

# Finishing My School Year in 2020

The beginning of 2020 was normal for me for a while.



Then, in April 2020 a very bad and very unusual thing happened - a virus that was spreading across the world reached Kent, where I live.

My life wasn't normal for a while. School wasn't normal for a while.

My name is \_\_\_\_\_

and this journal tells my story of finishing primary school in July 2020 and looking forward to secondary school in September.

My School and my year group in April 2020: \_\_\_\_\_

\_\_\_\_\_

To keep everyone as safe as possible, schools closed to lots of pupils in April 2020



Lots of people were asked to stay at home. This was called lockdown.



The things that made me feel better/happier

in lockdown were:



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Life has already started to get back to normal.

To finish my school year in 2020, I might try to:

(tick the sentences that apply)

Put messages from my friends at the end of this journal

Write a message to teachers

Write a message to the Year 5 children to tell them what Year 6 is like

Write a message for the new Year 3 children to tell them about school

Write my happiest memories of primary school at the bottom of this journal



Leaving primary school

Over the summer holidays I am looking forward to

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After the summer holiday, in September 2020, I will be starting

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I will be in Year 7.

Moving on to year 7 is exciting!



Secondary School

I know this will mean some changes and that changes can sometimes make people feel nervous. I know this is okay.

People feel better about changes when they can plan for them and when they know what these changes are going to look like.

This journal will help me do this.

*(A lot of the activities below, require access to the school website. Where it's suggested a photo is attached, you may need to take a photo of photos on the website and print them out.)*

**Activity 1 - Getting to know the staff at my new school**

My new Headteacher/Principal is called

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My Deputy Headteacher/Vice Principal is called

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(Try to attach photos of them here:)

## Activity 2 - Getting to Know the School Buildings

- *(Find a map/plan of the site on the website)*

This is what my new school looks like:

*(Look to see if there's a virtual tour of the school on the website and watch it through, following on the map/plan as you do so.)*

*I have looked at a plan of my new school site, so it's easier for me to find my way around 😊*

### **Activity 3 - Getting to know my timetable**

*(See if you can find an example timetable on the website and check that you understand the abbreviations for the building/area, lesson, room and teacher)*

I have looked at an example timetable, so that I will find it easier to understand my timetable 😊

### **Activity 4 - Getting to know the School Rules**

*(Find the policies on the website and then find school rules)*

I read information about mobile phones, behaviour choices and school uniform, so I can follow the school rules 😊

### **Activity 5 - Getting to know the subjects**

- *(Find the section of the website about curriculum and then click on each of the year 7 subjects )*

I think my favourite subjects will be

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- **Activity 6 - Organisation**

*(Find out whether you will be using a planner on an online tool, such as google classrooms)*

I know that there are lots of things to organise when I go to secondary school. I know that I will be using

\_\_\_\_\_ to help me.

I also know that there will be adults, as well as my peers, who can help me, if I need it.

### **Activity 7 - Making Friends and Joining In**

*(Go through this section if you feel it will help. Remember that everyone finds some social situations difficult.)*

#### **Making New Friends**

At secondary school there will be children from other schools. There will be opportunities to make new friends. I know it can be difficult to get to know someone new. That is the same for everyone.

Here are some strategies I could use:

- Smile when I say **'Hello'**
- Start the conversation by asking a question about what they are doing. **'What are you doing?'** or **'What are you reading?'** ...or something you have in common **'So how do you like this lesson?'**
- Introduce myself - **'By the way my name is \_\_\_\_\_, what's yours?'**



- Ask some other questions to find out about them. Suitable topics may be:

School - **Which lessons do you like?**

Home - **Do you live near the school?**

Interests - **What do you like doing at weekends?**

Family - **Have you got any brothers or sisters?**

## Joining-in

I can try making friends by joining in a conversation or a group activity. I could try these strategies:



- Watch and listen - I can observe what the group is doing and listen to what the people are saying
- I can make a friendly comment or gesture, without interrupting. I could nod my head and smile. I could make comments like, 'that's a good idea', or 'that looks great'
- I can try to find something I have in common with that person. I could say, 'I saw that film', or 'I have that game at home'.
- I know that sometimes, people don't want to talk or be friendly. I know that's okay. I will accept 'no' for an answer and go and talk to someone else

I have thought about ways to make friends and join in activities and conversations when I get to my new school 😊

## Activity 8 - Getting to School and Preparing for the First Day

- When is my first day?

*(Find the date of your first day and mark it on the calendar.)*

I will be starting my new school on \_\_\_\_\_ .

This is \_\_\_\_\_ days from today.

- Getting to School

*(Find out how this is going to work. If you're walking, plan the route on google maps/google earth and which landmarks you will see on the way and how long this will take. If it's a bus/train, work out the route and the times of the buses/trains. If it's a car, what time do they need to be ready to leave the house? Maybe put a copy of the route here: )*







I planned my journey both to and from school, so that I know what to do about travelling on my first day 😊

I know that school may not be completely back to normal because of COVID-19, but adults at the school will help me understand what to do

Activity 9 - **Feelings about starting a new school?**

*(Think about starting your new school and then rate the statements in the chart on the next page, with a `1' in the appropriate box.*

*Then, discuss any statements that you've rated red or yellow, with an adult/peer, until you feel better about them and can re-rate them with a `2'. Keep doing this until they are all green or purple.)*

				
Wearing the school uniform				
Getting to school on time				
Having lots of different subjects				
Doing homework				
Having more clubs to choose from				
Understanding the school rules				
Finding my way around				
Having different teachers				
Organising everything				
Break and lunch times				
Getting help if I need it				
Being in a bigger school				
Missing old friends				
Making new friends				
Joining conversations and activities				
Going to assembly				
Changing for PE				
Learning my timetable				

## Activity 10 - Activities over the Summer

- I can keep putting things in this journal about my summer and maybe show it to my mentor
- I could walk/cycle/drive by the school so I get used to the route and seeing the school
- Have discussions with my parents/carers over the summer about school
- Remind myself that I managed to cope with one of the biggest changes - lockdown - so I have good skills to cope with changes
- Try doing something that is difficult for me over the summer (but safe) and build on my resilience. (Remembering that it's okay to make mistakes, that we all make mistakes and it's how we learn. I know to just keep trying.)
- Consider whether I want to have something little from home that's easy to have with me, on my first day, maybe a photo. (I know things get lost, so I may not choose anything too important to me, just in case)
- I will try to get into (or keep) good habits. I know that a healthy body and mind is so important:

Sleep well

Eat well

Drink enough water (little and often is best)

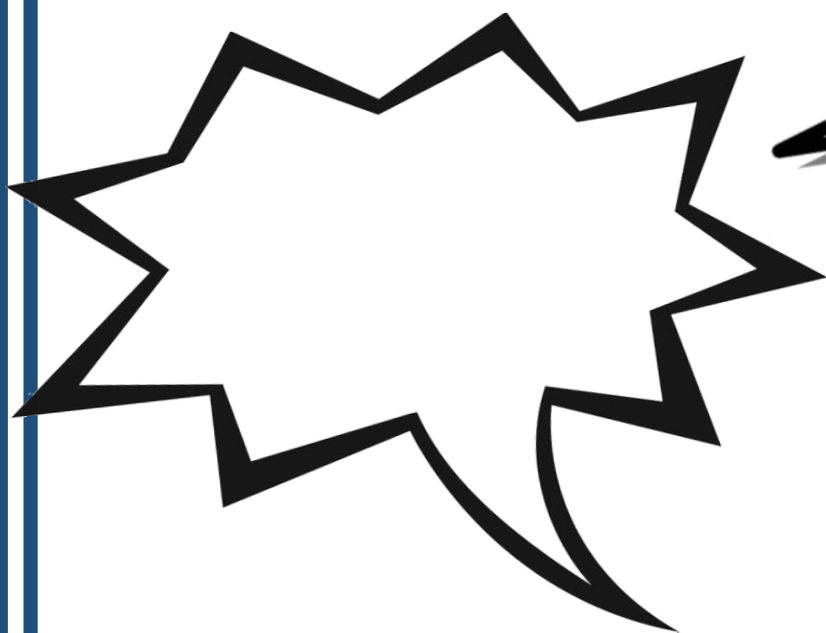
Ensure I know how to relax - and that I know how to find time to relax

Get enough exercise

Plan my day so that I can organise everything

(If I'm not sure about any of the list above, I could ask an adult to help)

These are some of the things I'm looking forward to at my new school 😊



## Coping with Changes

I know that in life, things are always changing. Every day there will be many small changes such as going from being at home to being in school, changing between lessons and having different teachers.

I know that sometimes there are unexpected changes such as my teacher swaps the lessons around, my friend is away or I have a supply teacher.

If I feel nervous about changes (or anything else) I can try to remember `S.T.A.R.'

S for STOP (I just stop and breathe slowly - this will help me stay calm)

T for THINK (What can I do? Do I need help from someone? Do I need more information or to check I have the right information?)

A for ACT - choose what I'm going to do

R for Review - Later, I can think about how well that went and whether a different choice of action would have been better

I can practise this technique

## Planning for the First Day

I will think through the items I need to have ready:

- School uniform
- Equipment and books
- Any money?
- Any travel pass?
- Any food and drink?
- Anything else?

I will think through timings:

- I need to wake up at

\_\_\_\_\_

- I need to be ready to leave the house at \_\_\_\_\_

- I leave school at

\_\_\_\_\_

- I will be getting home at \_\_\_\_\_

I know that everyone is likely to feel nervous on the first day of a new school. If I feel nervous this is okay. I will remember that I have done lots of activities to make sure I am ready 😊



## **Memories of Primary School**

(Place any photos, messages or stories/memories of primary school here:)