

LO to prepare for the transition to secondary school

Getting ready for secondary school

It is normal to be worried about moving to a new school.

Answer the questions by circling the number that best shows how you feel.

1 means you are not worried. 4 means you are very worried.

| | 1 | 2 | 3 | 4 |
|-----------------------------------|---|---|---|---|
| Getting lost | | | | |
| Being bullied | | | | |
| Making friends | | | | |
| Getting detentions | | | | |
| Having lots of different teachers | | | | |
| Finding the work too difficult | | | | |
| Homework | | | | |
| Doing PE | | | | |
| Changing for PE | | | | |
| Being late for school | | | | |
| Being late for lessons | | | | |
| Having my money stolen | | | | |
| Having other property stolen | | | | |
| Break time/ lunchtime | | | | |
| Doing tests and exams | | | | |
| Forgetting books or equipment | | | | |
| Getting poorly | | | | |

Saying goodbye

Saying goodbye to school will be a bit different this year.

Here are some ideas that you can do.

- Write a card of thanks
- Plant a tree
- Make a memory book
- Design a 'leavers' calendar
- Design and paint a commemorative piece of artwork

My Farewell Plan

| Three things I will do to say goodbye | | |
|---------------------------------------|----------------------------|-------------------------------|
| | What do I need to do this? | Who else can help me and how? |
| 1. | | |
| 2. | | |
| 3. | | |

Scaling activity

How worried am I about changing schools?

1 2 3 4 5 6 7 8 9 10

1 = very worried

5 = quite worried

10 = not worried

I am _____ on the scale.

I am at this point because

I would like to be at ____ on the scale.

To get there I need to do the following:

1.

2.

3.

4.

The people who can help me do this are:

I will know when I have moved up the scale

because_____

Changes we can cope with

Look at each of the changes that you will cope with in your new school. **Discuss** on your table and try to record ways you will cope with each change on the chart below.

| Changes | Coping strategies What can I do and who can help me? |
|-----------------------|--|
| Uniform | |
| Travelling to school | |
| Equipment | |
| Tutor group | |
| Finding my way around | |
| Homework | |
| School rules | |
| Work issues | |

Me in the future - my future selfie!

Who do you want to be in the future?

What do you want to be feeling, thinking and doing?

What do you want to achieve?

Draw yourself as a year 7 student and record your ideas around the edge.

