

# TRANSITION STRATEGIES FOR YEAR

## 6/7 PUPILS

There are a number of things that might help you with the transition to secondary school. You may want to:

### IN YEAR 6 (AND THE SUMMER HOLIDAYS)

- Learn the route to school. Why not ask someone you trust to do the journey with you before doing it by yourself?
- Talk to someone you trust (a grown up or a friend) about your worries and the things that are making you feel nervous about going to secondary school. Try to think about ways that might help you manage these changes.
- Make a photo album of your friends at primary school.
- Have a look on the school website and learn the school rules (as they will probably be really different to primary school).
- Find out what school clubs are on offer to year 7 and when and where these are run.
- Spend some time looking at the school dinner menu online to see what kinds of food you can choose so that you feel prepared when it comes to lunch times.
- Make a list of things that are similar and different between your primary and secondary school.
- Know that it's really normal to have lots of different feelings when change occurs.
- Remember what you're good at.
- Make sure that you've got the correct phone numbers stored on your phone and that you know who to call in an emergency. It's also a good idea to have some 'emergency money' in your bag just in case.
- Think ahead to how your feelings about secondary school might change during year 7.



### IN YEAR 7

- Find out who you can speak to if you're worried about something in school or if you're finding something difficult. Don't be afraid to ask for help or support.
- Arrange to walk to the bus stop with a friend or meet a friend at the bus stop.
- Make a timetable and write the names of your teachers in it.
- Ask for a school map to keep in your pocket or planner until you get used to finding your way around the school.
- Ask for help from someone at home who can help you with new organisational skills, such as reading your timetable, packing your bag with the correct books and P.E kit, arranging your bus pass (if you need one) and topping up your dinner money until you feel confident doing them by yourself.
- Take your time getting to know other pupils in your classes. Find things you may have in common.



- Make sure that you've stored key contacts on your phone and that you know who to call in an emergency. It's also a good idea to have some 'emergency money' in your bag just in case.
- Try to be organised by packing your bag and getting your school clothes ready the night before school so that you're not in a rush in the mornings.
- The staff in your primary and your new secondary are there to help you! Write a list of questions that you would like them to answer e.g. How many lessons will I have in a day? What time is lunch and when are the breaks? How many pupils will be in my classes? Where are the toilets that year 7 can use?

## 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.**

