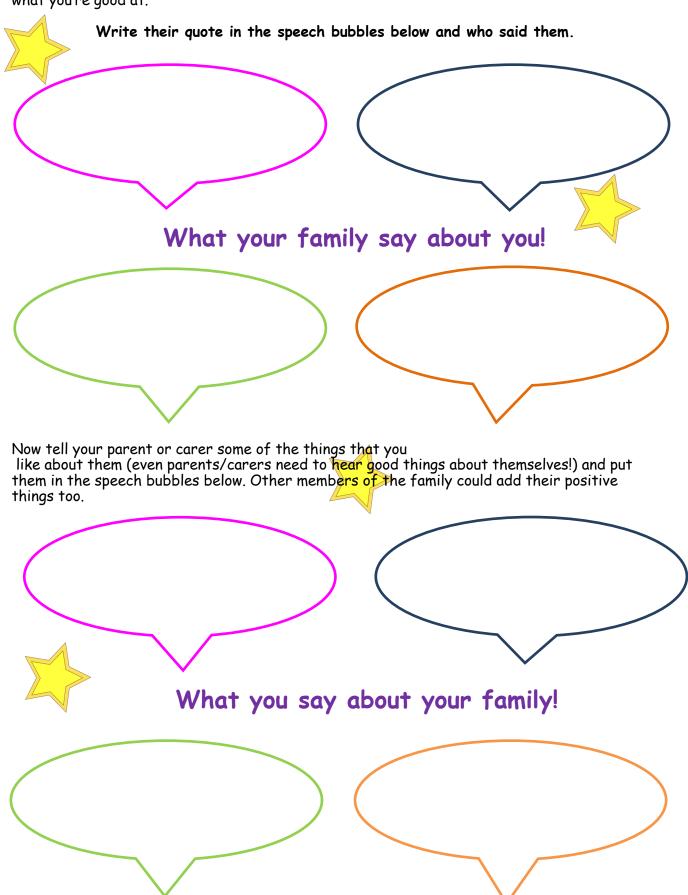








Now ask members of your family to 'recommend' you to your new school; they can tell you, or write some things which they think are positive or special about you e.g. what you're like or what you're good at.



Getting ready for Secondary School

You will be thinking about your new school.

You may be worried.

Please answer the questions by circling the number that best shows how you feel.

1 means you are not worried at all. 4 means you are very, very worried.

Getting lost / Moving around school	1	2	3	4
Having lots of different teachers	1	2	3	4
Travel to school	1	2	3	4
Being late for school	1	2	3	4
Being late for lessons	1	2	3	4
Getting detentions or consequences	1	2	3	4
Making Friends	1	2	3	4
Being bullied	1	2	3	4
Learning new subjects	1	2	3	4
Finding class work too difficult	1	2	3	4
Homework	1	2	3	4
Doing PE	1	2	3	4
Getting changed	1	2	3	4
Your property getting lost/stolen	1	2	3	4
Forgetting books or equipment	1	2	3	4
Doing tests and exams	1	2	3	4
Break time / Lunchtime	1	2	3	4
Getting ill	1	2	3	4

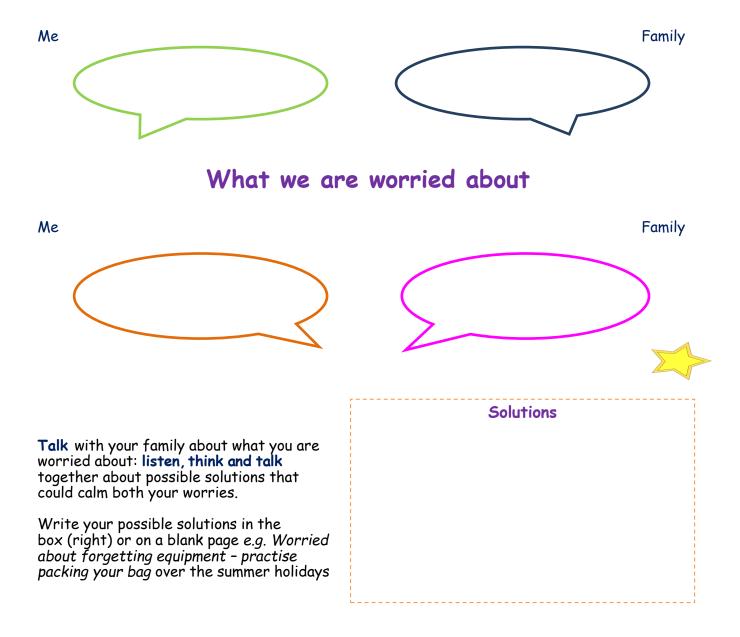
This questionnaire will help us to support you better when you arrive at our secondary school.

Changes ahead!

- With a family member, talk about what will stay the same when you move to secondary school and then write or draw it inside the middle section of the sheet on the next page (Staying the Same) e.g. My cat Smudge will still sleep on my bed! My favourite tea will still be pizza, I will still live at...
- Then **talk** together about what it's like at primary school (write that in the primary school section) and how it's different at secondary school (write that in the secondary school section) e.g. I have one teacher (at primary school) ... I will have lots of different teachers (at secondary school).

Looking at what you have written, how are you both feeling about the changes that going to secondary school will bring? Fill in the bubbles below:

What we are excited about



Primary school
Staying the same
Secondary school

Research





You can find out lots of information about your school by looking on the internet or reading the school prospectus.

Here are some things for you to research:

School website address	
School Address	

E-mail address	
	_

Telephone number						

Picture o	f School
School Uniform (boys and girls)	Head teacher
	School logo or crest
Draw or stick pictures in the boxes	

Finding your way around

It can be difficult to find your way around a new environment. See if you can get a map or floor plan of your new school.

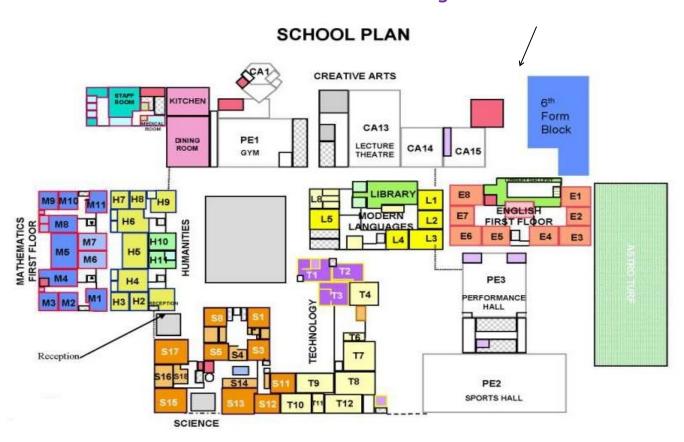
Mark the important areas with highlighter pens and colour code the different rooms e.g. science labs in green, maths rooms in blue etc.

Your school map may already be colour coded for you!

You may want to mark on it:

- * Your form room (when you receive this information).
- * The library.
- Different subject rooms e.g. English room, science labs, art room, computer suite.
- * The dining room.
- * The toilets.
- * The main office or reception.
- * Student entrance.
- * 'The Base' or quiet area.

It could look something like this:



Being Organised and Prepared

School Uniform

- * TIP: Before starting school practise putting on your uniform and shoes, tying your tie and putting on your PE kit.
- * Schools have different uniforms for lots of different reasons. It shows other people which school you go to and it saves having to decide what to wear each school day! Look together at the information from your new school.

For some subjects you might need

* You can also find the uniform rules or policy on the website.

My uniform shopping list

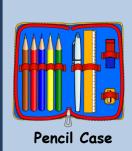
* Make a list together of what you need to buy. Tick it off when you have got it.

7 7 7 11 3	special items or kit.				
	Look at what you need for:				
	·				
	PE				
	Maths				
	Technology				
	Annahina alaa?				
	Anything else?				
A ale vising property / sources on a three					
Ask your parents/carers or other family members about what they wore at school.					
Have they got any funny stories they can tell you or photographs they can show you?					
My wore (write or draw a picture right)					

Equipment

What you need to take to high school will be different from primary school – you may also need a bigger bag to carry your things around with you as you move to different classrooms

The three essential items you will need to remember to put in your bag every day are:



Basic Equipment

- Pen
- Pencil
- Ruler
- Rubber
- Sharpener

Extra Equipment

- Coloured pencils
- Calculator
- Markers
- Highlighters
- Compass
- Protractor



Homework diary/Planner

Planners help you keep organised - your school will provide this. You use your planner to record:

- Homework
- Notes between your parents and teachers
- Important dates e.g. tests and exams
- Reminders e.g. hand in library book
- Any equipment or ingredients needed

You will practise recording in a planner later on in the activity pack!

Check if your secondary school uses school planners as some schools use other methods of recording and setting homework e.g. online.



Timetable

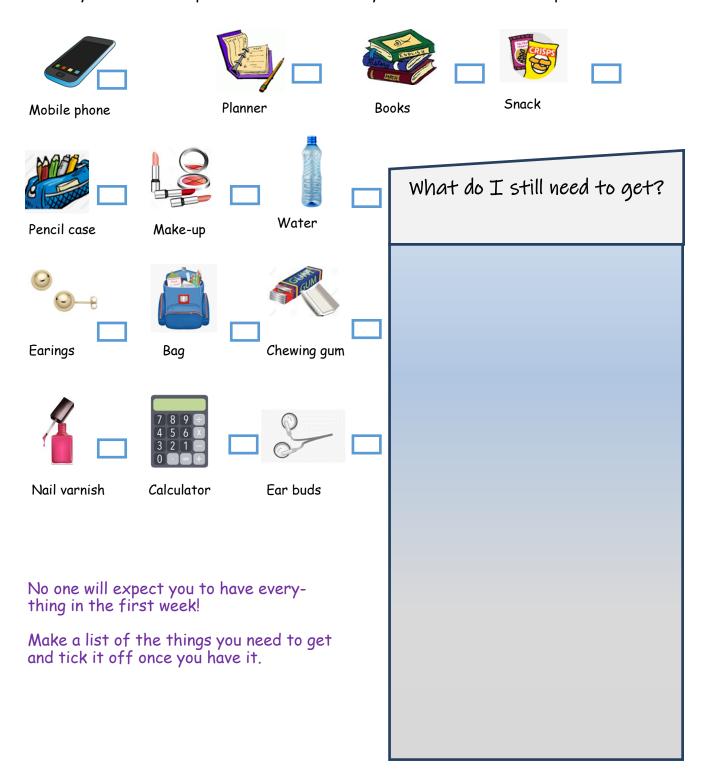
It's always handy to make a few copies of your timetable for the following:

- To stick on the inside front/back page of your planner.
- Your blazer pocket-a mini version.
- Your bedroom wall.

Later on we will learn more about reading and following a school timetable. Then you will be able to practise bag packing.

What do I need to get and what am I allowed to take into school?

- Which of these objects will you need (and be allowed) to take or wear at your new school?
- * Tick the box next to the pictures 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.





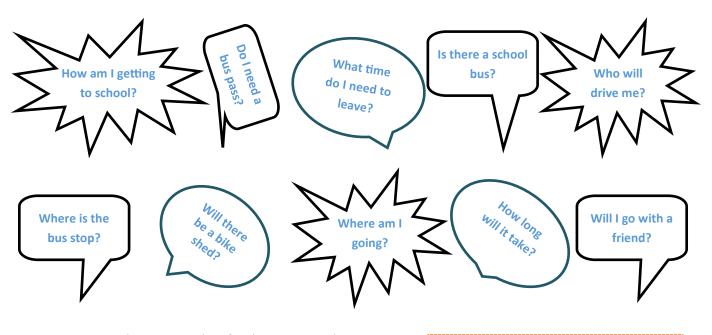
Getting to school

Your new school is probably further away from where you live and it is important to plan and practise your new journey to school ready for September.



Talk about it together. What is the best way to get there?

Read the bubbles together, then shade in the ones you will need to think and talk about.



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

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

Date Time

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 a few times with a parent or helper, organise to do it on your own or with a friend.

Always, of course, letting your parents know.



My Journey Plan

The School Day

The school day is different in each school. Here are some things to find out about your new school. You should be able to find out the answers by looking on the 'school times' sheet provided or on the sample timetable from your new school.

What time does school start?		
When is it form time?		
How many lessons are there in each days		
How many lessons before break time?		
What time is break at?		
How long do you have for breaktime?		
What time is lunch at?		
How long is lunchtime?		
How many lessons are there after lunch:		
What time does school finish?		
	1 /	

Break and Lunchtime

- * Besides the dining hall there are usually other places to go to at break and lunch time - you will need to check what your school offers and where you are allowed to take food.
- Most schools operate on a rota system at lunch time to stop the dining room from getting crowded and to prevent long waits in the queue.



- * Schools offer a wide variety of both hot and cold meals and snacks at both break and lunch time here is an example lunch menu from one of our Rochdale schools.
- Of course there is always the option to take in a packed lunch instead. This will save time having to queue up for food.

Some things to find out about your school:

- Where can I go at lunch and break time?
- Are there any quiet areas?
- Am I allowed to eat food in any of the available places?
- Is there a breakfast club and what time does it open?
- Are there any activities and clubs to go to at break or lunch time?

Paying for food and drinks

- Most secondary schools now operate a 'cashless system' which lets you pay for your meals in advance so you don't have to handle cash every day.
- You have an account which can be accessed online and your parents can pay money into. It's a little bit like a bank account, but you can't draw cash out.
- There are also top up points dotted around the school building where you can upload money to your account and check your balance. You are recognised by placing your unique fingerprint on the light no one else can look at or access your account!

(Your school may choose to use PIN numbers or SMART cards instead.)





When you take your food selection to the till at break and lunch time, you place your finger print on the light at the till point (or present a card or PIN number) and the cost of the food will be automatically deducted from your account.

KS3 Subjects

In your new school you will have subjects that you are already familiar with like maths, English and PE. You could also have some new and exciting subjects that you may have never heard of before.

Here is a list of some of the different subjects taught in secondary school at KS3

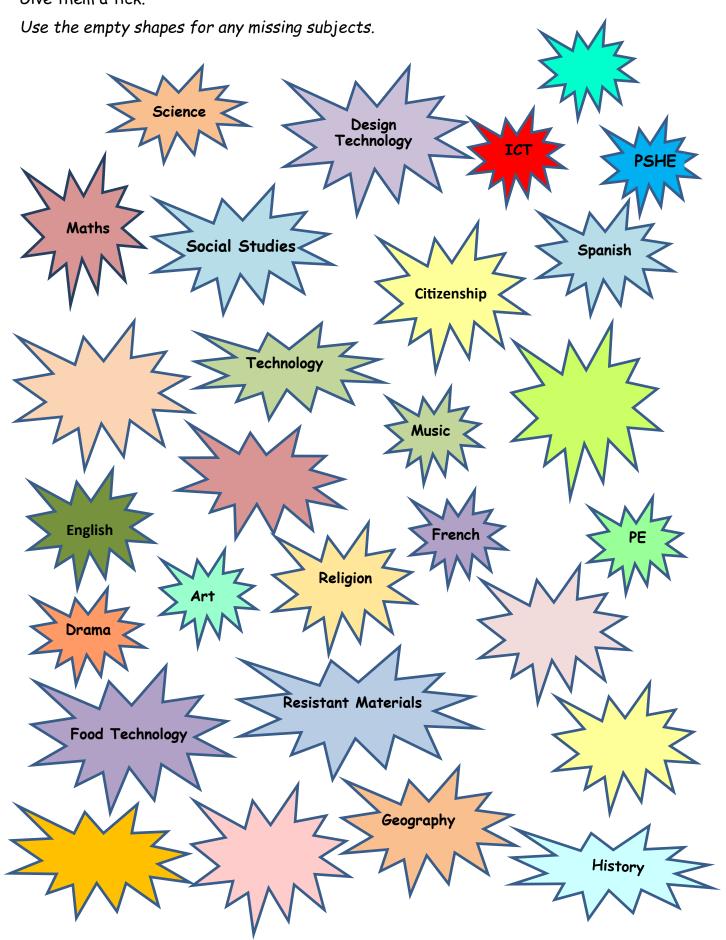
Subject	Could be called or
	include
Maths	
English	
Science	Biology, Chemistry, Physics
History	
Geography	
Religion	Religious Education (RE)
	Religious Studies (RS)
Citizenship	PSHE (Personal, Social and Health Education), Social Studies, Health and Hygiene, Health and Social, Wellbeing
Technology	Design Technology (DT)
	Food Technology, Ressistant Materials,
	Textiles, Graphics
Physical Education (PE)	PE, Games
Modern Foreign Languages (MFL)	French, Spanish, Man- darin, Italian, German
Information and Communication Technology (ICT)	IT (Information Tech- nology) Computing, Com- puter Studies
Art and Design	
Drama	
Music	

umanities

Expressive Arts

Can you spot the subjects you will be taught at your new school?

See if you can spot below any subjects that are on your sample timetable. Give them a tick.



Reading a timetable

Here is a timetable that is used in a secondary school like yours.

Tea	Start Time	Peri- od	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Teachers'		1	Geography SHY	History RGY	English LMN	English LMN	Art SHN
			H2	C6	F6	F6	T2
initials		2	Science NSD S13	RE JCN T5	Maths FMY D3	Maths FMY D3	Resistant Mat ESD T10
		BREAK					
Room number		3	PE MLT Hall	Science NSD S13	Social Studies FWD F2	Spanish MGC F3	Science NSD S13
number		4	English LMN F6	Geography SHY H2	History RGY C6	Drama KKT T4	English LMN F6
		LUNCH					
		5	Maths FMY D3	Maths FMY D3	Science NSD S13	RE JCN T5	PE MLT Field
Subject		6	ICT GKA BS1	Spanish MGC F3	Music RHL M2	ICT GKA BS1	RE JMN T5

	Duy
Pe	Wednesd
eriod is	
anotl	
ner wo	Monday
Period is another word for lesson	
lesson	

Day	Period	Subject	Teacher	Room
Wednesday				513
	4		KKT	
		Art		
Monday	6			
			MLT	Hall
	4	Geography		
Friday				T5

Look at the timetable at the top of the page and try to fill in the missing gaps on the table underneath

Timetable Quiz

With your parent or carer look at your new school sample timetable and see if you can answer the following questions.

Remember, your timetable in September will be very similar but not exactly the same.

- 1. What lesson is period 2 on Monday?
- 2. How many maths lessons are there each week?
- 3. What is the room number for period 4 on Wednesday?
- 4. How many PE lessons are there each week?
- 5. What is the teacher's initials for period 1 on Friday?
- 6. Is it the same room number for every English lesson?
- 7. What is the last lesson on Tuesday?
- 8. What lesson is after break in Monday?
- 9. What are the science teacher's initials?
- 10. What is the lesson just before lunch on Wednesday?
- 11. Where is the history lesson?

Visual Timetables

Sometimes it is easier to read your timetable when it is colour coded or includes pictures. Take a look at the two examples below.

Start Time	Period	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	Geography	History	English	English	Art
		SHY	RGY	LMN	LMN	SHN
		H2	C6	F6	F6	T2
	2	Science	RE	Maths	Maths	Resistant Mat
		NSD	JCN	FMY	FMY	ESD
		S13	T5	D3	D3	T10
	BREAK					
	3	PE	Science	Social Studies	Spanish	Science
		MLT	NSD	FWD	MGC	NSD
		Pitch	S13	F2	F3	S13
	4	English	Geography	History	Drama	English
		LMN	SHY	RGY	KKT	LMN
		F6	H2	C6	T4	F6
	LUNCH					
	5	Maths	Maths	Science	RE	PE
		FMY	FMY	NSD	JCN	MLT
		D3	D3	S13	T5	Field
	6	ICT	Spanish	Music	ICT	RE
		GKA	MGC	RHL	GKA	JMN
		BS1	F3	M2	BS1	T5

Start Time		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	Geography SHY H2	History RGY C6	English LMN F6	English LMN F6	Art SHN T2
	2	Science NSD S13	RE CONTRACTOR TO TO THE PROPERTY OF THE PROPER	Maths FMY D3	Maths FMY D3	Resistant Materials ESD T10
	BREAK					
	3	PE MLT Pitch	Science NSD S13	Social Studies FWD F2	Spanish MGC F3	Science NSD S13
	4	English LMN F6	Geography SHY H2	History RGY C6	Drama KKT T4	English LMN F6
	LUNCH					
	5	Maths FMY D3	Maths FMY D3	Science NSD S13	RE JCN T5	PE MLT Field
	6	ICT GKA BS1	Spanish MGC F3	Music RHL M2	ICT GKA BS1	RE JMN T5

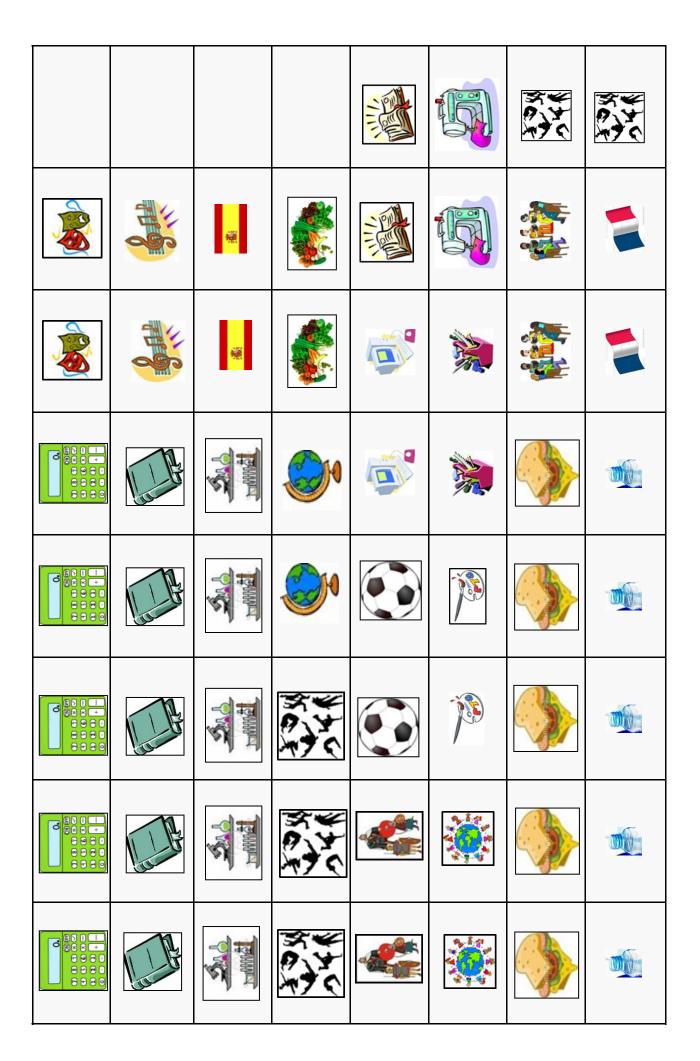
Now have a go at colour coding your sample timetable

Have a go at making your own picture timetable following the schedule on your sample timetable; usually your school can make you one of these if you want. You could also do this on the computer instead!

FRIDAY					
THURSDAY					
WEDNESDAY					
TUESDAY					
MONDAY					
Period					
Start Time					

- * Look at the sample timetable from your new school
- Glue the pictures on the next page to the grid above

Don't forget to include:
The start time, the period number, the room number and the teacher's name



Your homework diary/planner may look like this



School will provide your planner/diary. You will need it in your bag every day!

Check first if your secondary school uses school planners as some schools use other methods of recording and setting homework e.g. online.

At your new school your diary may be called a Planner or Homework Diary.

The look of school planners varies slightly from school to school but when recording your homework you should always try to include the subject, the homework instructions and the date it is due in

Your planner/diary may also contain lots of very useful information such as:

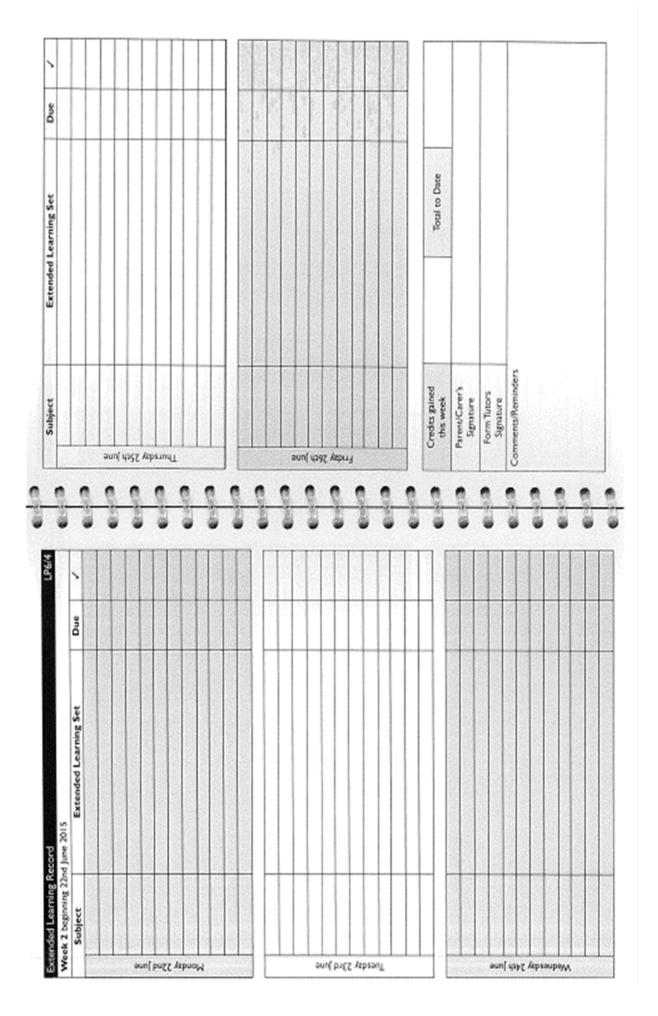
- School rules, policies on Behaviour, ICT E-Safety and School Uniform.
- Rewards and Sanctions procedures.
- Targets and progress trackers.
- Code of Conduct.
- Your timetable.
- * A calendar with important dates and term dates.

LET'S PRACTISE

On the next page is an example of the inside pages of a school planner/diary. Have a go at recording the following instructions:

- On Monday your maths teacher asks you to do questions 1,2,3,4 and 5 on the worksheet. The homework is due in for Friday.
- On Monday your PE teacher reminds you to bring in your outdoor PE kit for Friday's lesson.
- On Tuesday your form teacher reminds you that your charity donations are due in by Thursday.
- On Wednesday your English teacher tells you to revise for a spelling test on Friday.
- On Thursday your form teacher asks you to bring in your reading book for form time reading on Friday.
- On Friday in your RE lesson your teacher asks you to complete a worksheet for next Tuesday.

Have a go at recording the instructions



Managing your belongings BAG PACKING ACTIVITY

You will need:

- * Timetable in this pack
- * Bag picture on next page
- Pictures of the school equipment and books

Note to Parent

Read the following questions to your child, allowing time for them to select the appropriate pictures and place them on the bag.

This exercise doesn't include every piece of equipment or book that may be needed for school.

You could discuss what else they may need for each subject.

- 1. What would you need to pack in your bag for your maths lesson? Can you think of anything else you would need to take?
- 2. What would you need to pack in your bag in order to stop you from getting your uniform dirty in food technology?
- 3. What three items will you need to take to school every day?
- 4. What would you pack in your bag for English?
- 5. What would you pack in your bag for Friday?
- 6. What will you pack in your bag for break time?
- 7. It's Monday night-what will you put in your bag for the next day?
- 8. If you're not having a packed lunch, what will you need to pack in your bag?
- 9. You have football practice after school. What will you need to pack in your bag?

Use for bag packing activity

- It's a good idea to pack your school bag in the evening, ready for the next day.
- You will need to check your timetable and place the items needed for each lesson in your bag.



Equipment and resources for bag packing activity





Routines

- * Your routine will change when you start secondary school.
- * Talk together and try and work out what your new routine will look like.
- * On the grid below fill in your routine for a school day (roughly) and write down what time you will do it.

Routine	Make your own routine if you prefer	Time
Wake up		
Wash		
Get dressed		
Get breakfast		
Brush teeth		
Leave for school		
Arrive at school		
End of school		
After school/homework clubs		
Arrive home		
Homework		
Evening meal		
Leisure/family time		
Pack bag for next day		
Brush teeth		
Bed time		

Some top routine tips . . . follow and you can't go wrong!

- * Make sure all your belongings have your name on.
- * Prepare your uniform the night before.
- * Pack your bag the night before always use your timetable to help you.
- * You will need to pack your pencil case and timetable every day and if your school uses a diary/planner always take it with you too.
- * Set the alarm clock leaving enough time to have breakfast, and make sure you are clean and smart, wearing the correct uniform.
- * Remember your bus pass or money for travelling.
- * Remember your lunch if you take a packed lunch.
- * Leave the house with plenty of time for your journey to school.

Primary School Memories

It's important when you have a big change ahead to think about what you are leaving behind on your journey - it's a big thing to leave primary school.

Hunt out drawings, photos, certificates, and awards and any other evidence of your life in primary school.

Remembering together . . .

Talk to a member of your family about your memories of primary school right from when you started in nursery or reception.

Here are some questions you might want to start with:

- * Which events, trips, plays, assemblies, sports, and music activities do you remember?
- * What jobs or roles of responsibility have you had in primary school?
- * What lessons have you enjoyed the most (or the least)?
- * Who have been your best friends at primary and how long have you known them?
- Who were your favourite teachers/helpers?
- When did you get any certificates or rewards and what for?

Then ask your family about their memories of primary school:

- * What has been your proudest moment or achievement?
- Which of the teachers do you remember and why?
- * What is your favourite memory?
- * Is there something you would rather forget?
- Is there something in particular you remember about a school event?
- Can you think of a time when something made you laugh, or made you worried or scared?

Write down your family's memories here

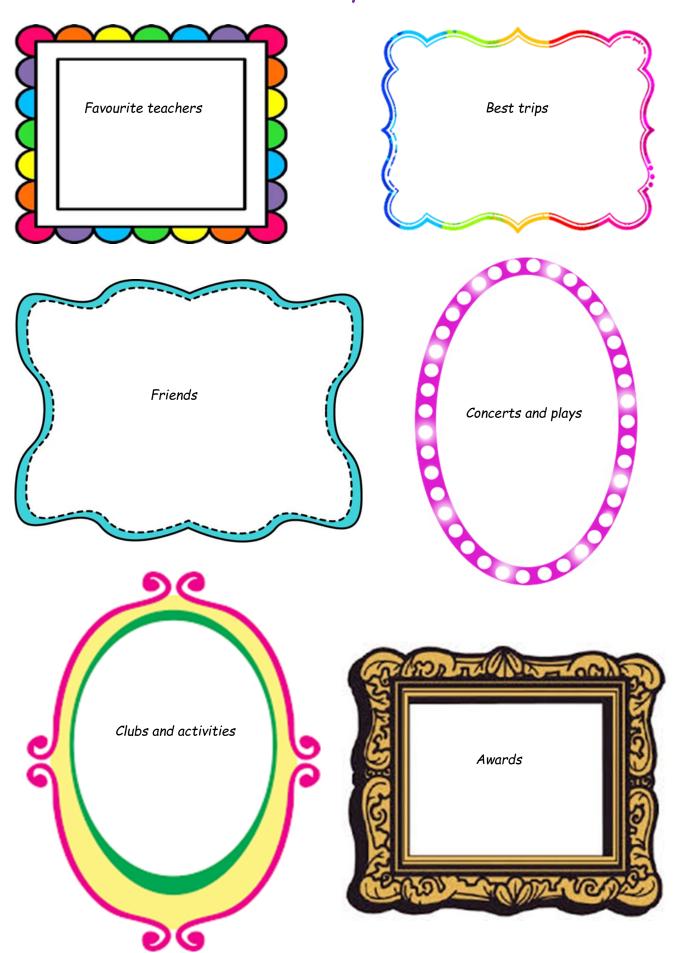
Now you have lots of ideas, use your memories to fill in the memory wall on the next page. You can stick things over the headings - those are just to give you some ideas - some ideas you can include are:

Words, drawings, photographs, certificates, newsletters and tickets.

Or if you'd rather,

You could put things in a scrapbook, do it on your computer or find and decorate an old shoe box and put things in there.

Memory Wall

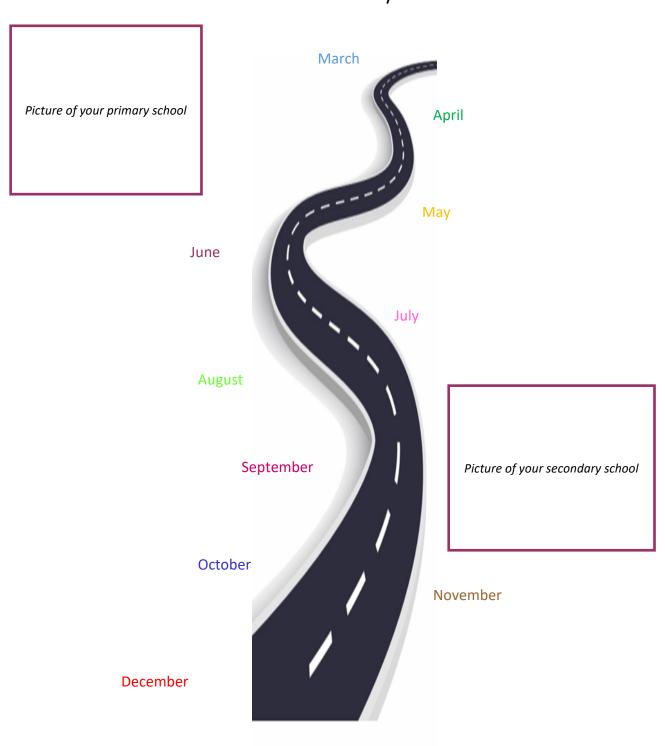


Your journey from Year 6 to Year 7

Thinking about Year 6 and Year 7 to come

We all know that these past few months have been very unusual -

- 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.



VISITING YOUR NEW SCHOOL

This year is very different and secondary schools are thinking of different ways for you to prepare.

- If you visit your secondary school it will be a good opportunity to record what it looks like by taking photographs.
- * It would be good to make a booklet or presentation to share with your friends about the visit. It could look like this: :



Here is a useful list of photographs to take.

Cut this out and take with you on your visit

Can you think of anything else?

Photo	
Entrance	
Science Lab	
Art room	
Sports Hall	
Toilets	
Form room	
Dining room	
Library	
Changing rooms	
Technology rooms	
Outdoor area	
Quiet area	

After visiting or seeing your new school

	ur family and describe what you did and saw.
What did	you like at the school?
	n't you like?
How was i	t different from your primary school?
Is there o	nything else you want to find out?

What if...

If I forget how to find my way to the classroom?

- I will get my plan from my student planner and see if I can work it out.
- I will try and ask someone in my class
- I will ask the teacher

If someone calls me an unkind name?

- I will try and walk away and not swear and shout at that person
- I will tell a teacher I trust why I feel upset
- They will deal with it and talk to that person

If I forget my dinner money?

- I will go to the office and tell the member of staff in there that I have no money for lunch
- They will lend me some money to buy some lunch
- They will also tell my mum by writing it in my student planner book

If I forget to bring my homework to school?

- I will tell my form teacher
- I will tell the subject teacher and say the reason why I have not got my homework
- The teacher will tell me where I have got to put my homework when I bring it in tomorrow

What if I have difficulty in the dining hall?

- I could tell my tutor
- I could ask to go in to lunch early
- I could eat my lunch in ...

What if I have nothing to do at break?

- I could go to the library
- I could buy a snack and eat it in the dining hall
- I could find my buddy
- I could go to reception