

# Moving to Secondary school...



Nervous

Scared

Anxious

Worried

Happy

Sad

Excited

## Tips...

**Make a list** of the things you will need for your new school, for example, pencil case, calculator, sports equipment and uniform. Your secondary school will help you with this.



**Make a list of key questions** to ask when you visit the new school. For example, who do I speak to if I need help; where is the dining room; what can I do at break and lunchtimes.



## Start planning

**your journey** to school if you need to travel by yourself. Perhaps try it in the school holidays with your parents. Then you can plan how long it will take you to get there so you know what time to leave in the mornings.



## Worries...

### What if I get lost and can't find where I am supposed to be?

This is probably going to happen, please don't worry, ask an older student or any member of staff and they will show you where you need to go. Teachers won't mind you being a few minutes late during the first few days. There are always plenty of staff around to help.

### What if I am separated from my friends in lessons?

This may happen as you are going to be set in a group according to your ability. If this happens you will still be able to see your friends at break and lunchtime and of course after school.

### What if I struggle to make new friends?

Schools usually have clubs that you can get involved with, before school, during break time, lunchtime and after school, this is a good way to make new friends with students that have similar interests to you. Ask about clubs when you attend your secondary school for their Transition day(s).

### What if I don't understand the work?

Don't be afraid to ask if there is something you don't understand, staff can't help you if they don't know you are struggling with something. You can also speak to your Form Tutor/Head of Year if you have any particular issues.

### Who do I go to if I am worried about something?

Any member of staff in school is there to help you if you are worried about something so please don't keep the worries to yourself, your Form Tutor is someone who you will see every day and will be able to help.

**REMEMBER** - It is perfectly normal to feel nervous about starting secondary school - everybody does. Your Secondary school will do everything they can to help you settle in as quickly as possible.