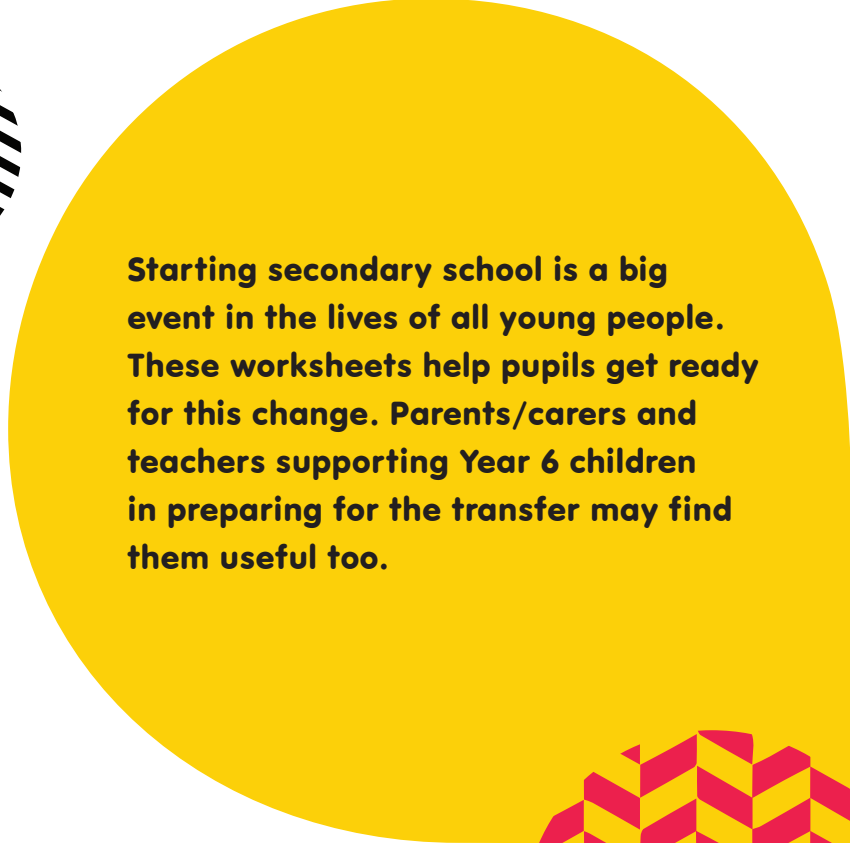

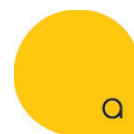
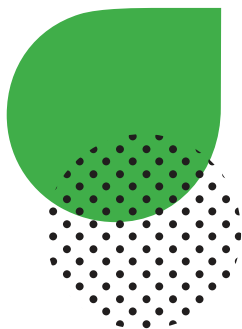




MOVING ON **MOVING UP ...** Preparing for change



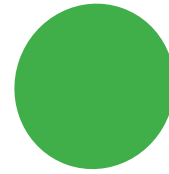
Starting secondary school is a big event in the lives of all young people. These worksheets help pupils get ready for this change. Parents/carers and teachers supporting Year 6 children in preparing for the transfer may find them useful too.



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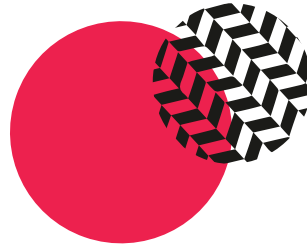




Introduction



Whether we are an adult or a child, a big change brings up many different feelings and thoughts. Even those who are confident and doing well will have some worries along with being excited or curious about what's next. This is normal!



This year is very different as schools were closed for a long period. Year 6 pupils may have missed many things about school such as:

- seeing teachers and other adults working in the school
- having a school routine
- enjoying time with friends
- preparing for a Year 6 Leavers' assembly
- rehearsing for a performance

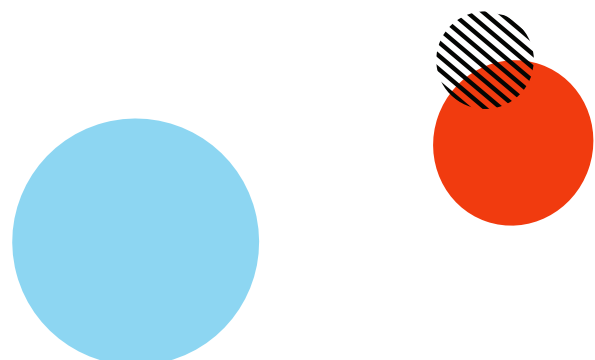
... What did you miss when you weren't at school?

... What did you like about being at home?

Being away from school might have felt unsettling but don't worry - everyone in Year 6 has had more or less the same experience!

When you get to secondary school, Year 7 teachers will be ready to give you a warm welcome. They'll be very pleased to see you and will have made all the necessary preparations to help you adjust. Even though it will be a big move, you'll find that there are many adults in secondary who can support you.

Going through these worksheets is a good place to start preparing for your move!





1

Saying Good-bye to Primary School

.....

Many children spend all their childhood years from Nursery to the end of Year 6 in the same primary school while others will have changed school, sometimes more than once.

... Did you go to more than one primary school?

... What is your best memory of starting school?

All children will have a reaction to moving on - its normal. Going to secondary school means saying goodbye to primary school staff and a way of working and doing things that may feel familiar and comforting. This can be quite a sad time in some ways. On the other hand, going on to secondary school can also be a welcome change and bring a new kind of excitement and independence.

2

Mixed Feelings

.....

It's common to have mixed feelings when preparing to move on. All Year 6 pupils will be both hopeful and a little worried about the move. This is because change is not always easy. We all have our own feelings about saying goodbye to what we know best.

... Who will you be saying goodbye to?

... What are you looking forward to?

3

Getting used to changes

.....

Change takes getting used to. It can be unsettling and may even bring some worries. This is natural. There are also positives. Change brings new people into our lives and we learn new ways of doing things. The changes we live through help us to grow and develop.

... What changes might we go through in life?

... What makes change exciting?

4

People who have helped us

Looking back on our primary school years, most of us can recall special people who have helped us in some way. Perhaps you can think of someone who has been really important to you. It might be interesting to think about what made them special for you and what they are like.

... Give an example of how a teacher or a TA helps children.

... How might family or friends support us?

5

Holding onto good memories

There is a kind of happiness in thinking back over what other people have done for us, even when we (or they) have moved on. Our memories are precious and can help us to think hopefully and positively about the future.

If we have memories that aren't so good, we can remind ourselves that things can always change for the better. Secondary School brings many new opportunities and possibilities for new experiences.

... What feelings might Year 6 pupils have when it is time to say goodbye to their primary school?

... Give an example of a good memory from primary school.

6

Looking ahead

The move to secondary school brings all sorts of challenges. There are exciting and interesting changes to look forward to and enjoy, and others that will take time to get used to. Many students are surprised to know that change can make everyone – adults and children alike – feel a little anxious but also hopeful too!

... Name some of the thoughts and feelings we can all have when facing a big change.

... What makes change a little worrying? Who can help?



7

Feeling proud of your many achievements

.....

You can feel proud to have completed Year 6. Now you can look forward to the good experiences secondary school will bring. We've listed some of these below:

- You're progressing to the next stage in life - you have new people to meet and new subjects to learn
- You can feel proud about growing up
- You are ready to manage more for yourself
- Being known as a secondary school student can feel good
- Having a new beginning in Year 7 opens up possibilities
- There are lots of school staff working with Year 7 students who can help you learn and develop.

... What new possibilities secondary school may bring?

... What might Year 7 students need help with?

8

Coping with change

.....

Change can stir up difficult feelings too. Year 6 students looking ahead may be wondering:

- Will I get lost and if I do, who will help me?
- Will I be able to get on with other students and will I make friends? Will I fit in?
- Will my teachers like me? Will they be very strict?
- Will bigger students pick on me?
- What happens if I make mistakes or mess up sometimes?
- Will I be able to manage and learn to organise myself?
- Where do I go if I feel worried or unwell?
- Who will really know me and listen to my concerns?
- Will the work be just right for me?

Everyone can have these kinds of thoughts when moving on to secondary school- it's normal! You'll soon find that Year 7 teachers and TAs are there to support you.

Getting used to change takes time!

School staff know that moving into Year 7 is a very big change for everyone. Wearing a smart new uniform and arriving at school on time is just the very beginning! No one settles into a new school right away - it can take at least a term or even a year or more to get used to it. Going to secondary school is an important step in growing up. If you look back to when you started Nursery, you'll see how far you've come!

Nobody arrives knowing everything! What would be the point of that? As a Year 6 pupil, you know a lot more about how school life works than the younger children - you can see how far you've come and the knowledge you now have. You'll bring some important strengths with you when you move up. For each pupil, these will be different.



Look through the possible strengths listed here and choose some that apply to you. Perhaps you can add to the list:

Wanting to do well in my new school

Looking forward to learning

Enjoying meeting new people

Being a good listener

Sharing my feelings

Organising my time

Having a sense of humour

Feeling hopeful that things will go well.

Knowing that learning can be enjoyable

Having enthusiasm and curiosity

Being interested in people

Belonging to a group or a team

Thinking about my feelings

Feeling positive

Knowing there are adults I can trust

Knowing what usually goes well for me in school

Knowing that learning takes time



10

The 'Worry Buster'

.....

Changing school can bring up a few concerns. Not knowing where classrooms are is one of the things many students worry about. Getting lost – or feeling lost – can be hard to bear. Finding your way around gets easier as you begin to know the school. Don't worry if you have to ask directions more than once to find a class! Remember that anyone new - teachers and other staff included - can also get lost in the school. It always takes time to settle in.

There is more than one way of 'feeling lost'. It can be an inside feeling that comes up when we are not yet used to a new school or a new neighbourhood or city. If we feel this way, we might even find ourselves losing our belongings, forgetting books or equipment and perhaps becoming more disorganised than we were at primary school. Don't worry if this happens to you - even adults can feel lost and lose things when they are new!

... Who might a Year 7 student turn to if they feel lost inside?

... What might you say to a friend if they felt this way?

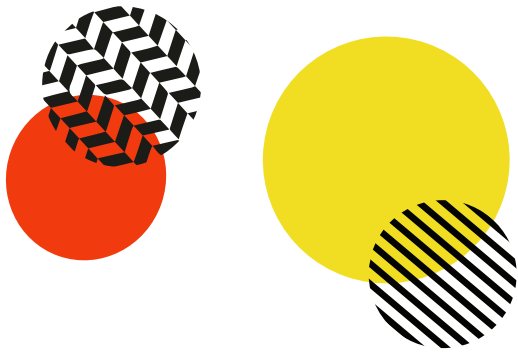
Another kind of 'feeling lost' can be about the difference between primary and secondary schools. In primary school, the teachers knew you well and there was usually one class teacher to go to for support. Secondary schools are much bigger and it can take time to find the best person to help you. The Head of Year 7 knows this and is always there to help.

11

Some 'worrying busting' tips

.....

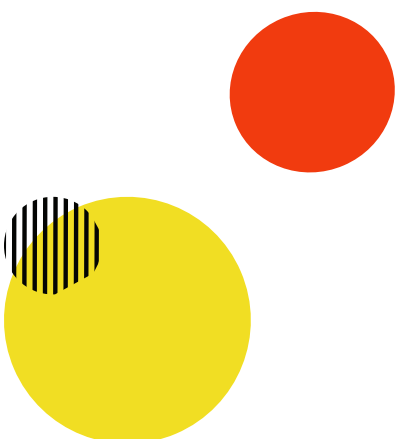
- Try not to worry too much; worry can make things feel even harder and you will be more able to manage in time.
- Keep asking friends, other students and adults for help and support.
- Ask for help at home with packing a bag and planning for the next day.
- Try to talk about your feelings and experiences at home and at school.
- Make a note of the names of people who can help you in school.
- Remember that many other new students feel just as you do.
- Don't forget to be proud of what you have achieved so far!



12

Getting on with others

Some new students are lucky enough to come to secondary school with classmates from primary school. Even if they were not particular friends back then, a familiar face can be reassuring while you are getting to know other students.



13

Friendships

The friendships formed early on in secondary school are not necessarily going to last forever. As groups change in school and classes are organised, you will meet lots of new people so friendship groups can change. It is always a good idea to get to know as many new people as possible. It can be helpful to think about what to look for in a friendship and then to practise being a good friend yourself, so that others can recognise these qualities in you. You might be able to add to this list:

- Kind
- Helpful
- Honest
- Looks out for me
- Listens to me
- Keeps me out of trouble
- Keeps a confidence
- Shares my interests
- Brings out the best in me

... What can cause problems between friends?

... How might you try to sort that out?

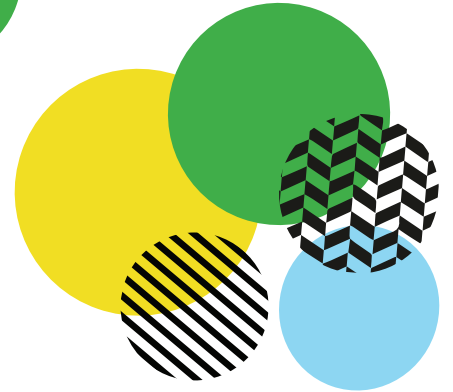
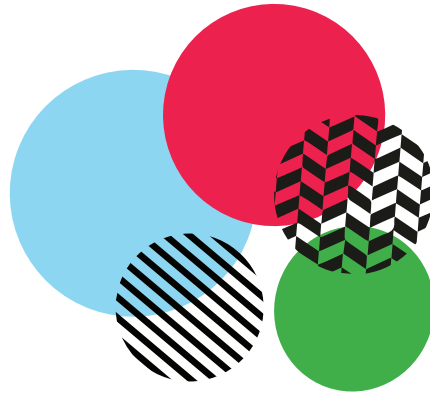
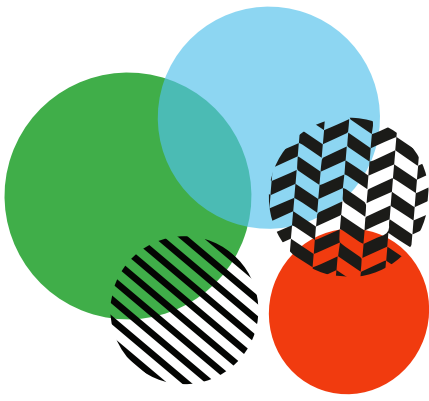
14

Bullying

Most students worry about bullying at one time or another, even if it never happens – and usually it doesn't. The more anxious we are, the more easily we may feel hurt and worried. Being surrounded by older, bigger, louder students and feeling the smallest and youngest all over again, can make even the most confident feel a little nervous! It can help to keep the following in mind:

- **Most older students are not very interested in Year 7; they are much too busy with their own concerns and with their own learning!**
- **The school is very quick to support students who feel they might have been teased or 'picked on' in some way and this can be sorted out very easily.**
- **It is very important to tell a member of staff if you feel bullied in any way or if you think someone else is being bullied. Some students are afraid of 'telling tales' in case others think badly of them, but the school has ways of managing this so that you don't need to worry.**
- **Always report any unpleasant or worrying comments online to protect yourself and others.**
- **You can talk with friends or teachers how to manage or stay away from any kind of bullying.**

People who bully tend to be quite unhappy inside themselves and might pick on others to push their own unhappy feelings into the other person; they need help to think about their own actions too.



15

Clubs, Groups & Activities

.....

We're all different and have our own interests. Attending a club or a group is a great way to develop your interests and to meet others who share them. Do you belong to or have you tried any of these groups or clubs? You could add any groups you are part of.

- Scouts___
- Netball team___
- Computer group___
- Choir___
- Football team___
- Chess club___
- Dance club___
- Judo___
- Table tennis___
- Swimming club___
- Cooking club___
- Drama___

Are there groups that you would like to be a part of in secondary school?

What are the good things about being part of a group? Why might you want to be a part of one?

Why do you think some people feel shy or uncomfortable in groups?

What might it feel like to join a group as the only new member? Why do you think this might be?

It is quite natural in new groups to feel nervous or a little shy. How could you help someone new to a group or to your class not to feel left out?

If you felt nervous in your class or group, what might you do to help yourself feel more confident?

Who Am I?

When young people move on to secondary school, they need to learn new routines and new ways of doing things. Meeting new people and new learning will bring big changes. Change helps us to learn more about ourselves and to grow as people. Becoming a secondary school student helps young people to begin thinking about who they are and the kind of person they might want to become.

When you are in Year 7, what can you talk about with other young people?

Here are some suggestions:

- My favourite food is ...
- In my spare time I like to...
- I feel good about myself when...
- Someone I look up to is...
- One thing I would like to do well is...
- Something I find easy is...
- I would like to learn how to...
- I would like to change...
- I would like to become...
- Things I like are...

How might you keep the conversation going?

You can share some of your experiences such as:

- The hardest thing has been ...
- Three things I like best about secondary school are...
- I do my best when...
- I feel proud when...
- I don't do so well when...
- I feel most confident when...
- The best thing so far has been...
- I am happiest when...

You could also start a conversation by comparing primary and secondary school. There are many differences between the two and it can be interesting to see how many you can name!

Comparing Primary & Secondary Schools

Moving to secondary school will involve getting used to a new school building and new routines. Some of the key differences between primary and secondary school are listed below. Which do you think Year 7 students find hardest? What's most exciting?

Primary School

Children have one class teacher for the majority of their lessons

Each year group has its own class room which may be identified by a name (e.g. Pink Class, Purple Class etc)

Primary schools are much smaller: Children become familiar with the school site more easily. There are usually teachers and/or teachers' assistants easily accessible at all times (e.g during playtime)

Primary schools have fewer students (on average 450 pupils)

Homework is not so common

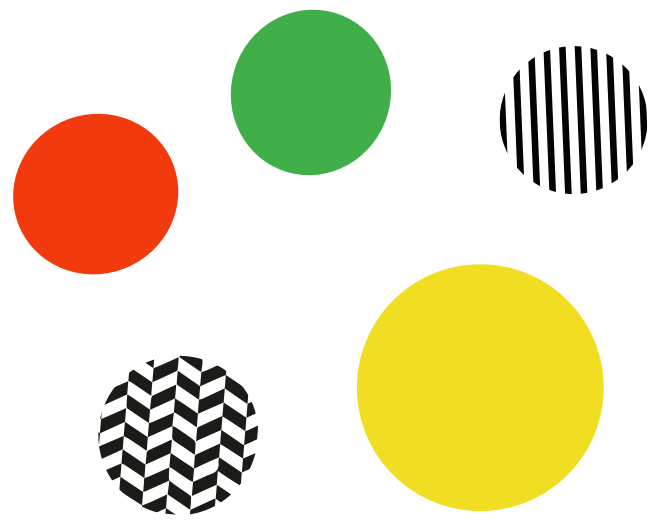
There is time in the school day for enjoyable group activities

There are opportunities for organised lunchtime games

Lunch rooms are smaller and may feel more welcoming because of this

Children do not have to take direct responsibility for keeping track of their daily timetable

As we've shown, moving on from primary school and up to secondary school brings different kinds of challenges but you'll find that teachers and other staff are always willing to help. Never hesitate to ask for support. Once you settle into Year 7, it is likely that you will find much to enjoy!



Secondary School

Everyone has different teachers for each class

Students move between class rooms (and often between buildings) for their lessons

Secondary schools are much larger: Young people may find the school site intimidating and may fear getting lost. They could feel less protected as it might seem there are areas within the school where there are few school staff members accessible

Secondary schools have a large student population (on average 1,200 pupils)

Homework is assigned on a regular basis (usually daily) and a homework diary is kept

There is stronger focus on academic work

Although some activities are usually made available, students are encouraged to be self-organising and self-managing

There may be more than one lunch room and a wider range of choices regarding where and what to eat

Students need to follow their own timetable which they record in their school diaries. They are responsible for getting to their classes on time and for bringing all the equipment they need for each school day (eg. Bringing art equipment on art days, PE kit etc)