

MY NEW SCHOOL



At the end of this term, I will be leaving this school

The date of the last day is

In September I will go to a new school

The school is called

The date I will start there is

I will be in a class called

The teacher will be called my form teacher/tutor

This teacher is called

The room number is :



Tell me how you feel about going to your new school...

I feel sad

I feel happy

I don't know how to feel

I feel excited

What are you most excited about?



Do you have any worries about going to your new school?

Tell me what you are worried about...

The size of the school

Getting lost

Making new friends

How different the lessons will be

New teachers

Homework

Bullies

Not knowing who to speak to

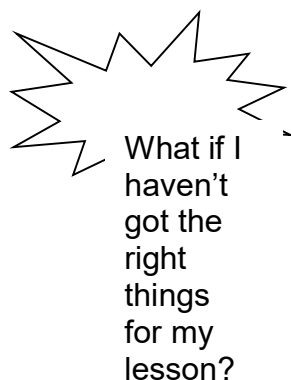
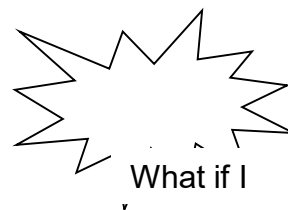
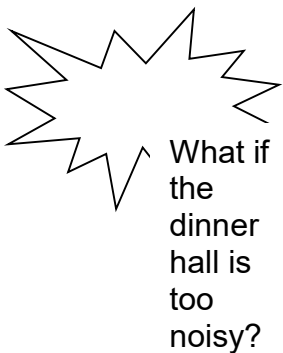
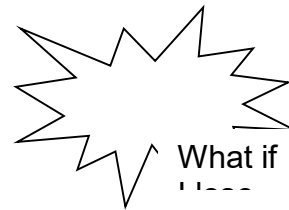
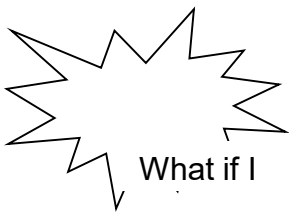
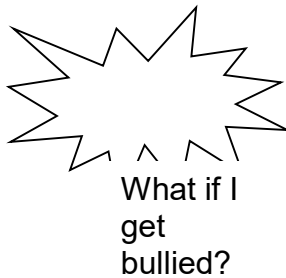
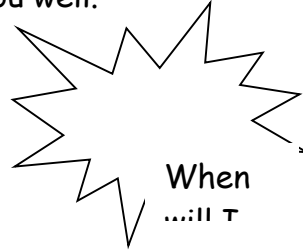
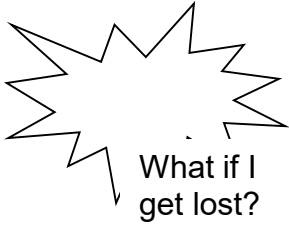
What happens if...

Remembering all my books and packing my bag

Is there anything else you are worried about?

Worrying about Secondary School

Most children in year six have some worries about secondary school. Circle 1, 2 or 3 of the worries that you have or write your own worry. Then talk through the worry buster for each particular worry with someone from your primary school who knows you well.



Worry Buster

1 2 3 4 5 6 7 8 9 10
| | | | | | | | |



OK



Not OK

What is the worry?

.....

How big is it on a scale of 1 to 10?

Will getting help from your school help to make that smaller?

Yes / No

How are you going to get that information?

.....

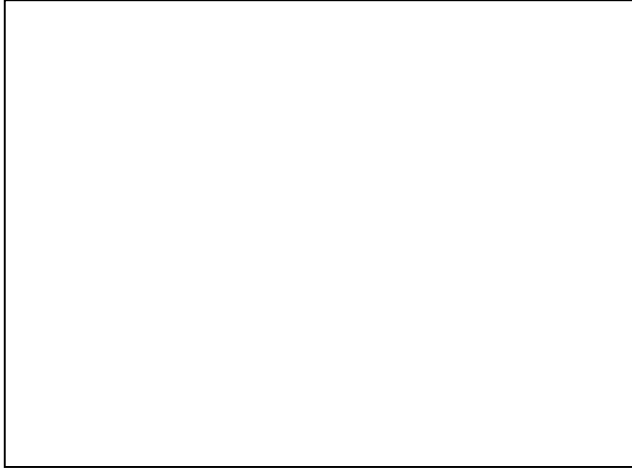
With help from someone who knows you well, think of 3 other things that will make your worry smaller.

-
-
-

How big is your worry now?

Finding my way round

Photocopy a map of the school onto a piece of paper



Colour in:

The door I will use to come in

Toilets

Dinner Hall

Lockers

Main Office

Library

Staff Room

Head of Year Seven Office

Other rooms where I have my lessons

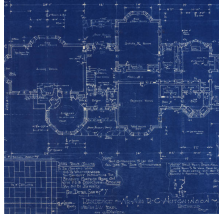
Reception

Time out/quiet area

Finding my way around

Who?	Where?
My form tutor	
My head of year	
The school receptionist(s)	
My support assistants	
Other important people:	

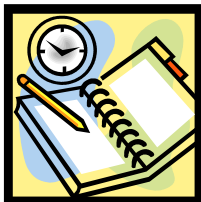
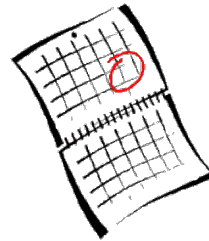
We go to our form room
And do registration



Then we go to the first lesson. We
have different lessons in different
rooms.

I will have a map of the school so I
can know where to go.

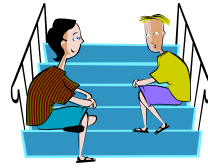
I will have a timetable to help
me to remember what lessons
to go to.



I will have a planner to write
homework I have to do.
I will have homework to do for
different subjects every day.

Some of my friends from this school are also going to my new school.

Their names are
and



I will have some new support staff.
Their names are

.....

.....

Or I will have a mentor/buddy
his/her name is



I will travel to school by car/bus.
I will catch it at
It leaves at (time)
It arrives at about (time)
School starts at

Or I will walk to school with

.....

We will leave my house at
I know which route to take to get
from my house to school.

When I am feeling stressed I
can go to



If I am worried I can talk to



I will take a packed lunch OR have
a school dinner.
I will eat in the dining room.
I can choose different meals from
the canteen.

I will have a locker to
Keep my things in.



There are lots of toilets in the
school.
I can go at break times, or in
between lessons.
If I am desperate I can put my
hand up and ask.

Anything else I need to remember

.....

.....

.....

School Rules

In my new secondary school there are pupils and staff.

When a lot of people have to work together in the same group of buildings, there have to be rules.

If there were no rules people would not be able to get any work done. The school staff would not be able to do their jobs. The children would not be able to learn.

I might agree with the rules or I might disagree with the rules, but I must not break the rules.

If I break the rules there will be negative consequences. There are always consequences for breaking rules; these will vary depending on how serious the rule you have broken is.

If I am worried that I might not be able to keep the school rules I need to talk to in my primary school, or to in my secondary school.

They will help me to try and keep the rules.

Remember it is important to apologise if you have broken a rule, it won't get you out of trouble but it acknowledges that you are aware that you have done something wrong.

It can be hard to stay calm if you are in trouble and you feel it was not your fault. Try your hardest to stay calm, try to breathe slowly and listen carefully to what is being said.

Do not react straight away but think about what you are going to say. Get your point across in a calm way so that people are more likely to listen.

Sometimes we can't change a situation and we have to accept what has happened, this does not usually happen very often.

If you feel that this has happened it is important to tell parents/carers what has happened just so that they are aware and can monitor the situation.

Make sure you know the school rules

Every school has rules to follow; these are usually surrounding the safety and wellbeing of everyone in the school including you. Make sure you look at and understand the rules, if you are unsure ask an adult to explain the rules to you.



School Rules (unwritten)

Look at these rules with someone who knows you.
Add any other rules you think should be on the list.

1. If you are lost, frightened or worried any adult in the school will help you.
2. Try hard to be polite to adults at school.
3. Put your hand up if you want to talk to the teacher in the class.
4. Don't run in the corridors.
5. If there are a lot of people in the corridors or on the stairs, try to keep moving. If you stop you might cause a blockage.
6. Don't go to places that are only for staff or sixth formers unless a member of staff sends you.

Making Friends

Moving to a new school is a good time to make new friends. Some people are good at this; other people find it much harder. Remember, EVERYONE at a new school is feeling nervous.

Here are some top tips for making new friends. With someone who knows you well, practice these friendship skills.

1. Smiling and saying hello.
2. Telling them your name and asking what they are called.
3. Asking what primary school they were in before and telling them the name of yours.
4. Asking them what their interests are.
5. Be a good listener; show people you are interested in what they have to say.
6. Telling them about your interests - but don't go on for too long!
7. Try to find something you are both interested in - like computer games.
8. Ask them about their families, and tell them about yours.
9. Trying joining in clubs either at lunchtimes or after school, this can help increase your circle of friends and you will already have something in common!
10. Remember to be yourself.
11. Everyone is different and has different ideas; show respect to your friends by valuing their opinions.
12. Even the best of friends fall out sometimes; think carefully about what has caused you to fall out and try to figure out how it can be resolved. Most of the time once you have had time to think you will realise it was something that can be worked out and is not worth losing a friendship over.
13. Any other ideas

Getting lost.

This is something most children worry about when they are moving to a new school. The main thing is not to panic.

Practice the route to your new school if you are walking. Also see if there are other people who will be walking the same way or that you can meet up with on the way.

Students are usually given maps of the school building when they first attend the school. The maps show you the layout of the school and where all the class are.

Don't worry if you still are unsure of where you are going there are many people around the school who you can ask for help. Most people can remember their first days at a new school and will be willing to help you.

If you are late for class don't get upset, when you reach your class be polite and apologise to the teacher and tell them why you are late. In those first couple of weeks generally the teachers will not mind, as they will understand. **Never take advantage of this do your best to get to the class on time.**

New Lessons and subjects.

Don't panic at the thought of new subjects and longer lessons in familiar subjects.

No one expects you to be an expert; all the teachers want is for you to try your best.

It is an exciting time learning lots of new information... it can be a lot to take in; don't be afraid to ask for help from the teachers or at home.

Don't keep any worries or concerns bottled up, the sooner you ask for help the sooner you can start to enjoy this exciting experience.

Homework.

The amount of homework you will be getting at your new school will probably be more than you have been used to, so it is very important that you learn to organise yourself.

Make sure you mark down all the homework you have in your planner with the subject, what you have to do and when it is due in.

The sooner you complete the homework the better, as this will help you stay organised and ensure that you do not end up having too much to do all at the same time. By looking at the homework as soon as you get home you will be able to see if you understand it or need to ask for help. As soon as you have completed your homework mark it in your planner that it has been done.

Homework is your responsibility... however, that doesn't mean you can't ask for help. If you are unsure of what you are expected to do, or do not understand the work you must ask for help from the teacher, or at home. Friends are generally willing to help too! Sometimes doing homework together can be good fun and you will have at least double the brainpower!

What do I need to take to school with me?

You will need to take all the books for the lessons you have that day, this will include any dictionaries or other equipment associated with the lessons you have that day. Teachers will tell you initially what you will be expected to bring to their lesson.

Write in your planner any items that you need to take in that are different from what you would normally require.

Remember to save time and think carefully about what you need. Pack your bag the night before.

Please check with the school about carrying mobile phones. Most schools will allow mobile phones only to be used at the beginning or end of the school day. The rest of the time mobiles must be kept switched off. Any equipment brought into school is your responsibility.



Bullying

1. Bullying is against school rules.
2. Teachers hate bullying and work hard to stop it.
3. Some people in year 6 are worried about bullying in secondary school. But it doesn't happen very often.
4. If you are not sure if you are being bullied or not, ask a member of staff or someone in your family to help you.

There are lots of things you can do to keep yourself safe from bullies.
Some of them are:



Keeping Safe

1. If someone is bullying you tell a member of staff and someone on your family, even if the bullies say they will hurt you if you tell.
2. Make sure you know where the members of staff are standing when you go outside at break times.
3. Tell a member of staff or someone in your family if you are anxious about being in the toilets or changing rooms without a member of staff.
4. Practice walking away from children who are saying or doing things you don't like.

Remember bullies are not in charge. Adults are more powerful than bullies.



What is bullying?

Bullying is when a child deliberately does something to another child which they know will upset them.

Underline or highlight things in this list which are done deliberately to upset someone.

- Taking someone's money and not giving it back.
- Accidentally bumping in to someone in the corridor.
- Telling other children that someone fancies someone else.
- Hitting, kicking, nipping or scratching.
- Verbal abuse about someone's appearance, race, sexuality or disability.
- Disagreeing about someone's taste in music or favourite TV programmes.
- Having a different opinion from someone else.
- Making someone do something which breaks the school rules.

Telling the teachers about other children's behaviour

You must tell the teacher if another child is hurting you, upsetting you or doing something dangerous.

You don't need to tell if another child is being silly.

Remember: It is up to the teachers to make sure that the school rules are kept.

Underline or highlight things on this list that you should tell the teachers about.

- Not doing a tie up properly
- Abusing someone about their appearance, race or disability
- Taking food from someone
- Whispering in class
- Scribbling over someone's work books
- Shouting in the corridor
- Wearing jewellery
- Calling someone a horrible name
- Calling someone a funny name
- Hitting, kicking, scratching, head butting or biting someone
- Threatening someone
- Wearing make-up

Please don't listen to rumours!

Many children hear rumours about going to a new school; rumours are stories that are exaggerated or even made up. Don't listen to them or find a responsible person to ask whether or not what you have heard is true.

Most importantly enjoy yourself! This is a wonderful time full of new and exciting challenges.

Make friends and have fun!

