

Your Next Step...



A booklet for
children going to
secondary school
in September

*'WOW! Can you believe
it? You are now a Year 6!
Where did all that time go?'*



What are you looking forward to about secondary school?

There are lots of year 6 children all over the UK who are thinking about going to secondary school in September just like you. They are feeling excited but lots of them are also feeling a bit nervous. It's a really big change so it's perfectly normal to feel like that.

What are you looking forward to about secondary school?

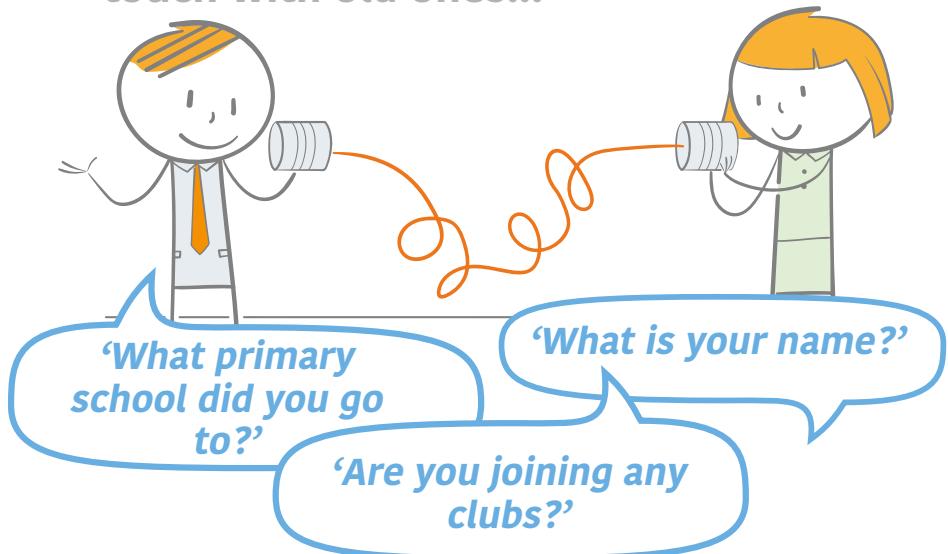
(Make a list or tell an adult)

What are you not looking forward to about secondary school?

There are some things that a lot of children in year 6 are feeling a bit worried about and we can look at them one at a time.

You might already know some people at the secondary school who have been through this and you may have visited already. Most children feel very happy about their new school and are excited about all the new activities and things they can do.

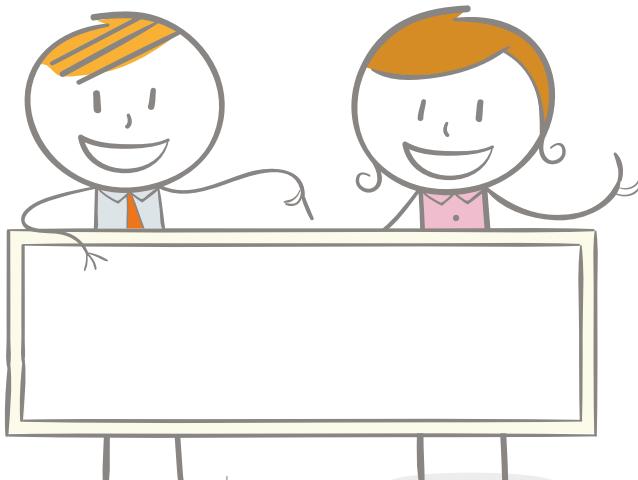
Making new friends & keeping in touch with old ones...



Whether you are going on your own or with a few children from primary school, starting secondary school is a great time to make new friends.

Top tips to make new friends:

Think of things you can say to someone new and practise saying it in the mirror if you don't feel confident. Use the box below to write down some ideas of what you could say when meeting someone new.

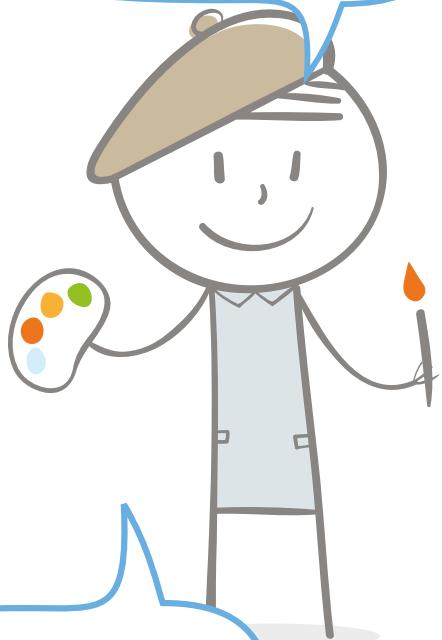


Join a club

Remember other children might be feeling really nervous about making friends too.



'Can you think of any more ideas? If you can, tell an adult.'



Staying in touch with old friends:

'It's important to make time for friends so make plans to see them and have a date to look forward to.'

'In Year 6 you might like to have a notebook for your friends to write a message about their favourite memory with you.'

'Speak to your parents/carers about information you would like to share such as your phone number or email address to stay in touch with people.'

Homework

Homework may be something new to you when you go to secondary school or it might be that you have to get used to doing it more often. Can you think of somewhere you can do your homework? When would be the best time for you to do your homework? Try to make sure you understand what to do before you leave the classroom – if you don't know ask the teacher to explain again. Make sure you write it in your planner too to remind you.

'Can you think of any more ideas?'

EXAM



'You could ask your tutor if there is a homework club at your school.'

'A good tip is to do your homework when you get it so that if you get stuck you have time to ask for help.'



Getting bullied at secondary school is a big worry for lots of year 6 children. Research tells us that by the end of your first term in year 7, you will probably be much less worried about it.

What to do if you are being bullied:

Schools and teachers have to take bullying very seriously so it's important to tell someone as soon as it starts happening. If you can't speak to someone at school, talk to your parents or carers and work out how to deal with it together. If you find you are being bullied online most of all you need to tell an adult. It's not a good idea to reply to messages but you might be able to block or report the person online but most of all you need to tell an adult and show them the messages.



Behaviour and Expectations

Going to a new school means that you have new rules to learn about and it will take you a little while to get used to what the rules in your new school are. Many of the expectations will be the same as your primary school, for example, making sure you get homework in on time, treating others kindly and wearing the school uniform. You will learn your new school's rules in the first few months but if you are unsure maybe you could ask a class friend or your tutor.



Finding your way around

Secondary school will be bigger than your primary school. Teachers know that it can take you a while to work out where everything is and this is really normal. You won't get in trouble if you get a bit lost and your tutor and teachers will help you learn your way around quickly.



If you don't know where to go:

- You could ask your tutor if there is a map of the school.
- Ask another child or adult in the corridor.
- Tell the teacher in the class before that you don't know where to go next.
- Link with another child who is in the same lesson as you next or ask them to meet you to show you the way.

***'Excuse me, where
is the Maths
department?'***



'I'm excited about using the science labs'

School Work

Secondary school is a great place for learning and you will get to do lots of exciting new subjects with fantastic facilities. Some children feel worried about the amount of school work they will get at secondary school or worry they will find it too hard. Teachers at your new school will want to help you learn to manage your new school work and will find ways so that you can do the work they set in class.

The teachers might do this by changing the activity to suit you, speaking to you and offering some help individually, putting you in small groups or pairs to work together with other children.

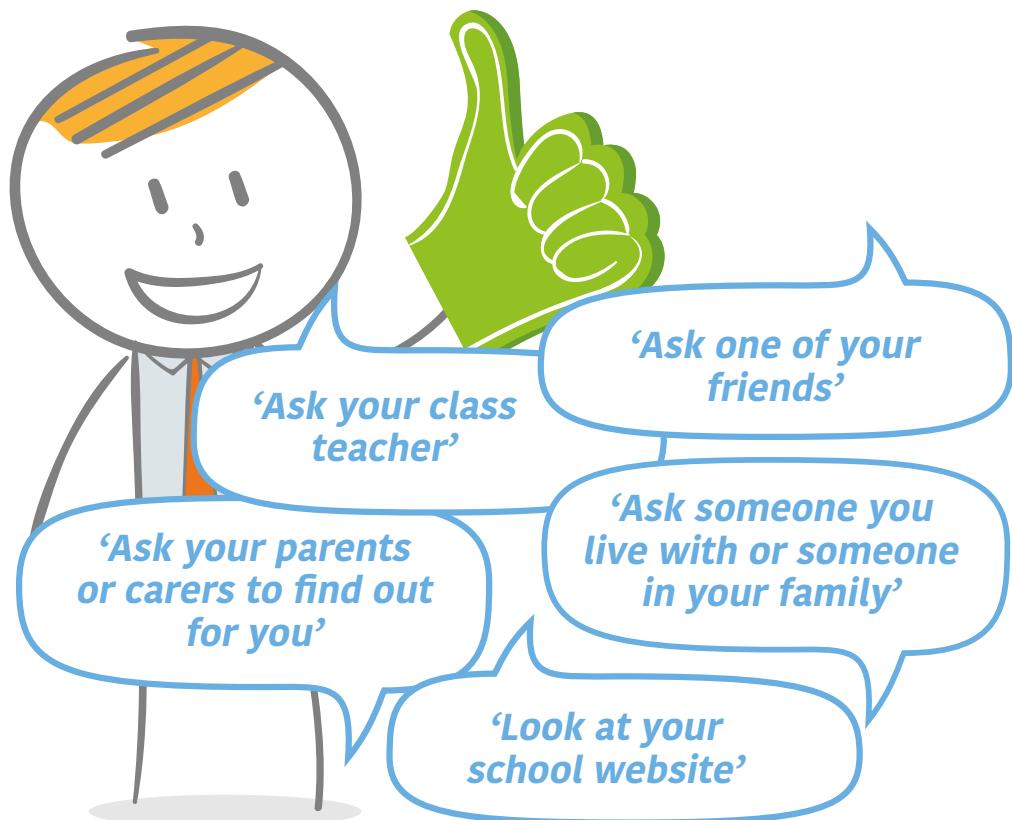
If you are finding your learning hard, there are lots of ways school will help you, including using specialist staff and resources.



The best thing you can try to do is to listen carefully when the teachers are talking. If you are still stuck, you could try thinking about a time you solved a problem like this before or you could ask one of your classmates to help you. Asking the teacher for help might seem a bit scary but it's ok to ask if you need some help with your work.

You might have found this booklet helpful but there still could be things you want to know about. It's much better to talk about anything worrying you with someone you trust.

You could...



This document was written and produced by Babcock LDP Educational Psychology Service, following consultation with Devon education providers, children, parents and professionals.

**It is available digitally at
www.babcockldp.co.uk/EP-Transition**

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