

Getting ready for

secondary school!

Moving to Secondary School is both exciting and scary!

You will meet new teachers, make new friends, and get used to a new routine.

This workbook will help you to manage all of those changes.



Life is a journey!

Think back through primary school and write down your favourite memories or events that have shaped you to become the amazing person you are!

What others say about me

Fill these speech bubbles with positive things your friends, family, and teachers would say about you!

My secondary school

My new school’s name:

School address:.

School telephone number:

Head teacher’s name:

New form tutor’s name:

This is an example of what a time table may look like…

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Tutor |  | ASSEMBLY |  |  |  |
| Period 108:50-09:40 | MATHSTAS B4 | SCIENCEECU D11 | ENGLISHJTR B10 | CATERINGDMI D2 | PELSA Hall |
| Period 2 09:40-10:30 | ENGLISHJTR B10 | MATHSTAS B4 | HISTORYZCB D3 | CATERINGDMI D2 | PELSA Hall |
| BREAK 10:30-10:50 |
| Period 310:50-11:40 | GEOGRAPHYSKO D9 | ENGLISHJTR B10 | ETHICSVDI A5 | ETHICSVDI A5 | MATHSTAS B4 |
| Period 411:40-12:30 | SCIENCEECU D11 | ENGLISHTOB LRC | MATHSTAS B4 | SCIENCEECU D11 | GEOGRAPHYSKO D9 |
| LUNCH 12:30-13:00 |
| Period 513:00-13:50 | COMPUTINGTHU A3 | ARTTMI B8 | DRAMAARO Studio | ETHICSVDI A5 | ENGLISHJTR B10 |
| Period 613:50-14:40 | SPANISHEFB B11 | TEXTILESDMI E3 | DANCEKWA Studio  | MUSICTMO E2 | HISTORYZCB D3 |
| Extra-Curricular14:40-15:40 |  | DRAMA CLUB |  |  | FITNESS CLUB |

My timetable

* You will get a timetable for your school year on the first day of term.
* You may want to keep this safe in your organiser/planner.
* It may help to keep your books organised for bringing them into school.
* You may want to fill in the time table below – if you find it helpful

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Tutor |  |  |  |  |  |
| Period 1 |  |  |  |  |  |
| Period 2  |  |  |  |  |  |
| BREAK  |
| Period 3 |  |  |  |  |  |
| Period 4 |  |  |  |  |  |
| LUNCH  |
| Period 5 |  |  |  |  |  |
| Period 6 |  |  |  |  |  |

Moving to secondary school

Write up to four things you are excited about!

Moving to secondary school

Write up to four things you are worried or nervous about…

Write up to four things that you help you feel better about moving school…

How I feel…

Tick whether you feel ‘okay’ or ‘not so okay’ about the following things…

|  |  |  |
| --- | --- | --- |
|  | Okay | Not So Okay |
| Finding my way around school |  |  |
| Making new friends |  |  |
| Break times |  |  |
| Lunch times |  |  |
| Wearing a new uniform |  |  |
| Learning new subjects |  |  |
| School rules |  |  |
| Meeting new teachers |  |  |
| Homework |  |  |
| Travelling to school |  |  |
| Being with older students |  |  |
| Getting changed for PE |  |  |
| Using the school toilets |  |  |

If there is anything you are worried about, you can speak to your new form tutor or someone from the pastoral support team.



Equipment…

These are some of the items you will need in your bag each day. Colour them in and use this page as a reminder for when you pack your school bag.

My journey to school

Write down how you will get to school, what time you will need to leave, and what time you expect to arrive at school

* .............................................................................................
* .............................................................................................
* .............................................................................................
* .............................................................................................

Now that you know the quickest and safest route you will take to school, let’s arrange a date and time to practice this journey.

Date:

Time I will leave:

How long will it take?

Who will come with me?

The big squeeze

This exercise relaxes the tension your muscles. Squeeze each of these body parts for 5 seconds and then release it.

Hands and arms, arms and shoulders, shoulders and neck, jaw, face and nose, stomach, legs and feet.

The flower and the candle

This exercise helps us take deep breaths.

Breathe in slowly through your nose as if you’re smelling a flower. Breathe out slowly through your mouth as if you’re blowing out a candle. Repeat a few times.

Making lemonade

Imagine reaching up high and picking lemons from a tree with both hands. Squeeze the lemons in your fists until all the juice is out. Throw the lemons on the floor. Repeat until you have enough lemonade.

Relaxation techniques

The five senses

This is a grounding technique. List **5** things you can **see**

**4** things you can **feel** **3** things you can **hear**

**2** things you can **smell** **1** thing you can **taste**

My goals for secondary school…

My dream job:

Key skills:

Subjects to study:

When you go to secondary school, you will learn a huge number of new skills, and improve skills you have practiced in primary school. Write in the goal some of the things you would like to achieve at secondary school.

