

YEAR 7 ALL ABOUT ME TRANSITION BOOKLET



NAME:

HOUSE:

Moving from primary to secondary school can be a scary time! A new stage in your life, a new school uniform, a new building, new rules, new teachers, new subjects, new routines and new friends are just some of the changes you will experience. I hope this booklet will help to prepare you for some of the exciting challenges you will face in your new school!

Mr Biddle

Pastoral Co-ordinator Year 7/Transition Lead



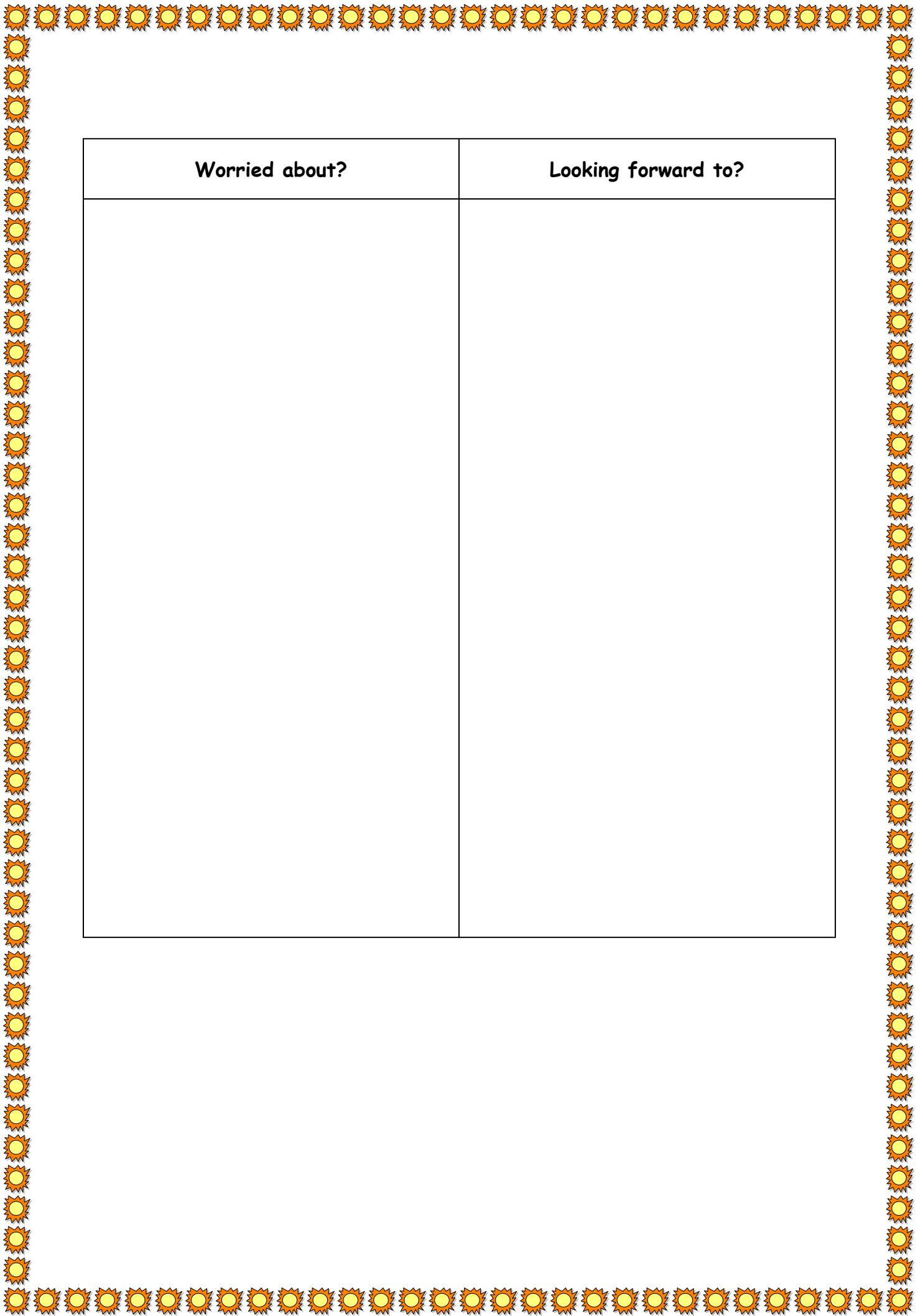
Goodbye primary school,
hello secondary school!

Going to secondary school - How do you feel?

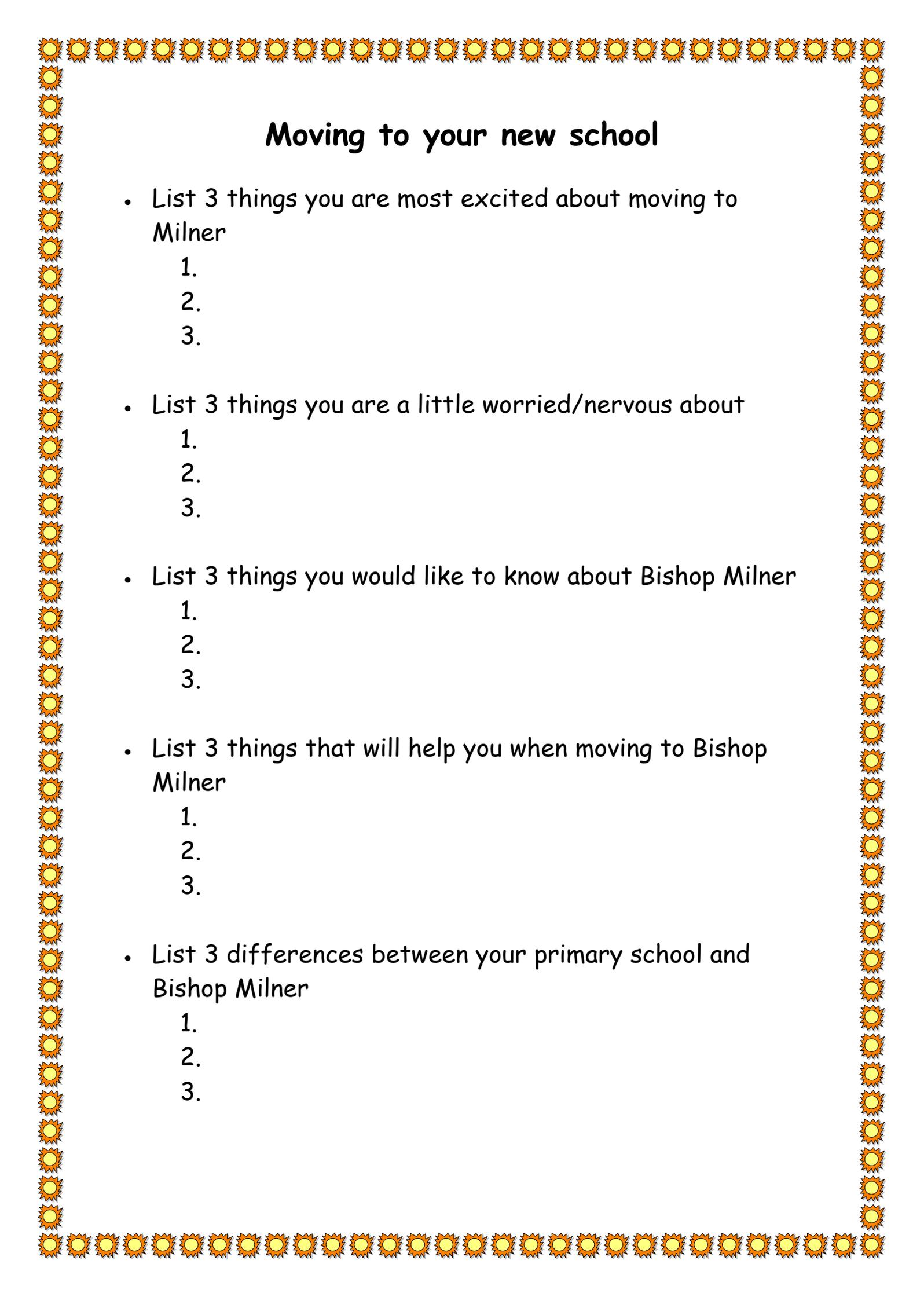
These could be useful to think about when you think about changing school.

Use two different coloured highlighters, highlight the phrases that you are looking forward to in one colour; use a different colour for those you are worried about. If you want to, you could write them into the boxes on the next page.

Making new friends	Learning a new timetable
Dinner time	Not being able to use my phone!
Having a different uniform	Being on time
Finding way around	Break times
Getting to school	Learning new subjects
Meeting others my own age	Joining clubs
Being with friends	School rules
Homework	Meeting my new tutor
Meeting my new teachers	Being able to do the work
Being with older pupils	Getting changed for sport / PE

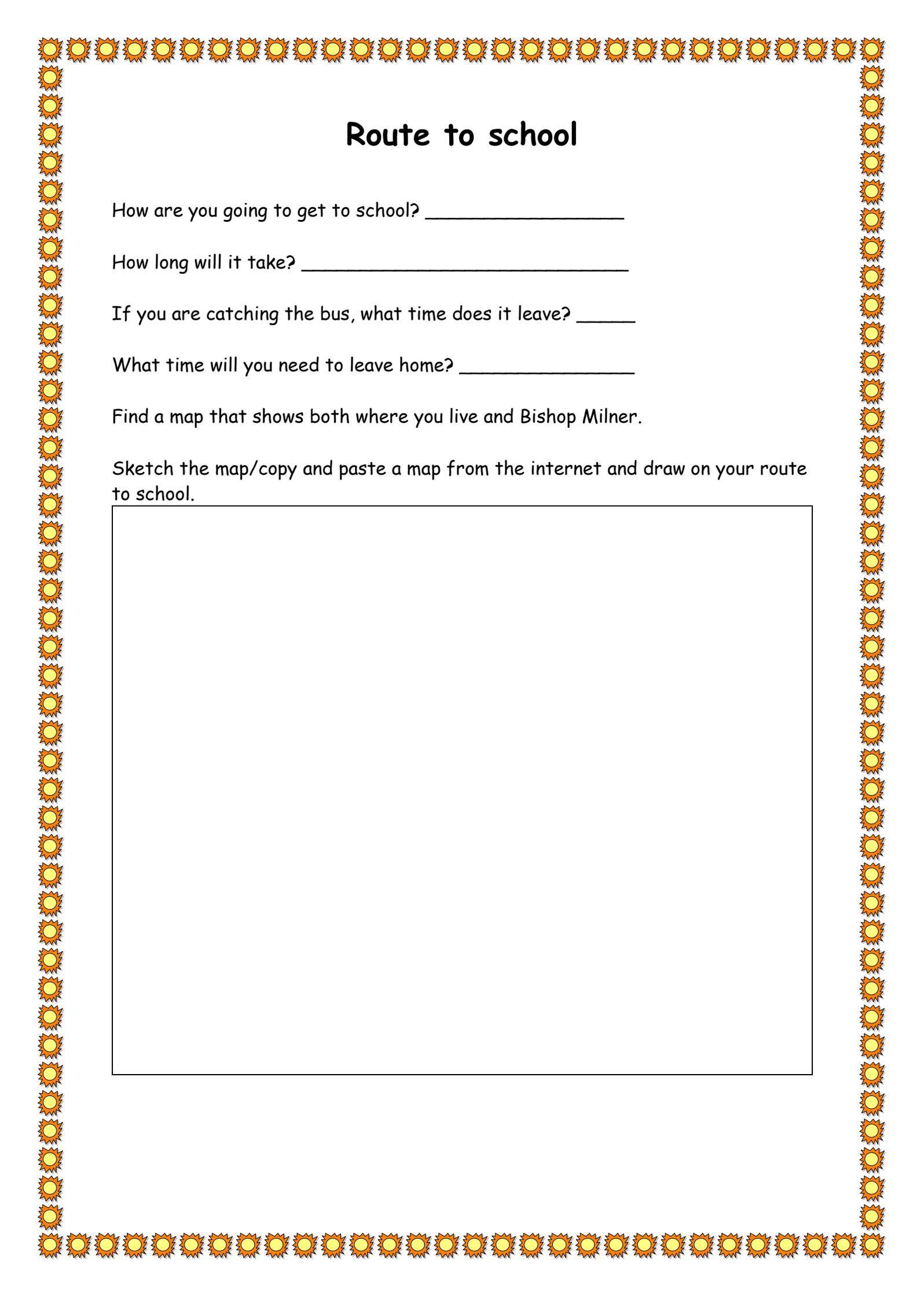


Worried about?	Looking forward to?



Moving to your new school

- List 3 things you are most excited about moving to Milner
 - 1.
 - 2.
 - 3.
- List 3 things you are a little worried/nervous about
 - 1.
 - 2.
 - 3.
- List 3 things you would like to know about Bishop Milner
 - 1.
 - 2.
 - 3.
- List 3 things that will help you when moving to Bishop Milner
 - 1.
 - 2.
 - 3.
- List 3 differences between your primary school and Bishop Milner
 - 1.
 - 2.
 - 3.



Route to school

How are you going to get to school? _____

How long will it take? _____

If you are catching the bus, what time does it leave? _____

What time will you need to leave home? _____

Find a map that shows both where you live and Bishop Milner.

Sketch the map/copy and paste a map from the internet and draw on your route to school.



Look after yourself



Keeping fit

- Get plenty of sleep
- Do some physical exercise at least once a week

Keeping clean

- Shower or bath and wash your hair regularly, probably at least 3 or 4 times a week. This can depend on how greasy your hair gets.
- Clean your teeth at least every morning and night
- Use deodorant every morning
- Change your underwear every day.



Looking smart



- Brush your hair every day and have your haircut regularly.
- Make sure your uniform is clean.
- Look in the mirror to check that you are tidy every day before you leave home.
- Clean your shoes regularly

Home help

Give/show this page to your mum or dad, or whoever helps you get ready for school.

Ideas for helping your son/daughter at home

The most important help you can give is continual encouragement and praise.

Talk

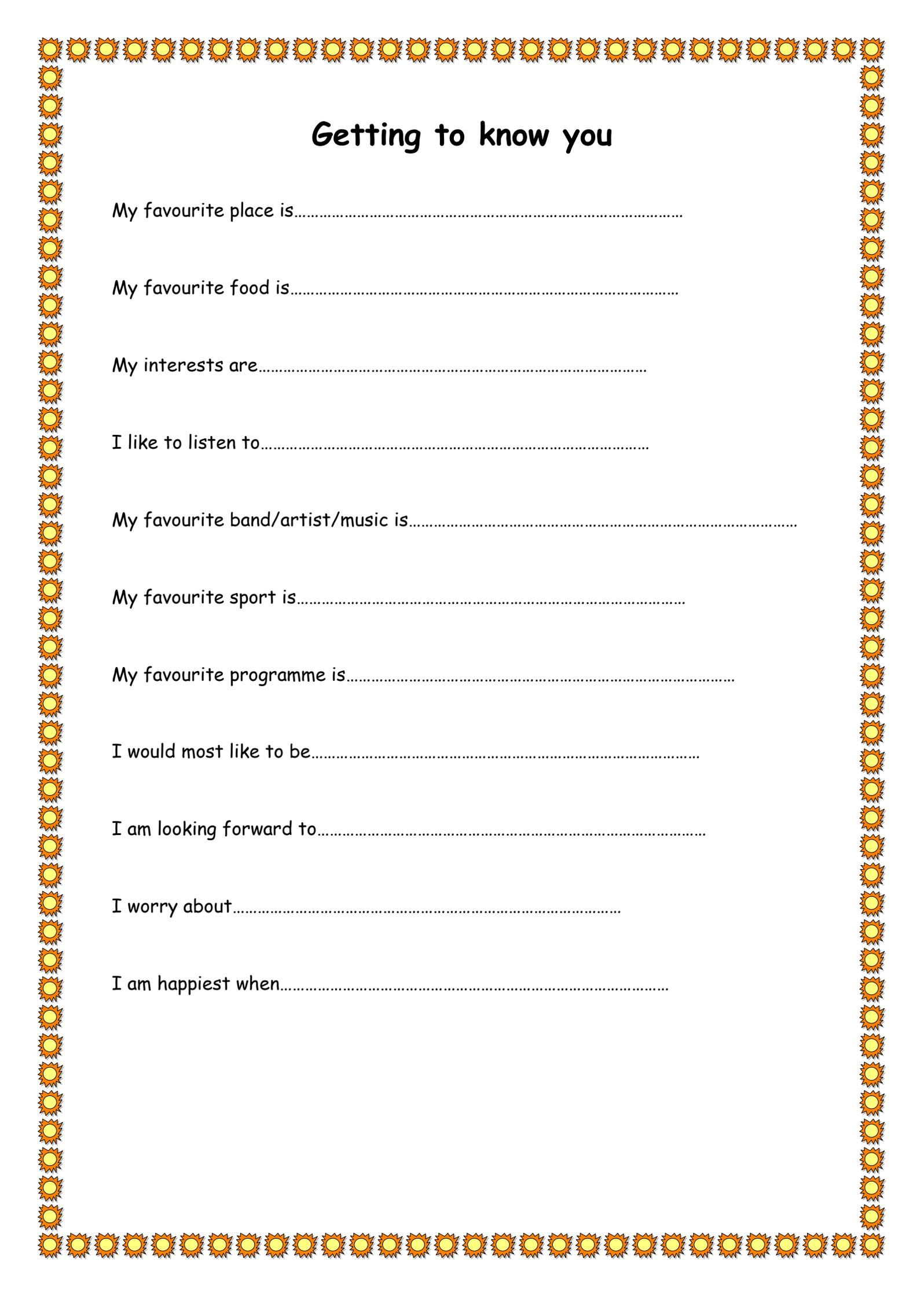
- Encourage your son/ daughter
- To talk about School- likes/ dislikes, what they are good at, what they are worried about...
- To talk about books, films, hobbies etc.
- Don't pressure them they will talk when they are ready

Organisation

- Encourage them to make a large copy of their timetable
- Display it in a prominent place
- Refer to it to remind them what lessons they have each day
- Make lists of what they need each day
- Encourage them to pack their bag with everything they need for the next day
- Encourage them to check it against the list for that day
- Don't pack their bag for them
- Encourage them to get into a routine and do things in a similar sequence

Homework

- Help plan out extended pieces of homework over a period of days or weeks
- Check their homework diary each day
- Encourage them to have a set time to do their homework
- Help with homework
- Don't do their work for them
- Keep an eye on the time they spend on their work. Check they do not spend too long or too little time on each piece.



Getting to know you

My favourite place is.....

My favourite food is.....

My interests are.....

I like to listen to.....

My favourite band/artist/music is.....

My favourite sport is.....

My favourite programme is.....

I would most like to be.....

I am looking forward to.....

I worry about.....

I am happiest when.....

Making new friends

At secondary school there are likely to be students from other schools. There will be opportunities to make new friends. It can be difficult to get to know someone new.

It may help to act out meeting new people and use some of these suggestions.

- Smile when you say **"Hello"**.
- Start the conversation by asking a question about what they are doing
"What are you doing?" or **"What are you watching/reading?"**

or about something you have in common
"So how is your day?"
- Introduce yourself
"By the way my name is _____, what's yours?"
- Ask some other questions to find out about them. Suitable topics may be:
School: **What are you studying?**
Who is your teacher?
Home: **Where do you live?**
How do you get to School?
Interests: **What do you like doing?**
What's your favourite TV programme?
Family: **Have you any brothers and sisters?**
- If they answer your question respond to some of the information they have told you. If you can, ask another question.
- Do not ask about
"That's my favourite lesson too. I enjoyed working on the computers. What did you like doing?"
- Do not ask about sensitive topics. These are topics that could make the other person upset.
- Don't ask about something that makes the person look or sound different.
- Don't ask about any problems he or she may have.

Asking for help

Sometimes at school things may be difficult or may go wrong. These things could be small:

- not knowing what the homework is
- not being able to find your way around

Or could be bigger:

- getting into trouble
- finding the work hard.

There are many people who could help you, but they won't know that you need help unless you tell them.

Friends: Ask friends or other students if you don't know where to go. You can ask them what the homework was if you are not certain. They can also help to work out new situations like going to the cafeteria.

Teachers: Ask your teachers if you don't know what to do in class or for homework. They will also be able to help you if you have forgotten something or don't know where to go.

People at home: People at home will be able to help you plan and organise your equipment and homework. They will want to know if you have any problems. They will be able to help you work out the best person to ask if you have problems with work or may try and contact someone in school and ask them to help you.

Try and work out whom you would approach in these situations:

- You don't know where your next lesson is.
- You cannot read your homework notes.
- You have got into trouble for forgetting your course book several times.
- In the lesson you did not understand what the teacher wanted you to do.
- You have not got a pencil which is needed to complete your work.

PLEASE REMEMBER TO ASK FOR HELP!

Settling into secondary school

(and how to solve the problems you might face)

Sometimes something can happen at school that makes you upset or anxious. A lot of people feel like this especially when they are starting somewhere new.

- **Keep calm.** Tell yourself, "I can solve this problem if I stay calm."
- **Decide what the problem is.**
 - Are you frustrated because you could not do something you wanted?
 - Are you upset because someone did something to you?
 - Are you worried because something has gone wrong?
- **Think about possible solutions.**
- **Think about the consequences.** What will happen if you try different solutions?
- **Pick the best solution.**

Talk with a friend about what you would do in each of these situations in school.

1. You haven't done your homework.
2. You have forgotten your student planner.
3. You don't know where your next lesson is.
4. You think you are lost.
5. You hear someone being called names.
6. You find someone crying in the corridor.
7. You've lost your purse/wallet.
8. You've lost your tie.
9. You find someone's purse/tie.
10. You've ripped your blazer.