

STARTING SECONDARY SCHOOL

For kids!



A useful booklet for both parents and children to help make the transition to secondary school as successful as possible.



Beacon
beaconschoolsupport.co.uk

Our top tips...

...for a super first day!

1

Explore the School: Take a tour (or virtual tour) of the school before your first day to get to know the classrooms, cafeteria and other important places.

2

Meet Your Teachers: If you have the chance, introduce yourself to your new teachers. It's a great way to start building a positive relationship with them.

3

Make New Friends: Look for opportunities to make new friends. Many other students are feeling just like you, so don't be afraid to reach out and get to know them.

4

Pack Your Favourite Snack: Prepare a special snack or lunch that you really enjoy. It'll make your school day even better and give you a lovely comforting treat.

5

Get Your School Supplies Ready: Make sure you have all the school supplies you need the night before. Check if you have pens, notebooks and any textbooks required for your classes.

6

Plan Your Route: Talk with your parents or guardians about how you'll get to school and practise the route together. Check your bus timetable so you know the right time to be there. Knowing the way will make you feel more confident.

7

Share Your Feelings: It's totally okay to feel excited or nervous about starting secondary school. Talk to your parents, guardians or friends about how you're feeling. They're there to support you.

8

Celebrate Your Achievements: Remember to celebrate your accomplishments and milestones during your first day and the first few weeks of secondary school. Be proud of yourself and keep up the good work!

Remember, starting secondary school is a big step, but you've got this!

My new school

Visit your new school's website and research some useful information. Use the post it notes below to help organise what you find out!

A typical school day
(Write down timings)

Important people
(Headteacher, Head of year etc)

Uniform expectations

People who can help
(DSLs, Learning mentors)

Equipment

After school clubs

All about ... ME!

Take some time now to think about... you. It's important to build mindfulness moments into your day. Why not start here and enjoy learning about yourself?



What would you say to yourself in Year 11?

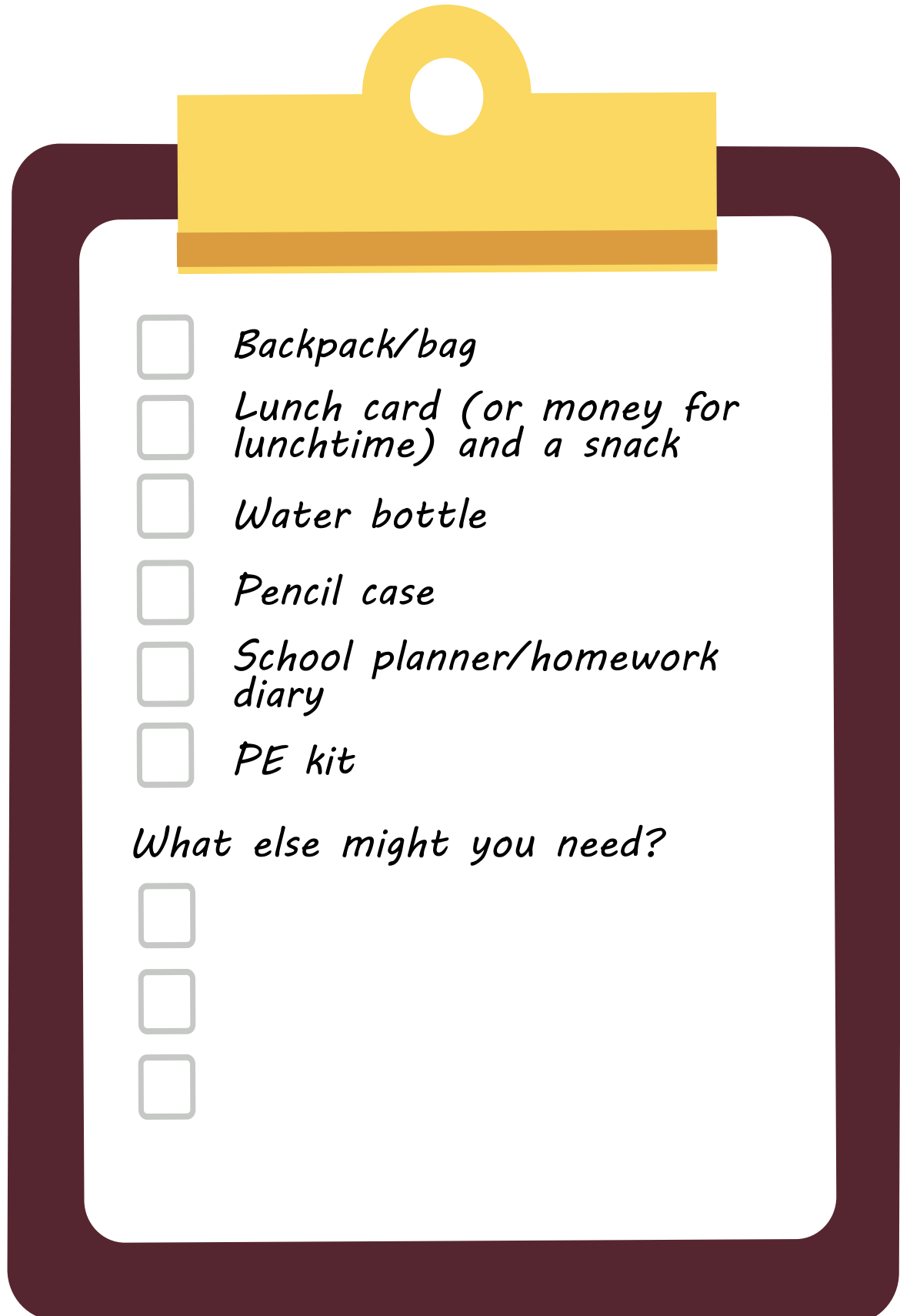
Use the bullet points below to help you think of some ideas.



- What would you like to be when you are older?
- Who do you want your friends to be and why?
- What are your favourite and least favourite things? Think about food, colours, clothes, hobbies, sports, music, classes, etc.
- Do you think you'll change?
- Do you have any predictions about what's going to happen over the next few years?
- If you could give your future self one piece of advice, what would it be?

First day checklist

Here's a helpful checklist to help you organise yourself on your first day. Tick off the items as you go to help you to feel prepared and ready.



- ☐ *Backpack/bag*
- ☐ *Lunch card (or money for lunchtime) and a snack*
- ☐ *Water bottle*
- ☐ *Pencil case*
- ☐ *School planner/homework diary*
- ☐ *PE kit*

What else might you need?

- ☐
- ☐
- ☐

Worries and 'What ifs...?'



Knowing what **you can do** if something is worrying you will help you overcome it. Think about solutions to the possible 'what if?' situations below.

What if...	I can...
I forget my homework...	
I get lost so I am late...	
I get stuck on my work...	
I don't make new friends...	
I miss my old friends...	



What other 'what ifs' can you think of?

Top Tip: Who could you ask for help?

What if...

I can...

5 Fun MINDFULNESS Activities for children...

Starfish Breathing

1

- Hold up either your **right** or **left** hand.
- **Slowly**, trace around your hand with your index finger starting with your thumb.
- As your finger moves upwards - take a **breath in** through your nose. As your finger moves downwards - take a **breath out** through the mouth.
- **Remember to pause at the top of each finger!**



Slow Your Pulse - control your breathing!



- **Exercise** for one minute - you could try jumping on the spot or running around the playground!
- Now, **feel** your heartbeat - what has happened to your pulse? Can you feel a difference?
- Think about your **breathing** - how does this feel? Can you slow your pulse by taking deep breaths?

2

Glitter Jars

3

- Find a plastic jar or bottle - **decorate** this however you would like.
- **Fill** the jar or bottle with water (up to $\frac{3}{4}$ full). Then, add some clear glue, food colouring and **GLITTER!**
- **Seal** the lid and give it a **shake!**
- As the glitter **settles**, imagine your **mind** and **body** becoming **calm** and **settled** too.



Meditation - understand your feelings



- Find a **quiet** spot.
- Sit in a **comfy** position
- If you want to you can **close your eyes** - maybe just try one eye if you're not sure!
- **Focus on your breathing** - think about your breath in and your breath out
- **Relax** and **unwind** - let your body (and mind rest)

4

Grounding

5

Grounding helps children to calm when they may be feeling overwhelmed.

- Name **5** things that you can **SEE**.
- Say **4** things that you can **FEEL**.
- Name **3** things your can **HEAR**.
- Say **2** things you can **SMELL**.
- Name **1** thing that you can **TASTE**.



Top tips for parents

Remember, transitioning to secondary school can be both exciting and challenging for your child (and you). By being supportive and proactive, you can help your child to navigate this new chapter with confidence and resilience. Here's four **top tips** to help your child's transition to secondary school be a huge success.

1

Talk and Support: It's crucial to have open conversations with your child about how they feel and what worries them on their first day of secondary school. Listen to their worries, understand their emotions, and reassure them. Make sure they know that you're there to support them through this new experience.

2

Get to Know the School: Before the first day, spend time exploring the school. Attend open days and open afternoons (when possible). Learn about the school's rules, meet the teachers and begin to explore extra curricular opportunities for your child. This will help you understand your child's daily schedule and answer any questions they may have.

3

Encourage New Social Connections: Secondary school can be overwhelming for some children socially. Encourage your child to join clubs or after school activities that they enjoy. This will help them to meet similar-minded children and make new friends. Encourage them to be confident and introduce themselves to their classmates and form new connections.

4

Create a Routine and Set Realistic Goals: Help your child create a daily schedule that includes time for studying, breaks and getting enough sleep. A consistent routine will bring stability and reduce stress. Encourage them to do their best and understand that making mistakes and challenging themselves are normal while learning. Remember making mistakes is a part of learning (and it is perfectly normal).



Get In

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