



Transition Workbook

Primary to Secondary school



Starting Secondary School

Contents

Welcome	Pg. 3
All about me	Pg. 4
My new school	Pg. 5
What do you want to know?	Pg. 6
Your timetable	Pg. 7/8
Timetable practice	Pg. 9
Homework	Pg. 10/11
Equipment	Pg. 12
School rules	Pg. 13/14
Practice situations	Pg. 15
Meeting new people	Pg. 16
Tips	Pg. 17
Questions you want to ask	Pg. 18



Welcome



Welcome to our primary to secondary transition booklet.

Very soon you will be thinking about leaving your primary school and moving to your chosen secondary school.



This is an exciting time but also can feel scary as it involves many changes and new experiences.



This workbook can be used both at home and in school and will help you prepare for all those changes that will happen, explain a lot about your secondary school and answer some of your questions.



All about Me

Insert a picture of yourself in here!

Name: _____

Primary School:

Secondary school I will attend in September:



My new Secondary school

Name of my new school:

Address:

Telephone number:

Website:

Headteacher:

Form tutor:

Any other teachers I know:

School will start at _____ and finish at_____.

I will travel by car/bus/bike/train/walk (please circle one)

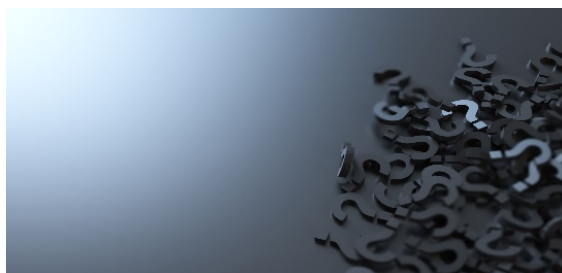
What do you want to know?

1. What do you think it will be like at your new secondary school?

2. What things would you like to know about your new secondary school?

3. What are you looking forward to?

4. What do you think you will need help with?



Your Timetable

One of the first things you will receive when you start/visit your chosen high school is a timetable.

M	T	W	T	F
•	•		•	
	•			•

This is very important as it will tell you what lessons you will have each day and an idea of what equipment you will need so you can pack your bag the night before.

It will tell you what time each lesson starts and finishes as well as which room the lesson will take place.



You may have 4 or 5 different subjects each day which will be in different rooms some you may not have seen before such as a science lab or cooking room or even a theatre! But do not worry as you will get to do exciting lessons in these such as experiments and cooking!



Usually the timetable will have the teachers initials on each subject so you will know which teacher is going to teach you for that lesson. You will have to get used to different people being in charge of each class!



In high schools Teaching assistants tend to work with subject teachers. This is ok you will get to meet them in the first week of school and you will still be able to ask them for help and support.



If you feel you need a map of the school, ASK! The school will be happy to provide one for you. You could also Google the school grounds on Google Earth!



There also will be some lunchtime activities such as chess club, art club, computer club or a sports club that you can join but you don't have to. You could find out the names of the different clubs and what days and times they are on.



Timetable practice!

Look at your timetable from your secondary school and see if you can answer these questions?

M	T	W	T	F
•	•		•	
	•			•

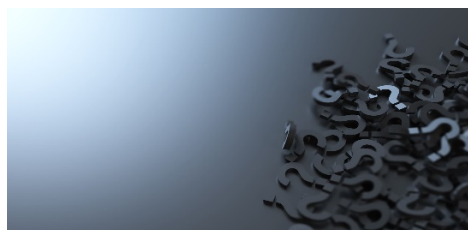
1. What day do I do PE?

2. What equipment do I need for English?

3. Which room will Maths be in?

4. What day are clubs on?

5. When is my favourite lesson?





Homework



Homework  No one likes it but its just something you will have to do. The more organised you are the less amount of time you will have to spend doing it!

In year 7 you will be given a lot more homework that you are used to. Teachers are a lot stricter about getting it done and handed in on time too!



To help with this you may be given a homework diary where you can write down what you have to do and when it has to be done by.



So why do you have to do homework?

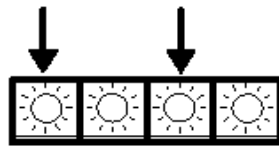
Homework is very important as it shows the teacher whether you have understood the work or not so you can be given more support if needed and it also means more work can be covered than allowed in a lesson in school.

I can do my homework

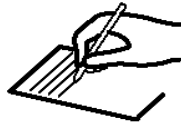


My name is _____ and I will be starting at _____ High School.

All teachers in high schools give their pupils homework. I get different homework each day.



I write my homework in my planner so I know what to do and when it has to be given to the teacher.



Homework is given to help us remember what we learn and see if we can find things out. Sometimes we have to work on the computer, sometimes we have to write or draw and sometimes we have to make something.

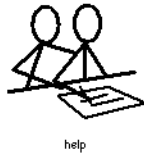


It is part of being at high school that all children get homework.

It is a good idea to try to do my homework when I get home from school. If I am doing something else I can decide what time I will do my homework and try to keep to it.



It is good that my mum and maybe other people in my family will help me.



It is ok when I don't like having to do homework. Many children feel like that too. I can try to do the best I can and do a good job because my teachers will expect it to be done no matter how I feel about it!



When I have done my homework, it is a good idea to put it in my bag the night before so that I know I will have it to give to my teacher on the right day!



I can plan a nice treat for when I have done my homework. I might play, or relax or watch something on TV. Then I will enjoy it knowing that my homework is done!

It may help for you to ask the teacher about the rules of homework.

Here are some questions you could ask.

1. How long will I be expected to spend on homework each night?

2. How will I know what to do?

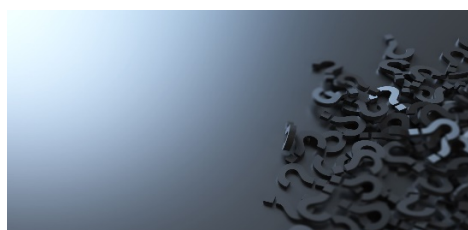
3. What should I do if I get confused when I'm writing the homework instructions in my diary?

4. How long will I get to complete it?

5. What will happen if I forget to bring it in?

6. What should I do if I find the homework too difficult?

7. Any other questions you can think of?





Equipment

While in primary school most of the equipment you have needed has been provided by your class teacher. But at secondary school you will be expected to provide your own equipment such as pens, pencils, rulers and rubbers. You will be expected to carry these around with you every day.

Circle the equipment you probably need and draw in any more you can think of:



Do not worry, it seems a lot to remember but you can write a list of what you need for every day and tick it off as you put it in your bag. Your parents and teacher can help you!

School Rules

Why do we have rules in school?

Your new secondary school will have rules that may be a little different from your primary school, but most will be similar. You will have rules for the classroom, corridors, assembly, homework, breaktimes and uniform and although you may not like them or agree with them, they are there to make life easier for everyone in school.



Can you think of why we need school rules?

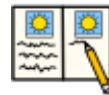
There will probably be some rules about keeping a distance between people, washing hands and trying not to touch your face. There may be new rules about how things are done around school as we try to keep people well. Covid 19 is a new virus so we are still learning about it. This means that the rules might change as we know more.

This is okay. My teachers can help me understand the rules and will know that it isn't easy for any of us to remember them all the time.



What do you think you should do in these situations?

1. You have not done your homework because you did not write down the instructions properly in your homework diary...



2. You have lost your tie so have had to come to school without it...



3. Your teacher tells you off for talking in class, but you were just answering your friend's question...



Meeting new people.

In your primary school you will know all your classmates, teachers, support staff and even other children in school. This can make you feel comfortable and safe. Moving up to secondary school will be different as you will not know everyone, it may take time to get to know your new classmates.



Remember you are not alone, everyone will feel the same!

You will soon make new friends and get to know your different teachers as well as learning lots of new things!



Making new friends is not always easy. Some people are very chatty and make friends easily, some are shy and find it hard to talk to new people some people don't even know how to start making friends and that's ok we are all different.

Here are some tips to help you make friends...

1. Smile
2. Tell them your name and ask what they are called.
3. Find out what they like you may have similar interests.
4. If you do talk about them, you both might like computers, top trumps or even skateboards.
5. Ask if they want to do something at breaktime or lunchtime.



Teasing and Bullying

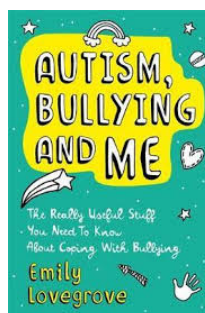
It is okay to worry if you will be teased or bullied at secondary school.



Most children at secondary school are worried about this too. There is a lot of things people say to each other that is just teasing and not bullying. This is the way many teenagers talk to each other.

It might be helpful to read about how you can recognise whether someone is just teasing, whether they are being mean or they are bullying you.

This is a great book to read with your parents. It gives lots of ideas to talk about.



<https://www.autism.org.uk/about/in-education/bullying/guide-parents.aspx> - some good advice from the National Autistic society.

It is a good idea to be kind to others and know who to go to for help if you feel unsafe at school.

is it BULLYING?

When someone says or does something
unintentionally hurtful
and they do it once, that's
RUDE.

When someone says or does something
intentionally hurtful
and they do it once, that's
MEAN.

When someone says or does something
intentionally hurtful and they *keep doing it*—
even when you tell them to stop or show
them that you're upset—that's
BULLYING.

Questions I want to ask about my new secondary school.
