

THE

Prince Albert  
COMMUNITY TRUST

# GUIDE TO MOVING TO SECONDARY SCHOOL

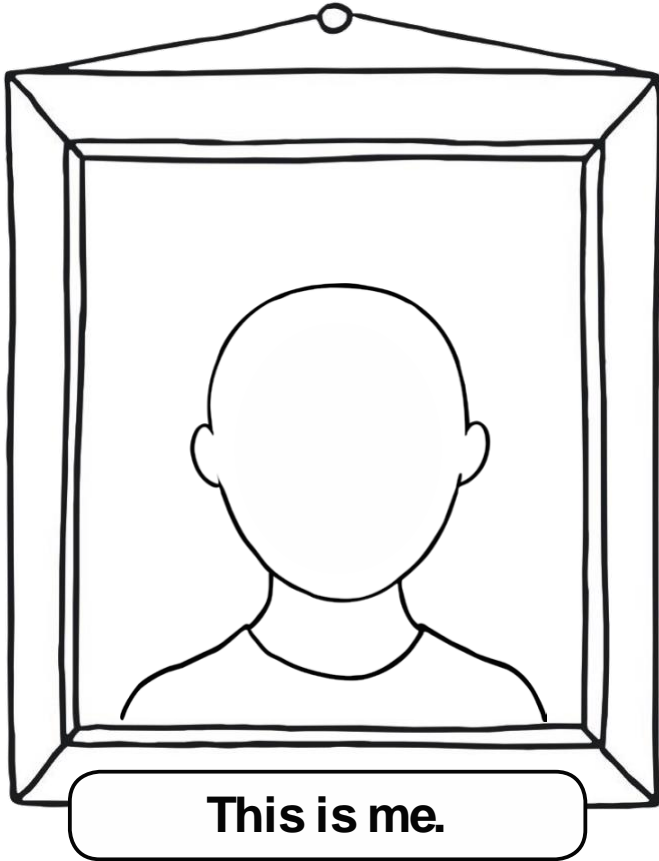


UNITED  
WE ARE  
WORLD  
CLASS

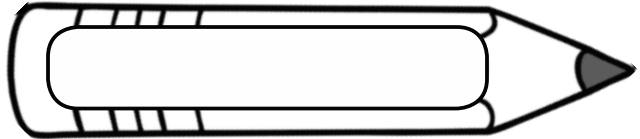


[pact.bham.sch.uk](http://pact.bham.sch.uk)

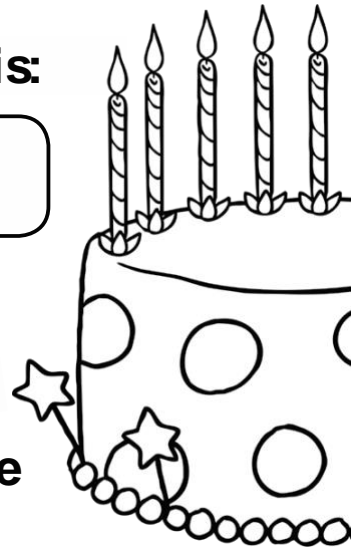
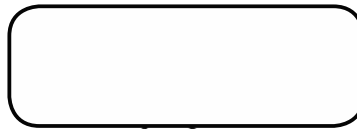
# All About Me



My name is:

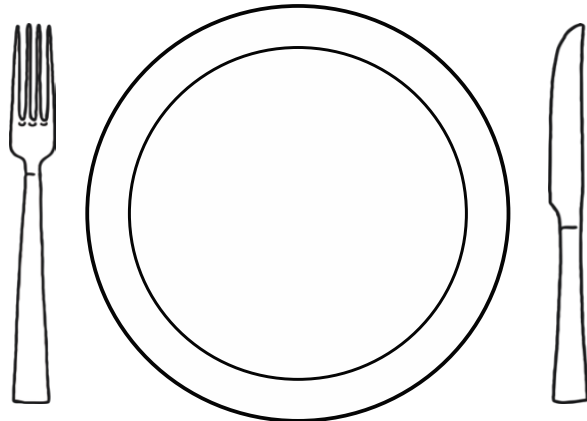
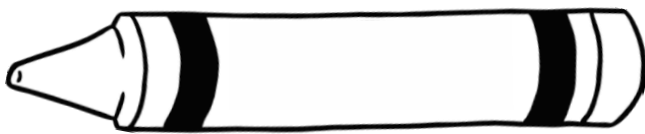


My birthday is:

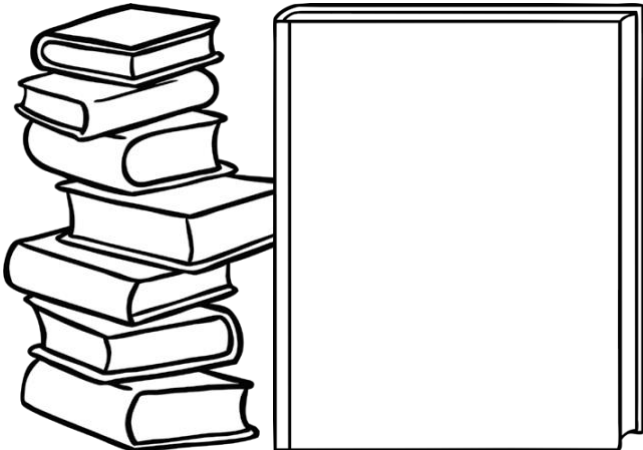


My favourite food is:

My favourite colour is:



My favourite book is:



My favourite television show is:



# My Worries List

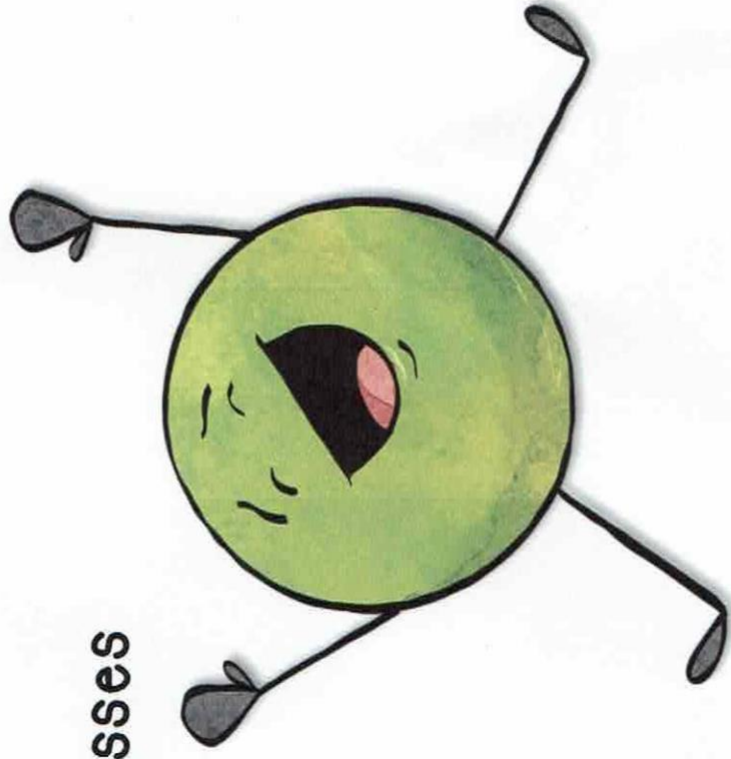
Please write in the below boxes what worries you have.

Think about these worries in three groups. An example has been given to get you started.

<p>These worries make it impossible/very difficult to do something.</p>	<p>I am too worried to stay at my friend's house on my own.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>These worries make it hard for me to do something but it's not impossible.</p>	<p>I am really worried about sitting my spelling test.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>I have these worries a lot but they don't stop me doing anything.</p>	<p>I worry about eating in the school dinner hall.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

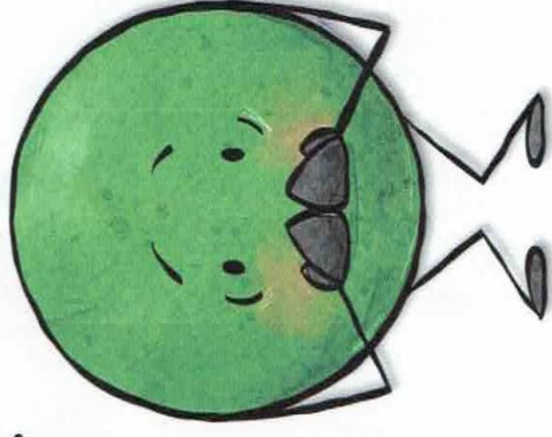
# I'm EXCITED about...

- P.E. class!
- Exploratories/Elective classes
- New friends
- New teachers
- Field trips
- Musical Instruments
- Dances
- Sports
- Clubs
- Enrichment activities



# Common Worries

- Getting bad grades.
- Getting lost when the bell rings.
- Losing my locker combination.
- Not being with my friends.
- Bullies.
- Not knowing what I'm supposed to do.
- Missing class/work if I'm absent.
- Older kids picking on me.
- Schoolwork being too hard.
- Not being good enough at sports.
- Taking tests.



# Transition Questionnaire

It is an exciting time where you are moving to a new school! Please answer these questions to tell us how you are feeling about moving on. Your friends won't be shown your questionnaire, so be as honest as you can.

**Name:**

**What are you looking forward to at your new school?**

**Do you know anyone who is already at your new school?**

**Are your friends from your class going to the same school?**

**Are you worried about starting your new school?**

10 (worried a lot)- 0 (not worried at all).

**10    9    8    7    6    5    4    3    2    1    0**

**If you are worried, what are you worried about?**



# Travelling to and from school



This is how I am going to travel to my new school:  
(Please tick a box that is suitable for you)



walk



by bus



by car



cycle

Draw or write who you will be going to school with.  
(For example parents, family or friends... )

## Staying safe is very important on your journey to school

Circle all the safe things  
Put a cross on the things that are unsafe



Wear a helmet when riding a bike.



Cross the road when the red man shows.



Safe



Walk on the pavement.



Run on the road.



Walk with a grown up.



Cross the road when the green man shows.



Not safe



Cross roads with the lollipop man or lady.



Talk to your friends whilst crossing the road.



Wear a seatbelt when travelling by car.

**Here are some subjects you will be familiar with and some new subjects to look forward**

**Math English Science  
P.E I.C.T Art Music**

**Citizenship Technology**

**Religious Education**

**Circle all the subjects you don't do now in primary school.**



**Now, think about what sort of things you may be doing in the lessons about the subjects you have circled?**





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## BENEFICIAL QUESTIONS YOU CAN ASK YOUR NEW TEACHER

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- What can I expect in my first year?
- What time does my day start and finish?
- How does my timetable look like for the week?
- How many subjects are there?
- How many lessons in a day and are they all in one classroom?
- Who/Where can I go if I have any concerns or worries?
- What do I do if I feel unwell to come into school?
- Where do I go if I come into school late?
- What essentials do I need throughout the day?
- What after school facilities are available to me i.e.; library sports club?



**Remember If you  
don't ask you don't  
get! 😊**

# Preparation Checklist for Secondary School

This list will help you to plan and get ready for starting secondary school. Add any additional ideas of your own to the empty sticky notes.

I will need...



a school bag that is big enough for my books and equipment.



a PE bag for my sports kit.



uniform.



a bus pass.



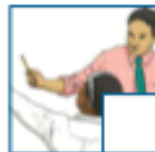
a plan to get to school.



a practice run on the bus so that I know where to go and what time to be at the bus stop.



a visit to the school so I know where I am going.



to know what questions I want to ask the school staff.



to think about what I enjoy doing and what helps me to stay relaxed and happy.



to decide if I am having school dinners or taking a packed lunch.



to plan my first morning – how I will get there, who I will travel with and when I will leave.



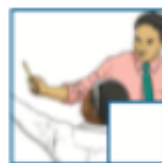
to know how to make new friends.



For bus timetable and map routes.

Website: [nxbus.co.uk](http://nxbus.co.uk)

Phone Number: 0121 254 7272



Head of Year:

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## Top Tips for Surviving Secondary School!

**Be prepared!**

Look at your timetable and make sure you know where to go and when.

**Be organised!**

Make sure you have the right books and equipment with you for each lesson.

Teachers won't expect you to get every answer right, but they will be impressed if you try your best and 'have a go' at learning new things.

**Be enthusiastic!**

**Be resilient!**

Sometimes things won't go your way - they will be difficult or unfair or embarrassing. This is normal and happens to everyone, so don't worry. Just say to yourself, 'tomorrow's another day'...

**Be brave!**

It might seem hard to make new friends, but everyone is feeling the same way. Say hello!

If someone else seems to be having a hard time, try to help. This is a good way to make friends and hopefully they will return the favour.

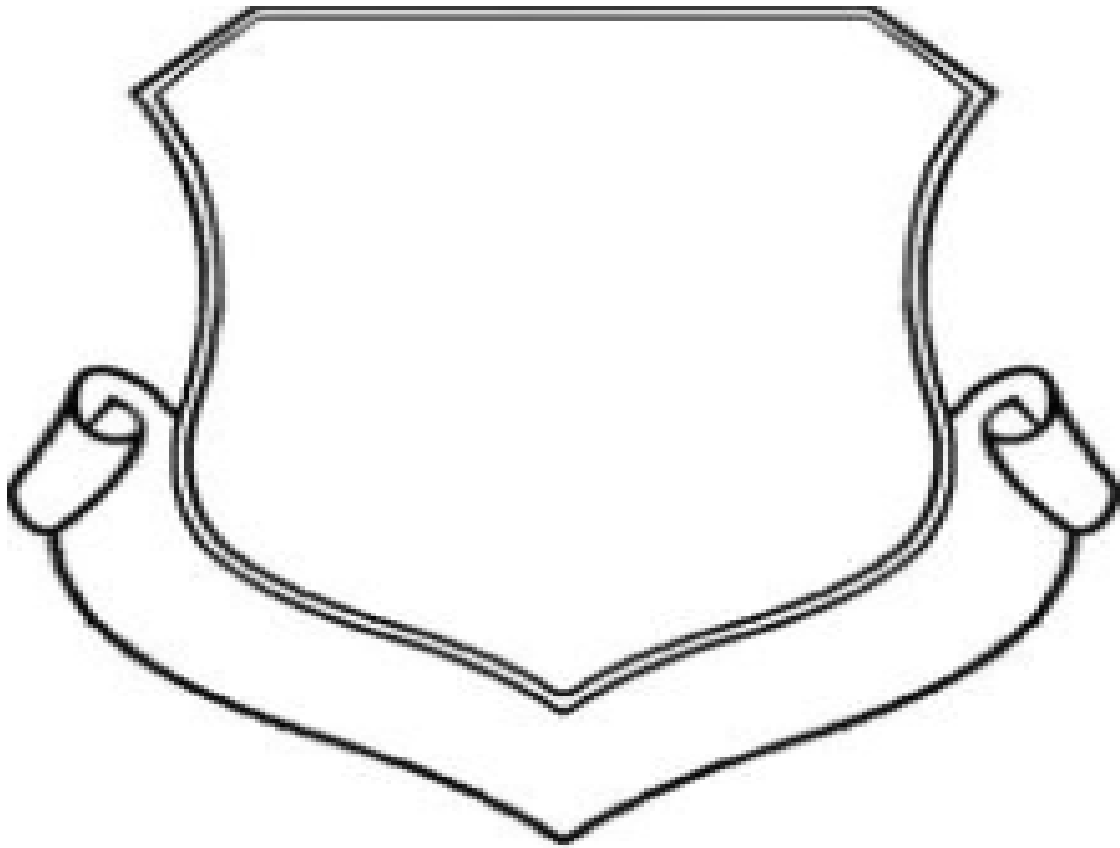
**Be kind!**

If you do something wrong or forget something, it's much better to own up straight away.

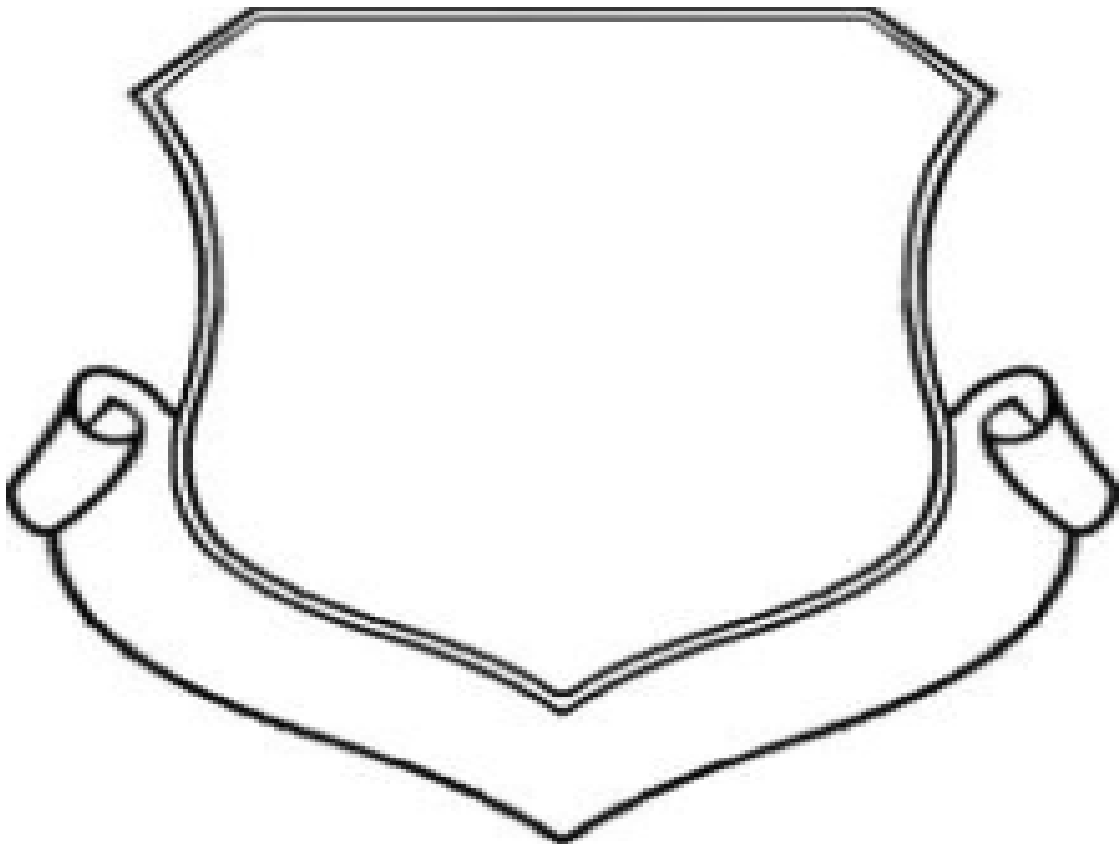
**Be yourself!**

Believe in yourself! You can do it!

**Be honest!**



Draw the School badge of your Secondary School.



Design a new badge for your Secondary School.

# School Uniform

**What does your new school uniform look like? (Draw or write about your new uniform)**



**Design a new school uniform**

# School Uniform

What does your new school uniform look like? (Draw or write about your new uniform)



Design a new school uniform

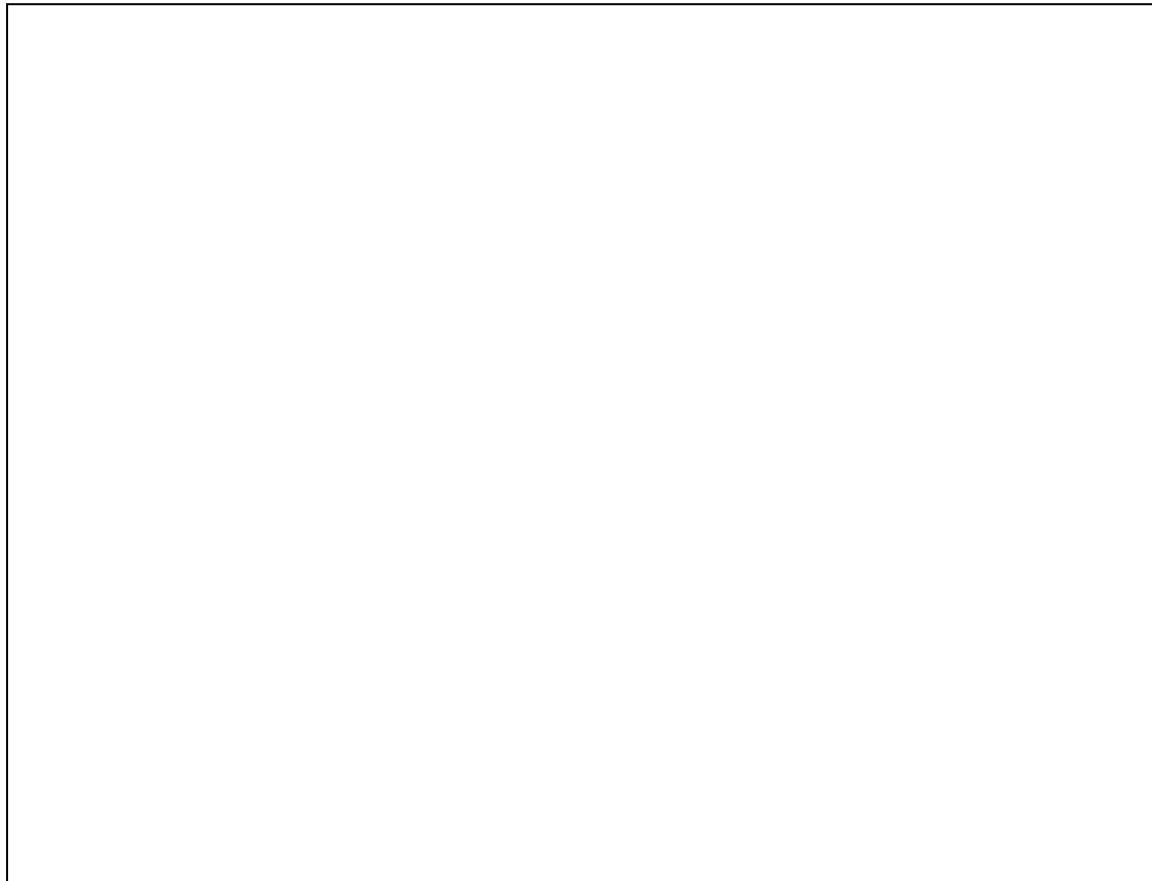
## Dear New Teacher

Write a **letter** or a **poem** about yourself so your new teacher can find out more about you.

Maybe you would like to tell them about your family or favourite hobbies and interests?

Maybe you could tell them which subjects you enjoy? Which subjects you find challenging?

Some exciting news or something you are looking forward to?



Poem example:

I'm excited to start a new school,  
But I'm nervous I may look a fool,  
I love nature and books,  
I hope I will learn to cook,  
I'll make new friends, it will be cool!

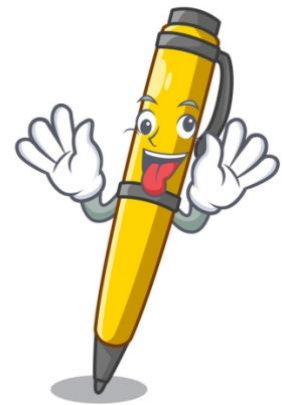
Dear.....,

I am writing to tell you...



My favourite thing at school was...

My least favourite thing at school was...



My friends would describe me as...

I would really like you to know that...

I look forward to seeing you soon.

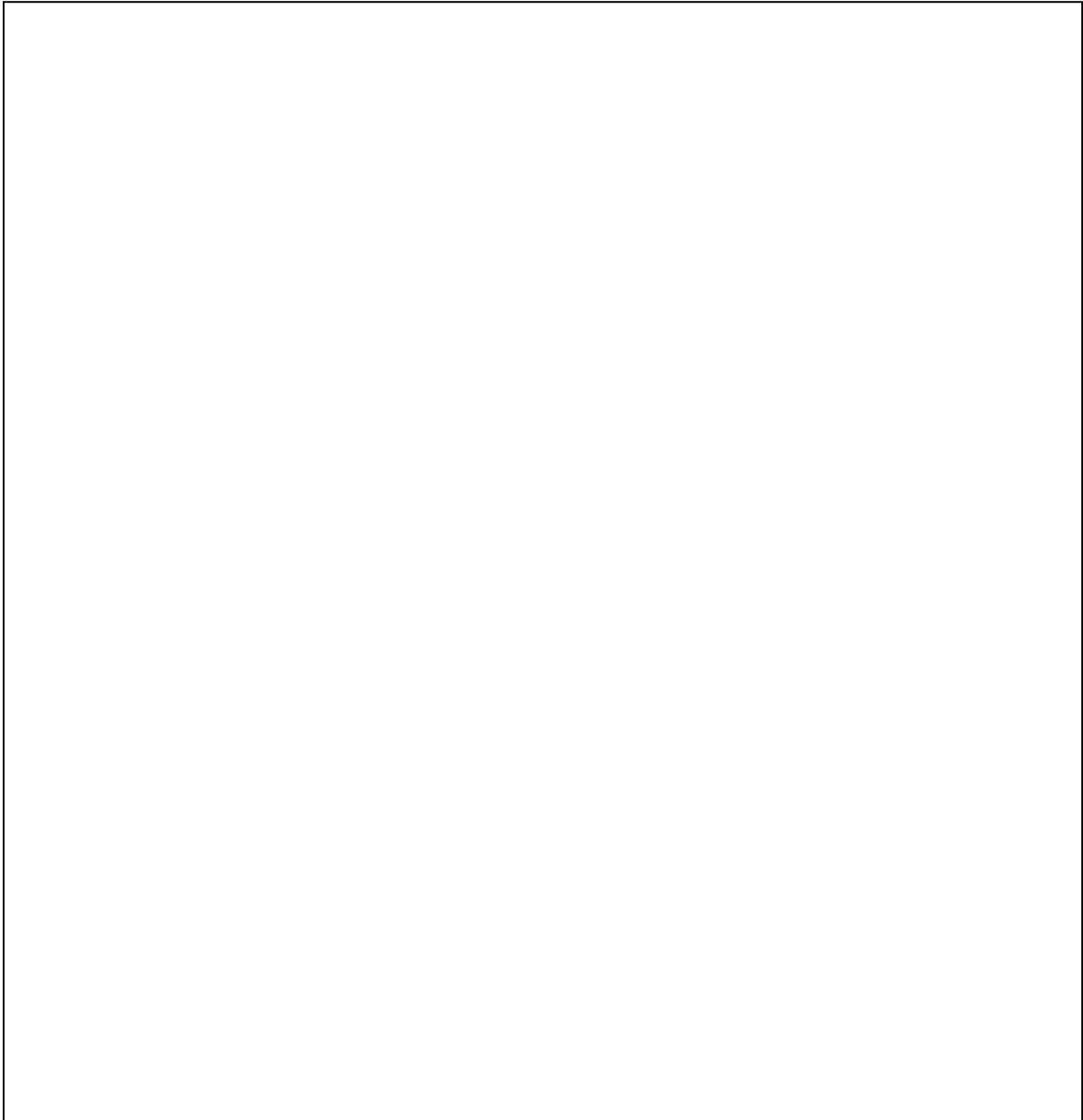
Kind Regards.....



## **Create a Drawing for your New Teacher**

Draw a picture that shows something about you.

This might be a picture of you playing your favourite game, visiting your favourite place or what you want to be when you grow up.



**UNITED**  
**WE ARE**  
**WORLD**  
**CLASS**

