

You're about to go to Secondary School!

Here are a few things to remember.

1. Be Prepared

- Practice the route to school
- Have a look on the website for school rules, what clubs are on offer and look at the lunch menu.



2. Be Organised

- Meet a friend at bus stop
- Pack your bag the night before
- Have your uniform ready so you're not in a rush in the morning



3. Ask for Help

- Who can you go to if you are worried about something in school? e.g. head of year, wellbeing team
- Speak to an adult at home about your worries

4. You Don't Need to Rush

- Take your time making new friends, there is no rush
- Don't worry about getting lost there are plenty of people at your new school to help you
- When you are struggling take the time to remind yourself what you're good at



Remember

YOU CAN DO THIS! DON'T BE AFRAID TO ASK FOR HELP WHEN YOU NEED IT. MOVING FROM PRIMARY TO SECONDARY SCHOOL IS A BIG CHANGE AND THERE ARE PEOPLE TO HELP YOU THROUGH THIS TRANSITION.