

A resource for years 6 to 7



Stepping Up from Year 6 to Year 7

You have been given this booklet because you will soon be moving from primary school to secondary school. This move (transition) can be a very exciting time, but it is also a time when many young people feel nervous, worried or confused. These feelings are perfectly normal. Schools understand how important the move from Year 6 to Year 7 is for young people and a lot of time is usually spent planning for this transition.

Unfortunately, many of the activities your school might have planned for the Summer Term may not go ahead this year and you may not be feeling as prepared as you had hoped. You are not alone.

We asked other Year 6 children how they felt about the move to secondary school. Here are some of the things they said:

Things we are most looking forward to:

- Making new friends
- Making a fresh start
- New subjects
- Clubs
- Being more independent



Biggest worries or fears:

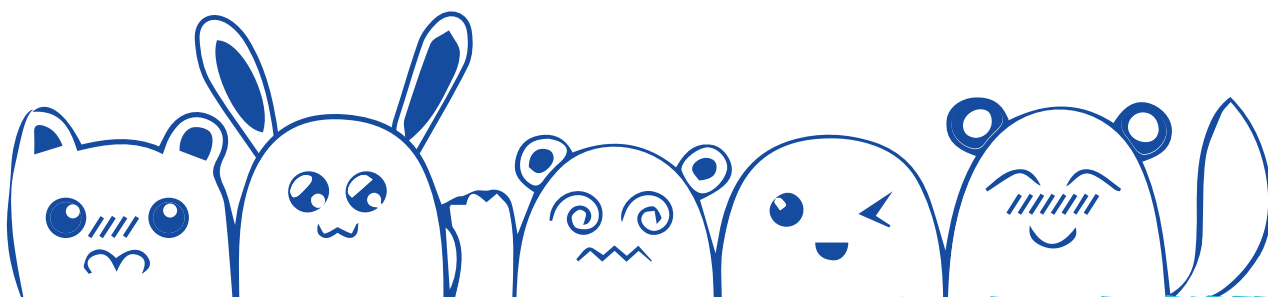
- Finding my way around the new school
- Older kids - what if I get picked on?
- Travelling to school -the bus journey
- Making new friends - will people like me?
- Scary or strict teachers/getting into trouble
- Having too much work/homework

This booklet will give you the chance to think about some of the things you are looking forward to in secondary school. It will also give you a chance to think about the things that you may be worried about.

The dilemmas in this booklet are there to help you to plan what to do in situations where you may feel worried or uncomfortable. This will help you to feel more prepared.

You might also like to watch this clip: <https://www.youtube.com/watch?v=HWNJCuJc41E>

Remember, it's normal to feel worried or sad sometimes, but if you find that you are worrying too much, make sure you talk to someone - a friend, a relative or teacher. You could also visit the Kooth website to get help or advice: <https://www.kooth.com/>



Name:

How will I travel to school?

Name of secondary school:

Who I will be travelling to school with:

What are you looking forward to most at secondary school:

What are your biggest fears, worries or concerns?

EXAMPLE PAGE

Dilemma 1: Making new friends

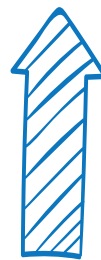
Charlotte is going to a secondary school with none of her friends from her primary school. She used to rely on her friends in new situations and was hoping to make new friends on the transition day. Now she's not sure what to do.

She'll also be one of the youngest, and one of the smallest, so all the other kids will seem much bigger and stronger. This will seem scary.

I think she'll be feeling nervous about starting secondary school.

She wants her friends to rely on and help her, but she'll be there on her own.

She really doesn't want to go and wishes she'd chosen a different school.



How might Charlotte be feeling?



What could Charlotte do in this situation?



Try and find out if anyone she knows from other activities is also going to the same school, e.g. youth club, Guides, sports clubs etc that she could hang around with at school.

Join a local club / activity if they are running over the summer holidays as she will probably meet others who are going to the same school this way.

If not, she should believe in herself! Maybe this transition will be good for her, as she can become more confident! Practice her independence over the summer... Maybe asking for things in shops, making important phone calls etc to build up her confidence.

See if her new school is holding any activities in the summer that she can attend to get to know others.

If she knows the email address of her new tutor or Head of Year, she could contact them and tell them her worries. I think they would definitely be able to help. If not, she can ring / email school (or get an adult to do it for her) and ask them to pass a message on.

When the day comes, everybody will be as lost as she is (even if they don't show it), and some people will also be alone. Most classes have seating plans for lessons, so she won't have to worry about who to sit with. Maybe she'll find a new best friend this way!

I would tell Charlotte not to spend the whole summer worrying, these worries aren't worth taking up that much time.

Dilemma 2: Travelling to school

Jake will be taking the bus to school from September. He hasn't tried a practice journey yet, but he's heard that it is noisy and crowded. He feels uncomfortable and has been worrying because he's unsure what to do.



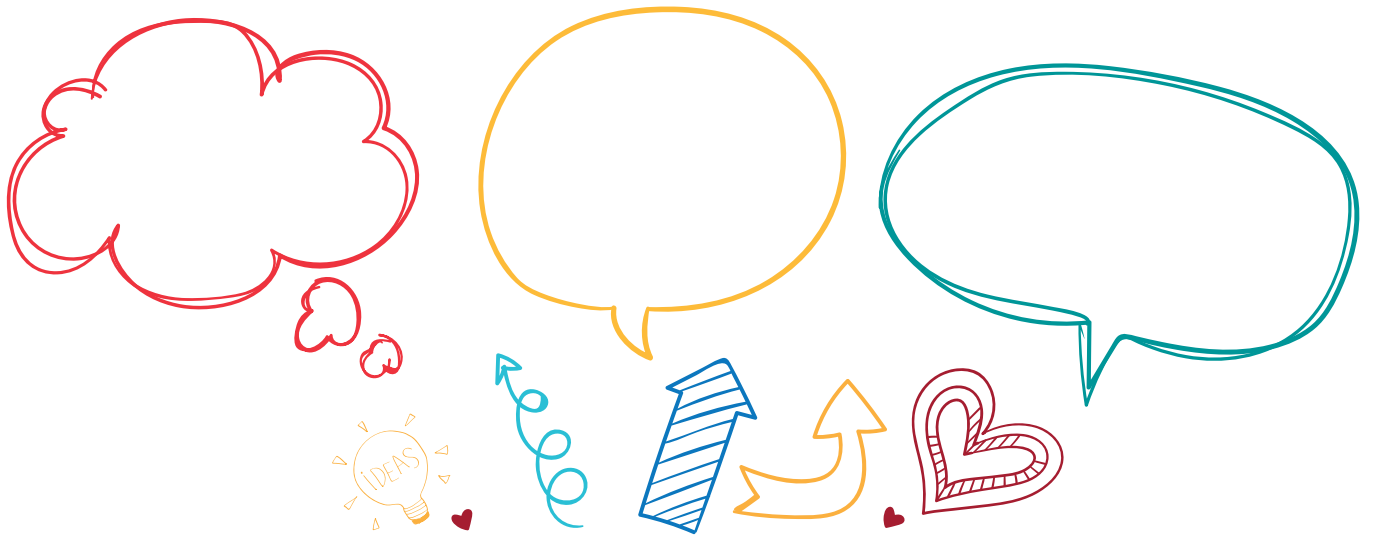
How might Jake be feeling?

What could Jake do in this situation?



Dilemma 3: Finding your way around

Tom and his friends are finding it impossible to get to lessons. Each corridor looks the same and they find themselves going round in circles. Everyone seems to know where to go and when Tom asked for help, they sent him in the wrong direction. Tom is going to be late for the lesson.



How might Tom be feeling?

What could Tom do in this situation?



Handy Hints

Timetable

Carry your timetable with you at all times. So you can plan for your day ahead.

Travel

Do you need to catch a bus and how long does it take to get there? If you are going to walk plan your route and try to walk with a friend. Make sure your journey is safe!

Think

What would you like to get out of your experience at secondary school? Remember that it's up to you to decide how you will behave and what kind of person you will be.

New Friends

Don't be afraid to talk to new people and make new friends. Secondary school is a fantastic opportunity to get to know lots of new people and learn loads of new things.

Ask Questions

Don't be afraid to ask questions if you don't understand something or need help. This is not a sign of weakness!



Practical Checklist

Things to consider in preparation for secondary school

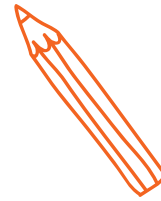
Below is a list of things that you could work through with your parents / carers at home to make sure you feel organised and prepared for starting your secondary school in September.



- School uniform bought and labelled (check the school website for what is essential)

- PE kit bought and labelled (check the school website for what is needed)

- Stationary - Pen, Pencil, Ruler, Rubber, Pencil sharpener bought



- Find out how to pay for school lunches

- Transport to and from school organised



- Have a trial run of the walk or bus journey to and from school

- Arrangements for the first week checked with the school website

- Swap phone numbers with friends and keep in touch



- Make a list of any key questions you want to ask

- Practice ordering and buying food and drinks over the summer

- Think about joining a club if you don't already go to one



Useful info

Key Adults

Things to consider

