



# 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.

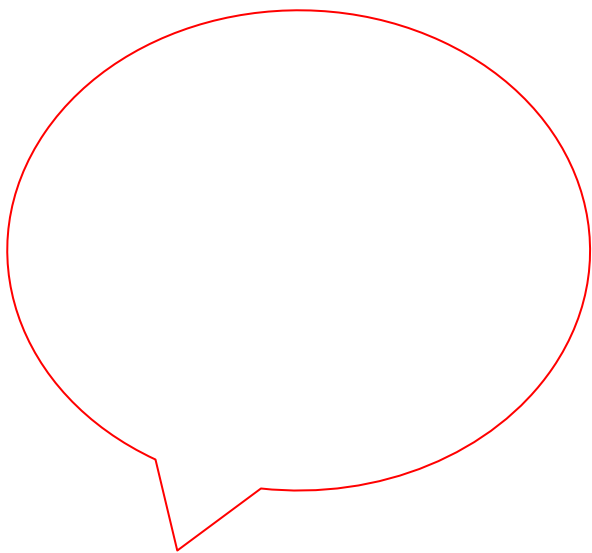
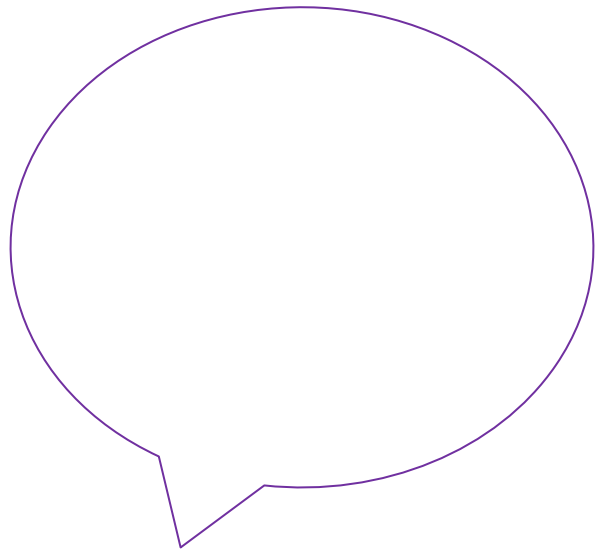
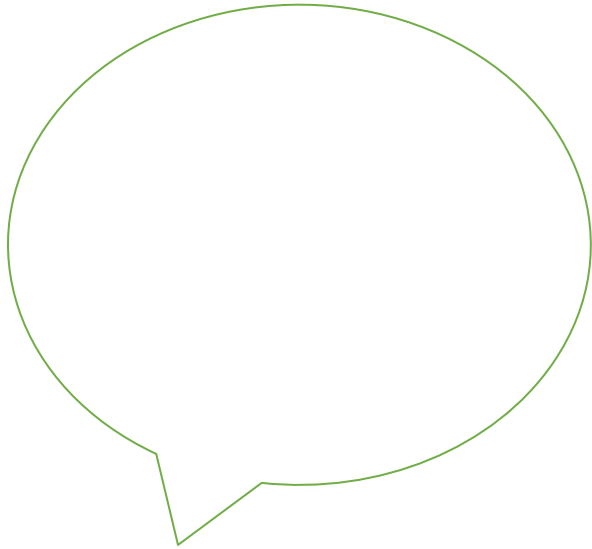


Life is a journey!

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 1 08:50-09:40	MATHS TAS B4	SCIENCE ECU D11	ENGLISH JTR B10	CATERING DMI D2	PE LSA Hall
Period 2 09:40- 10:30	ENGLISH JTR B10	MATHS TAS B4	HISTORY ZCB D3	CATERING DMI D2	PE LSA Hall
BREAK 10:30-10:50					
Period 3 10:50-11:40	GEOGRAPHY SKO D9	ENGLISH JTR B10	ETHICS VDI A5	ETHICS VDI A5	MATHS TAS B4
Period 4 11:40-12:30	SCIENCE ECU D11	ENGLISH TOB LRC	MATHS TAS B4	SCIENCE ECU D11	GEOGRAPHY SKO D9
LUNCH 12:30-13:00					
Period 5 13:00-13:50	COMPUTING THU A3	ART TMI B8	DRAMA ARO Studio	ETHICS VDI A5	ENGLISH JTR B10
Period 6 13:50-14:40	SPANISH EFB B11	TEXTILES DMI E3	DANCE KWA Studio	MUSIC TMO E2	HISTORY ZCB D3
Extra-Curricular 14:40-15:40		DRAMA CLUB			FITNESS CLUB

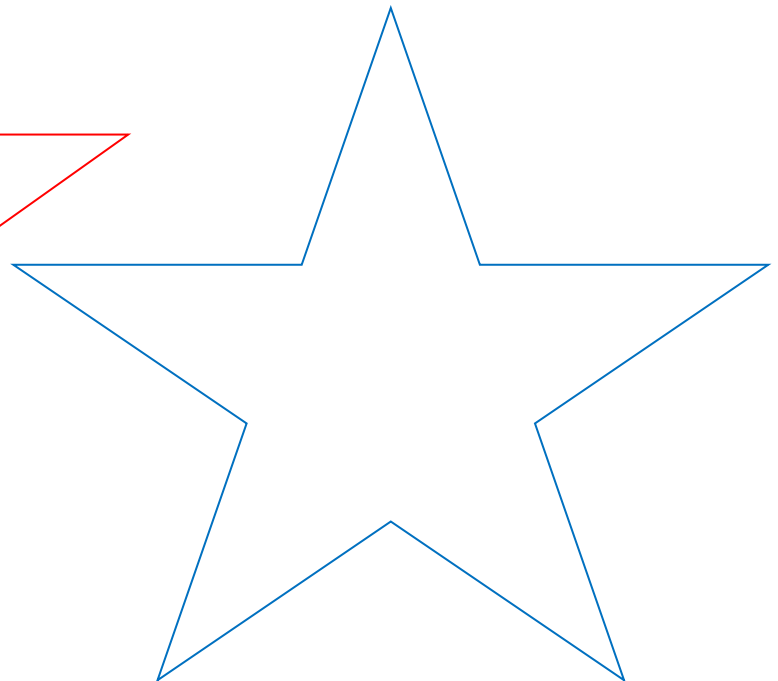
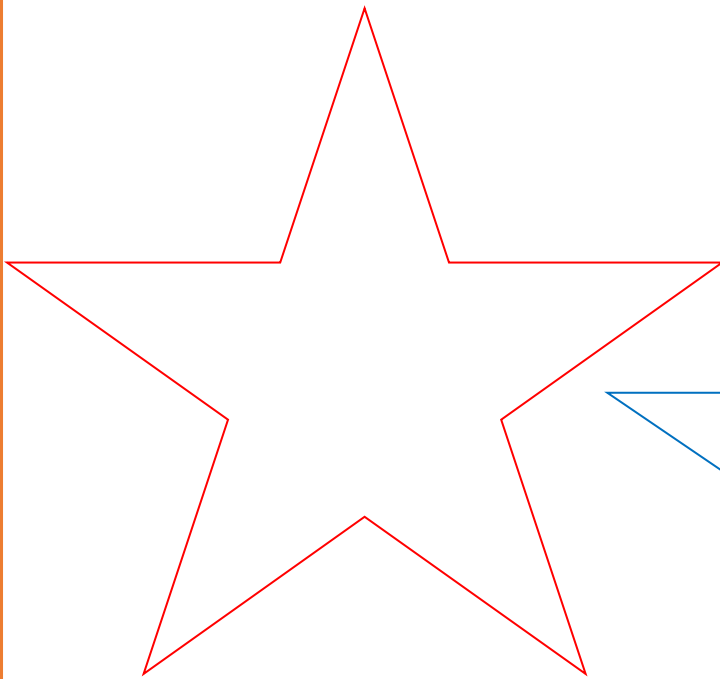
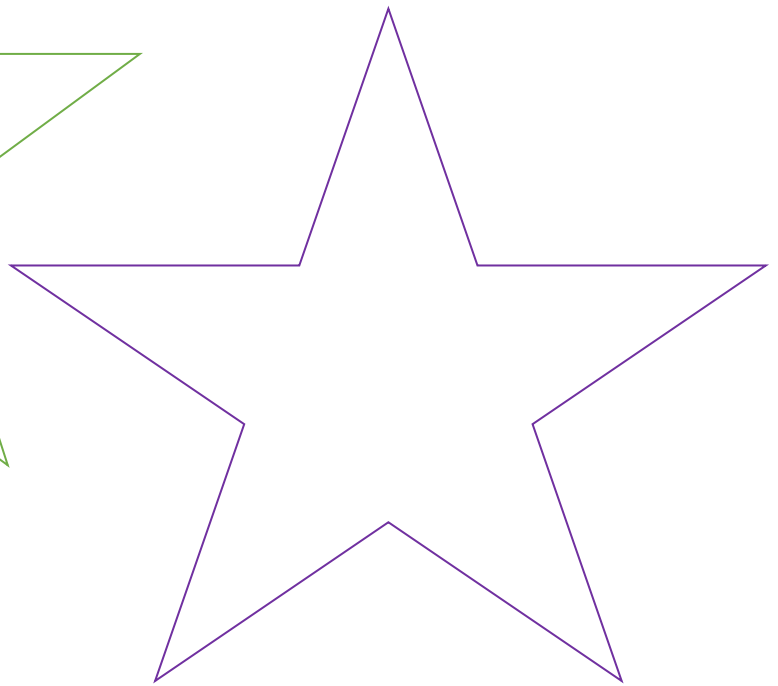
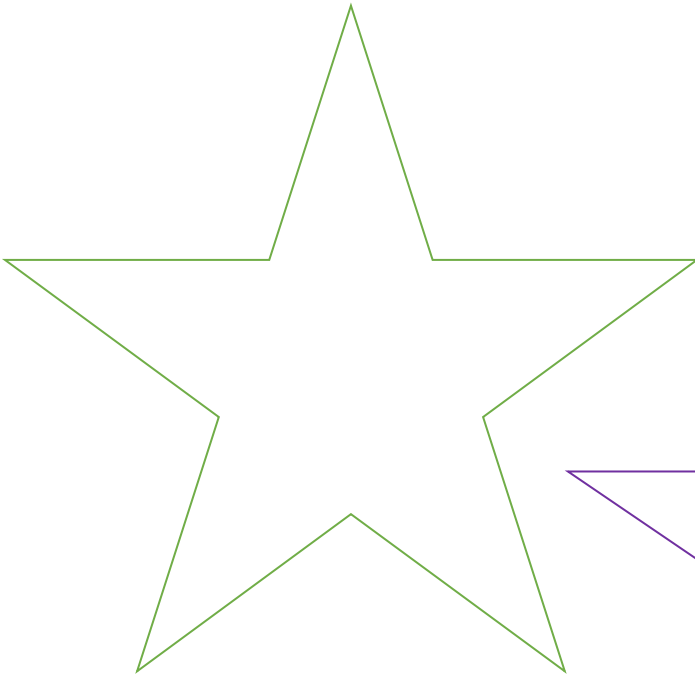
# My timetable

- 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!

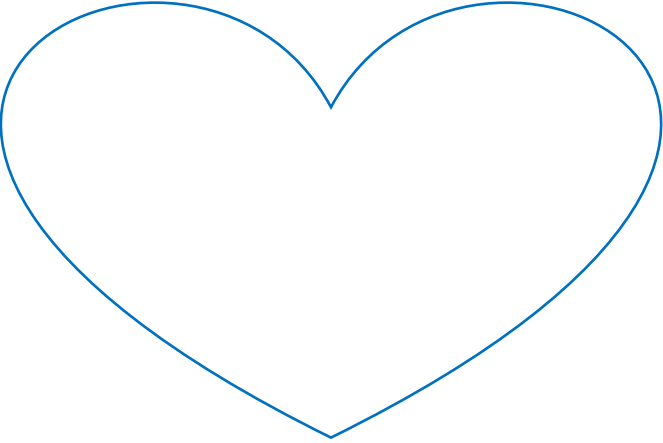
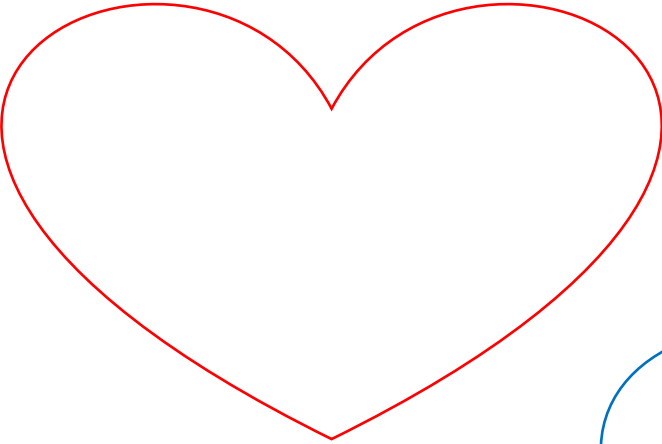
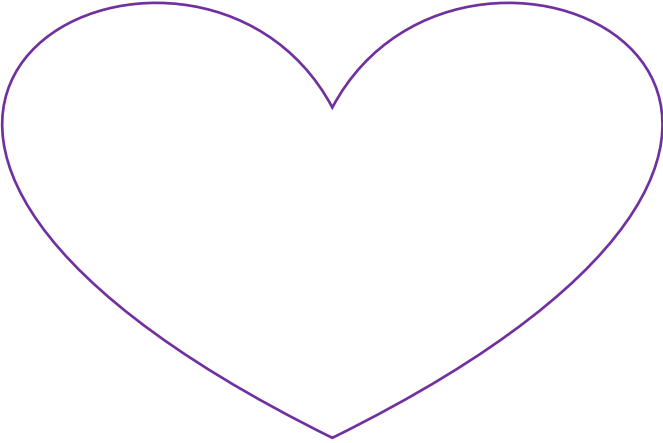
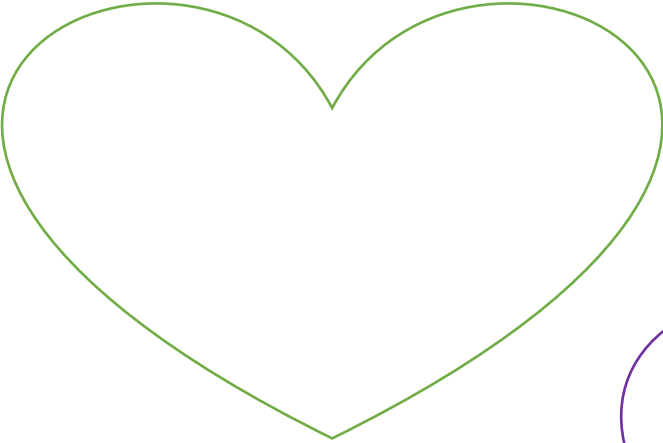


# Moving to secondary school

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

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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.

# 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?

# Relaxation techniques

## 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.

## 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**

## 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.

# 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.

