Moving Up

Activities to do with your family over the transition to Secondary School

Part 1: Getting Ready

Name:

School going to:

Welcome to Secondary School

Introduction

You are now on a journey into Secondary School!

For any journey you need to do lots of preparation - planning how you'll get there, what to wear and what to take.

It's also important:

To **feel confident** and **good** about yourself

To think about where you're going and how it'll be **different**

To **say goodbye** to who and what you're leaving behind

It's a journey not just for you but for your family and it'll mean changes for them too.

This pack has some fun activities to do with them before you start your new school – the **"Getting Ready"** pack.

You'll get some more activities once you start at school all about **"Settling In"**.

Talk to your family about the activities.

Once you've done an activity pick the most important things to put in the passport you have been given.

If you successfully complete the activities, your passport and your journey into Secondary School you can get a special certificate.

Take your passport and (if you want) your activity pack to show your new teacher in September.

It's your pack – have fun colouring in the doodles!

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Home learning activity 1

Your Profile

You are going to complete your Profile together with your family. This activity will let you talk and think about what you would like your new form teacher to know about you! It also helps you to think positively about yourself which is important when you are about to start a new school.

Use the 'Profile' sheet

Draw or find a picture you like of you and stick it into the middle of the sheet.

Now think about the **positive** aspects of your personality… the **good** things about you and what you like doing to show your new form teacher.

With help from your family write down on the Profile Sheet (overleaf)…

Write your answers down around the picture of you.

- What do you enjoy?
- ***What are you good at?***
- What does your teacher (or other people) like about you?
- ***What have you achieved this year?***
- What's good about you as a friend?
- **What lessons have you enjoyed this year?**
- What do you like doing in your spare time?

(It isn't easy to be positive about yourself …it's easy for negative things to creep in. But it's important to focus on what's good – it'll be important later on when you go for interviews for college or jobs too)

When you have finished the activity, complete the page in your passport. You will get a stamp/ sticker from the teacher.

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Home learning activity 1

My Profile Sheet

Put a picture of yourself here

You could do this on the computer if you'd prefer - print it out to show your new teacher)

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Home learning activity 1

Your Profile

Recommendations!

Now ask members of your family, your friends and even your current teacher to 'recommend' you to your new school…they can tell you or write some things which they think are **positive** or **special** about you - **what you're like or what you're good at**.

Write their quote in the speech bubbles below and who said them.

FAMILY | **What THEY say about you!** | **FRIENDS/TEACHERS**

Who said this?

Who said this?

Who said this?

Who said this?

Who said this?

Who said this?

Now tell your parent or carer some of the things that you like about them (even parents/carers need to hear good things about themselves!) and put them in the speech bubbles below. Other members of the family could add their positive things too.

What YOU say about them!

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Home learning activity 2

Getting organised

For any journey you need to do lots of preparation – planning how you'll get there, what to take with you, what to wear and what you need to buy. So now is your chance to talk to your family and get organised.

Getting to School

Your new school is probably further away from where you live and it is important to plan and practice your new journey to school ready for September.

Talk about it together… What is the best way to get there?

Read the bubbles together, then shade in the ones you will need to think and talk about.

How am I getting to school?
Where am I going?
Who will drive me?
What is the quickest way?
Where is the bus stop?
Will I go with a friend?
Is the route well lit?
What time do I have to leave?
Is there a school bus?
Where can I leave my bike?
How much does the train/bus cost?
Do I get a pass?
How long will it take?
Is there a bike shed?
How am I getting to school?
Where can I leave my helmet?
Will I get a lift home?
Should I get a bike lock?
Is my jacket bright enough?

Now write down your plan for how you might get there (and rough timings if you can)

My journey plan

Once you have decided the safest and quickest way to and from your new school, set a date to practice the journey.

Date _____ **Time** _____

Who is going? _____

How long did it take you? _____

What time do I need to leave the house? _____

(*remember that there might be more traffic in September so leave some extra time*)

Having done the journey once with a parent or helper, organise to do it on your own with a friend. Always of course letting your parents know…

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Home learning activity 2

Getting organised

Keeping safe

Your safety is very important and will be one of the things your family will worry about. Agree together what your rules will be to make sure you are safe and healthy

Think about:

- Crossing roads
- ***Cars seeing you easily***
- When you'll get home
- ***Who'll be at home***
- Texting or ringing your family so they know you're OK
- ***Going to other people's houses after school***
- Going to the park
- ***If you're late***
- Buying sweets or fizzy drinks
- ***Using the internet***

OUR safety rules...

1. _____
2. _____
3. _____
4. _____
5. _____

When you have finished the activity, complete the page in your passport. You will get a stamp/ sticker from the teacher.

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Home learning activity 2

Getting organised

Uniform

Schools have different uniforms for lots of different reasons. It shows other people which school you go to, and it saves having to decide what to wear each school day! Look together at the information from your High School.

If you do not have look it up on the school website or contact the school office and ask to be sent the list.

Make a list together of what you need to buy. Tick it off when you have got it.

Remember to write your name on all your uniform in case it gets lost

My uniform shopping list

For some subjects you might need special items or kit. Look at what you need for:

PE .....

.....

Science .....

.....

Technology .....

.....

As your parents/carers or other family members about what they wore at school.

Have they got any photographs they can show you?

Have they got any funny stories they can tell you about their uniform?

My ..... wore

(write or draw a diagram, right)

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Home learning activity 2

Getting organised

Equipment

What you need to take to High School will be different from Primary school – you may well also need a bigger bag as you will be carrying lots of things around with you as you move to different classrooms

Which of these objects will you need (and be allowed) to take to your new school ?

Tick the box next to the drawing and to make sure you have the right answer look at the information you have been given or on the school website. If you're not sure put a ? and check when you start at school in September. No one will expect you to have all the right things in the first week !

Books ☐

Ruler ☐

Bag ☐

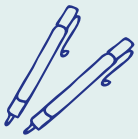
Pencils ☐

Calculator ☐

iPod ☐

Money ☐

Pens ☐



Dictionary ☐

Sweets ☐

Cuddly toy ☐

Planner ☐

Door key ☐

Lunch box ☐

Make up ☐

Mobile phone ☐

What do I need to buy?

(tick it off when you have got it) …

First impressions – what impression do you want to give when you start your new school?

When you have finished the activity, complete the page in your passport. You will get a stamp/ sticker from the teacher.

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Home learning activity 3

Coping with Change

Was it the same in your day?

Together make up the question template on the next page.

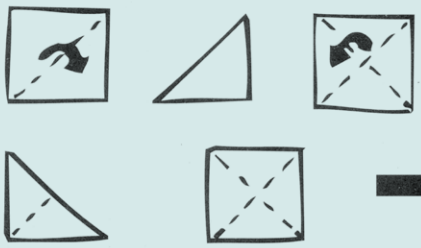
You can start by using the one we have printed for you, but you might want to make your own and ask some different questions…

Once you have made your game play it with older members of your family… Mum, Uncle, Grandma...

What was it like when they went to secondary school? What do they remember? ...any surprises?

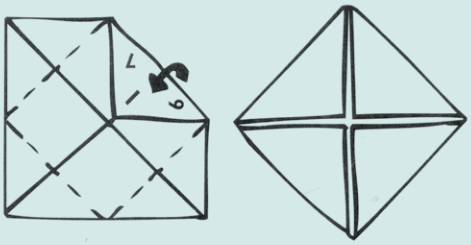
To make your puzzler…

1. Cut out the Puzzler square.

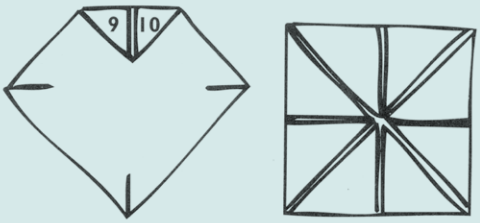


Fold and crease the square along each diagonal. Open it out and lay it flat.

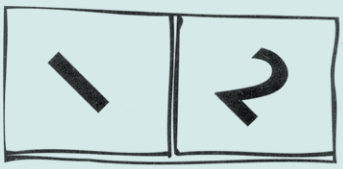
2. Turn the square over so that the writing is on the back. Fold all four corners into the centre.



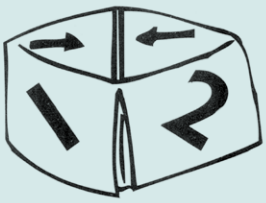
3. Turn the square over again (with the flaps facing down). Fold the four corners into the centre again.



4. Fold the square towards you in half.



5. Push the top corners towards the centre



6. Open out the top flaps.

Put one finger or thumb in each of the four compartments - this will allow you to operate the puzzler.

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Home learning activity WEEK 3

Changes: Question template

Cut along dotted lines

1

What did you take with you to secondary school?

2

What did you do at lunchtime?

3

What funny memory do you have of seconday school?

4

How did you travel to secondary school?

5

What happened if you didn't do your homework?

6

Who was your favourite teacher?

7

What time did you start school?

8

What was your favourite subject?

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Home learning activity 3

Coping with Change

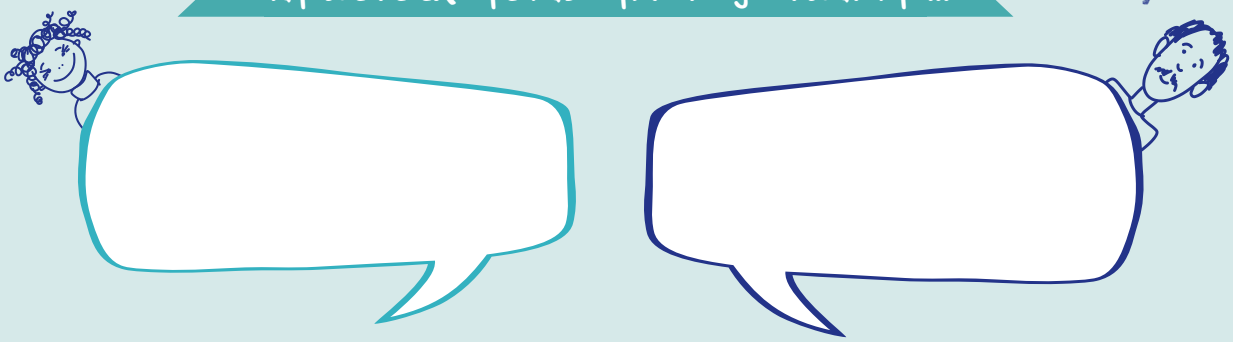
Changes ahead

With a family member **talk** about what will stay the same when you move to secondary school and then write or draw it inside the middle section of the Changes sheet. e.g ***my cat Smudge will still sleep on my bed! My favourite tea will still be pizza, I will still live at…***

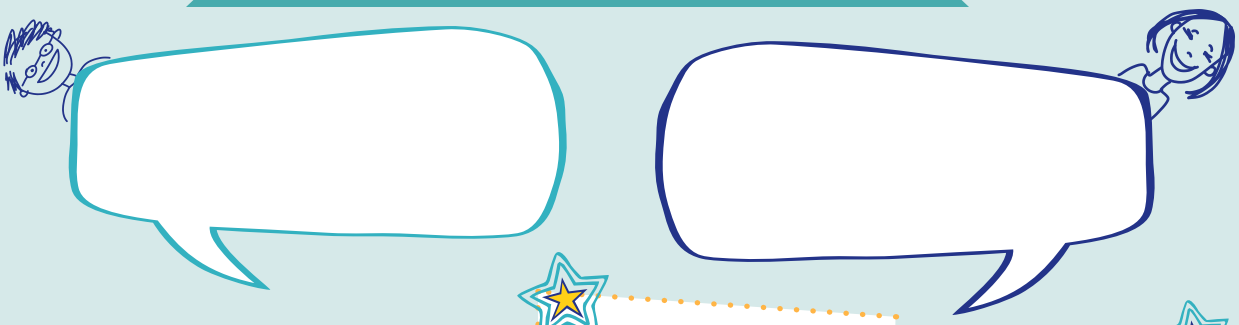
Then **talk together** about what it's like at primary school (write that in the primary school half) and how it's different at secondary school (write that in the secondary school half) ***e.g I have one teacher (at primary school) … I will have lots of different teachers (at secondary school).***

Looking at what you have written about the changes how are you both feeling about the changes that going to secondary school will bring?

Me — **What we're excited about/looking forward to…** — **Family**



Me — **What we're a bit worried about…** — **Family**



Talk with your family about what you're worried about: **Listen, think and talk** together about possible solutions that could calm both your worries.

Write your possible solutions in the box, right.

Eg: Worried about friends? A solution could be to meet up with someone starting the same school over the summer holidays

When you have finished the activity, complete the page in your passport. You will get a stamp/ sticker from the teacher.

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Home learning activity 3

Changes

Primary School

3+5=8

Me: Staying the sane!

Secondary School

Study

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Home learning activity 4

Primary school memories

Take a trip down memory lane with your family and friends. It's important when you have a big change ahead to think about what you are leaving behind on your journey – it's a big thing to leave primary school. Hunt out drawings, photos, certificates, and awards and any other evidence of your life in primary school.

Remembering together . . .

Talk to a member of your family about your memories of Primary School right from when you started in nursery or reception. Here are some questions you might want to start with…..

- Which events, trips, plays, assemblies, sports, and music activities do you remember?
- What jobs or roles of responsibility have you had in primary school?
- What lessons have you enjoyed the most? (or the least?)
- Who have been your best friends at primary, how long have you known them?
- Who were your favourite teachers/ helpers?
- When did you get any certificates or rewards and what for?

Then ask your family about their memories of primary school:

- What has been your proudest moment or achievement?
- Which of the teachers do you remember and why ?
- What is your favourite memory?
- Is there something you would rather forget?
- Is there something in particular you remember about a school event?
- Can you think of a time when something made you laugh? Or made you worried or scared?

Write down your family's memories here

Now you have lots of ideas, use your memories to fill in the memory case (overleaf) to take with you – you can include words or drawings or stick on photographs or bits from newsletters or tickets to shows or anything else… you can stick things over the headings – those are just to give you some ideas…

Or if you'd rather,

- You could put things in a scrapbook, or find and decorate an old shoe box and put things in there. You could take a photo of it to show your new form teacher.
- You could do it on your computer. You could print it out or email it to your new teacher in September.

When you have finished the activity, complete the page in your passport. You will get a stamp/sticker from the teacher.

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Home learning activity 4

Primary school Memory Page

You could do this on the computer if you'd prefer - print it out to show your new teacher

Primary School best bits by...

Favourite teachers

Best trips

Certificates or awards

Sports or clubs

Plays, concerts or assemblies

Friends

Favourite lessons

Destination Secondary School

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Home learning activity 4

Timeline: Journey from Year 6 to Year 7

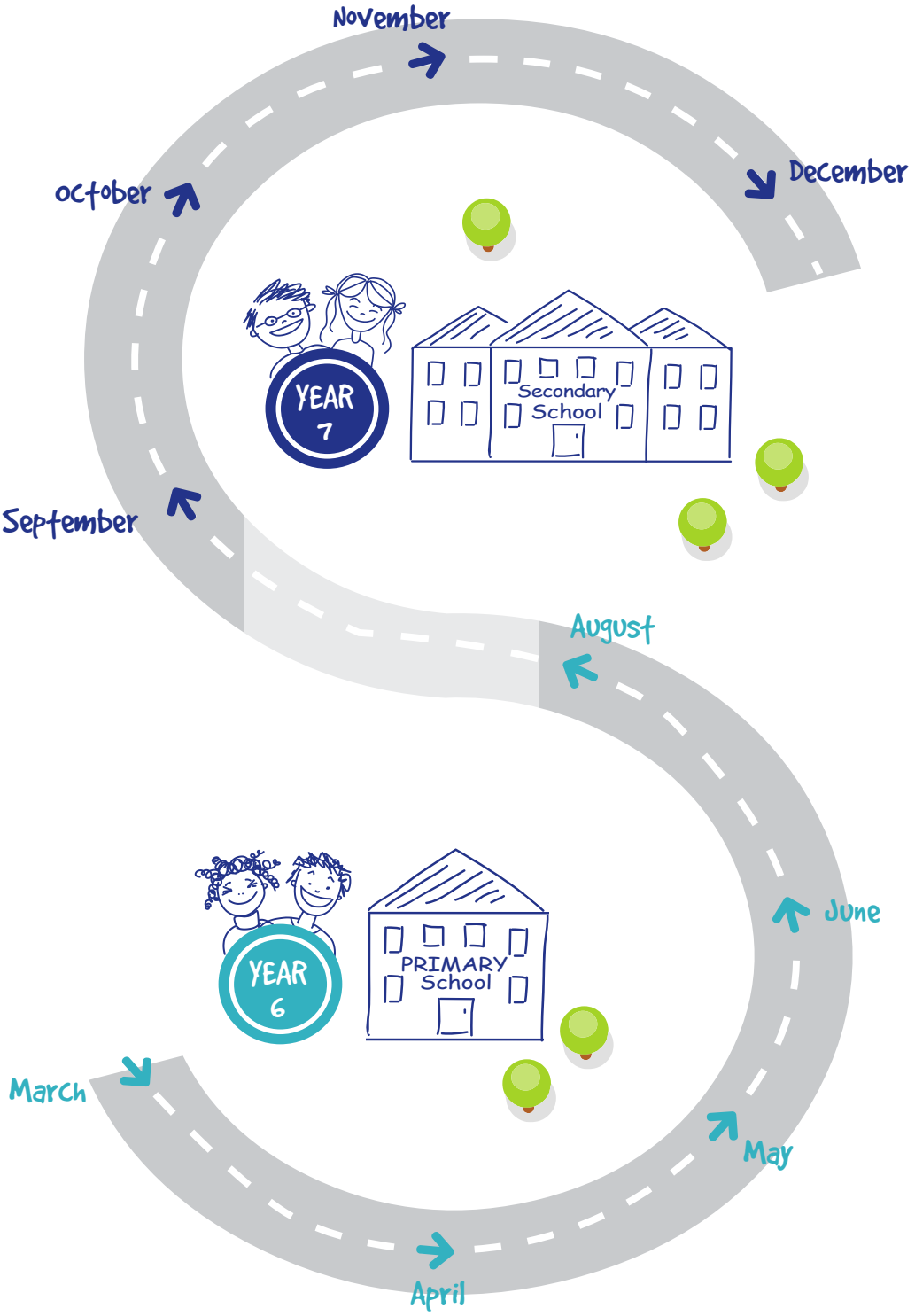
Thinking about Year 6 and Year 7 to come

What has been happening most recently and what are your hopes?

On the timeline below, write down specific events or things that have happened since March when you found out about which school you were going to.

What's happened at school or at home and how have you felt about it?

Now think about anything you know will happen in the summer holidays and next term at home or at secondary school.



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Home learning activity 5

Routines

Your routine will change when you start secondary school . Talk together and try and work out what you new routine will look like.

Fill in your routine for a school day (roughly) - write down what you will do and when on the digital clocks below.

My daily routine...

You can write your own routine in here in you prefer!

Time to wake up		00
Washing		00
Getting dressed		00
Breakfast		00
Brushing teeth		00
Leaving for school		00
Arrive at school		00
End of school		00
After school clubs/sports		00
Arrive home		00
Homework		00
Evening meal		00
Leisure / family time		00
Get bag ready for next day		00
Brushing teeth		00
Bed time		00

Breakfast is the most important meal of the day

Adolescents need between 8 – 10 hours sleep a night

Some top routine tips . . . follow and you can't go wrong!

- Make sure all your belongings have your name on.
- Pack your bag the night before – always use your timetable to help you
- If your school uses a diary/planner always take it with you.
- Set the alarm clock leaving enough time to have breakfast, and make sure you are clean, and smart wearing the correct uniform.
- Leave the house with plenty of time for your journey to school.

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Home learning activity 5

Routines

Keeping healthy and safe

Screen Time

It's very important to agree on how much time you will spend on screen and how to keep safe . Make an agreement together – and for things to think about see the bubbles below:

Hours watching TV

Being on the phone e.g at mealtimes

Playing computer games

Screen Time agreement

1. _____
2. _____
3. _____
4. _____

Use of social media and settings

Stopping screens an hour before bedtime

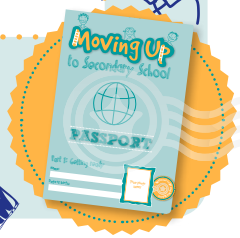
Record of exercise taken over the summer holidays

Remember: to be ready for secondary school you need to be healthy and fit. Keep a record of exercise you have taken over the summer holidays and any family members that have been involved

Date	Exercise	How long for ?	Any other family members involved?

11 + 12 year olds need an hour a day of either moderate or vigorous exercise

When you have finished the activity, complete the page in your passport. You will get a stamp/sticker from the teacher.



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