

Autism and Social
Communication Team

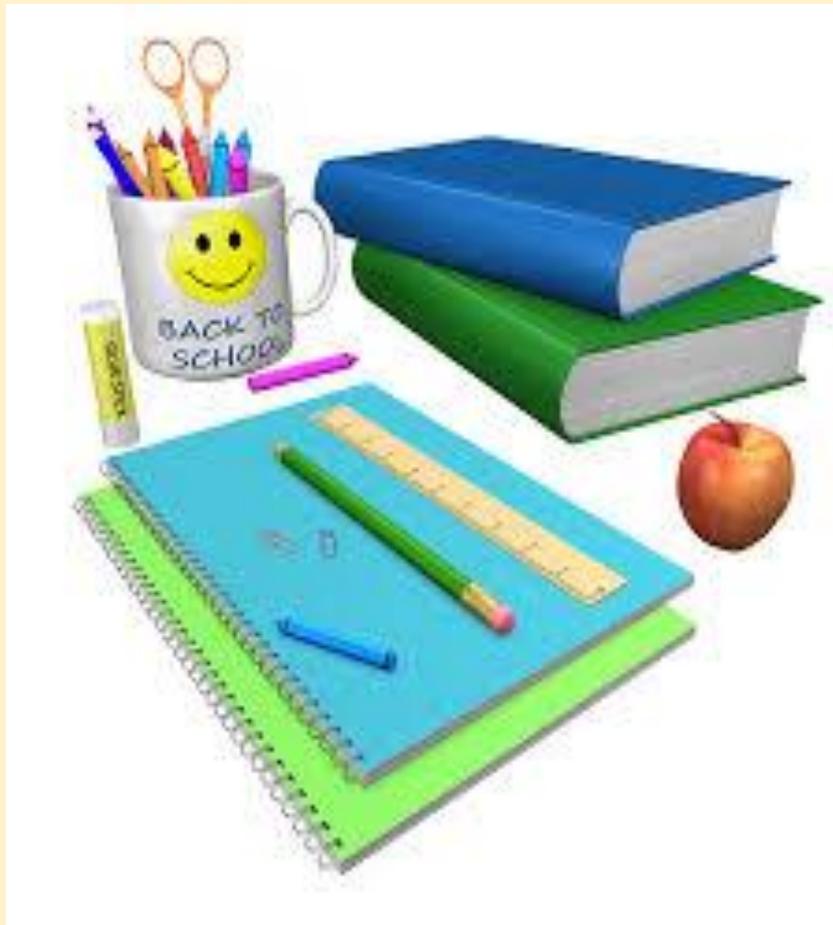


Unlocking
Potential



west
sussex
county
council

Starting My New School



September 2020

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Thoughts about changing schools

This year the world has suffered a pandemic, schools closed in March 2020. A pandemic is when many people in a large area become sick. A pandemic is usually caused by a new virus. The Coronavirus has been traveling fast from one person to another. Viruses are so small that it takes an electron microscope to see them. People can't see if a virus is near them. If many people are close together in the same place, it's easier for a virus to spread. That's why the decision was made to close schools. That way, children are farther apart from one another and it's harder for a virus to spread



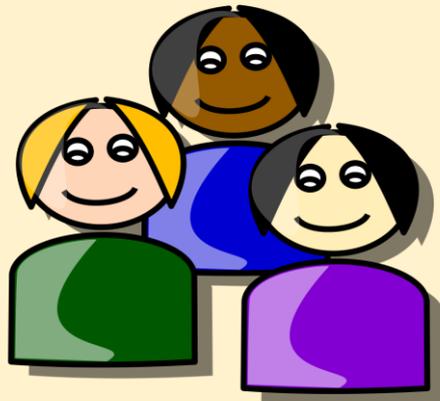
People are smart. Even though they can't see the Coronavirus, they know what to do. They use healthy habits and work together to make it harder for the Coronavirus to spread. This helps to keep people healthy during the pandemic.

It's good to know that pandemics don't happen very often. They occur about once every twenty-five or thirty years, or about three times every one hundred years. It's also helpful to remember that the Coronavirus pandemic will end; probably not by tomorrow morning, but it will end. When the virus is not spreading as quickly & it's safe to return, we will be able to go back to school.

Every year, Year 6 pupils move to a new Secondary School, but because of the pandemic schools closed to most pupils during the Spring Term. At present no-one knows when all pupils will return to school. Many pupils across Britain could return to a different school for the new academic year. It is natural to feel anxious, but don't feel you're the only one thinking that – everyone feels the same way when they start (they just show it in different ways).

Your move to secondary school will involve changes and new experiences, but hopefully this booklet will help answer some questions you have.

(Adapted from Carol Gray's Social Story about Pandemics)



My name is

I will be starting school

on.....

My new Form

Your form will be a mixture of boys and girls from local primary schools.
Your form will be together twice a day for registration.

My tutor is called

My form is known as

Houses, Chapters, Companies.

Many Secondary Schools have a House that you belong too, this may be called, House, Company or Chapter, or a different name, depending on your school, but they all work the same way. You will be told the name your school uses and what House you are in, once you start at school in September.

Each House, Chapter or Company has a Head Tutor who look after the group's needs.

You can earn merit marks for your House, Company or Chapter for:

- Good Work
- Good Behaviour
- Helpfulness
- Effort



The name of my house is

My Head Tutor is

The School Day

Here is an **example** of how your school day may look.

TIME	
8.40	WARNING BELL
8.45	REGISTRATION followed by form period or Assembly
9.05	Lesson 1
10.05	Lesson 2
11.05	MORNING BREAK
11.25	Lesson 3
12.25	Lesson 4
13.25	LUNCH
14.00	WARNING BELL
14.05	REGISTRATION
14.10	Lesson 5
15.10	END OF SCHOOL

The Timetable

Your form tutor will give you your timetable. It's very important because:

- It tells you which lessons you will have that day
- It will help you pack the correct equipment each day
- It also tells you what time your lesson starts and finishes and in which room it is in

Instead of just one teacher, you're going to have different teachers for each subject. Some will be in special rooms. For example, science will usually take place in a laboratory.



What will your teachers expect you to do?

Your teachers will expect you to:

- Try your best;
- Hand work in on time;
- Do your best with your homework;
- Do your best to have the right equipment.

Sometimes a Secondary School has a two-week timetable. Your tutor will help you remember whether you are on week one or week two.

EXAMPLE TIMETABLE:

Week 1	1	2	3	4	5
Monday	Science KBr G09S	PE PSc Gym	RE VVa F28H	English MMI G33E	IT SO F24T
Tuesday	French GLu U03L	Science KBr G09S	Music JMr F20C	History LSm F34H	Geography RGr F29H
Wednesday	Drama LGr Bistro	English MMI G33E	Art CGr F04T	Maths MCh G19M	DT DMo G08T
Thursday	DT DMo G08T	Maths MCh G19M	Geography RGr F29H	Science KBr G09S	English MMI G33E
Friday	B/E SNd F27T	English MMI G33E	PE PSc Gym	PSHCE MNi F30H	Maths MCh G19M

Week 2	1	2	3	4	5
Monday	French GLu U03L	DT DMo G08T	Maths MCh G19M	PE PSc S/Hall	Science KBr G09S
Tuesday	PE PSc S/Hall	English MMI G33E	Science KBr G09S	RE VVa F28H	Maths MCh G19M
Wednesday	IT SO F24T	History LSm F34H	Drama LGr G22C	Art CGr F04T	Maths MCh G19M
Thursday	Geography RGr F29H	French GLu U03L	History LSm F34H	English MMI G33E	B/E SNd F27T
Friday	English MMI G33E	Maths MCh G19M	Music JMr F20C	PSHCE MNi F30H	Science KBr G09S

The timetable shows:

Maths	Subject
MCh	Teachers initials
G19M	Room

Timetable Quiz!

Study the timetable and answer these questions.....



1. What lesson would you have on Monday, week one, period one?

.....

2. What lesson would you have on Wednesday, week one, period five?

.....

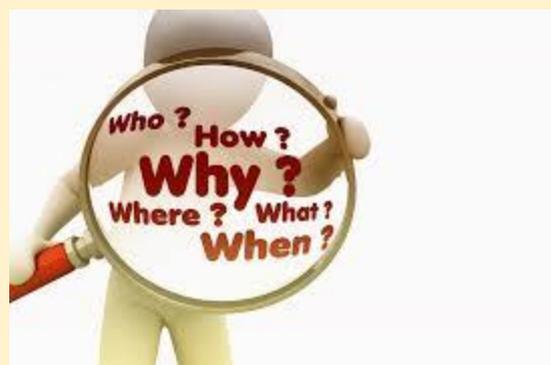
3. What lesson would you have on Tuesday, week two, period two?

.....

4. Which classroom would you be in on Friday, week two, period one?

.....

5. Which classroom would you be in on Thursday, week one period three?



Homework

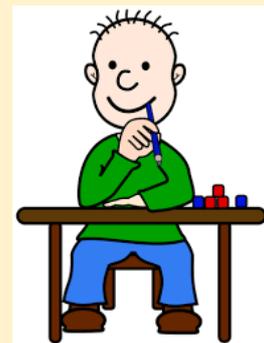
Homework helps teachers to check that you have fully understood the topic.

The teacher will usually explain the homework to you and tell you when it is due in. Often you will be given a couple of days to get your work done, but sometimes it may be needed earlier.

Schools have various ways of reminding you what your homework is, you may be given a student planner and you may need to record the homework and due date yourself, when the teacher mentions it in class. Some schools have a place on their website where you can access what homework has been set by looking each day.

Your new school will let you know how you are to record your homework when you start in September.

Add an example of how a page might look when completed



If you have a problem with your homework:

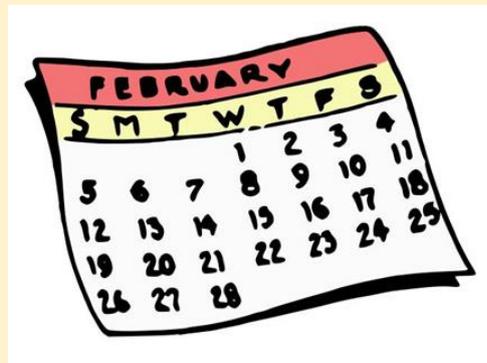
- Ask one of your parents to write a note about it in your planner.
- Speak to the Subject teacher, if possible before the lesson.
- Speak to your Form Tutor or a member of staff from Learning Support.

Simple steps to help you manage your homework

1. Write your homework in your planner.



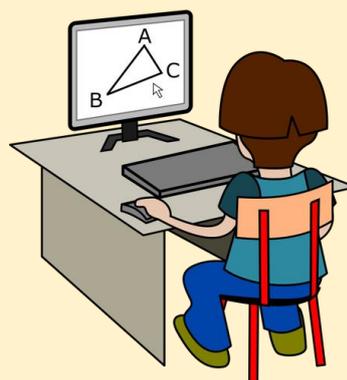
2. Make sure you know when the homework is due in.



3. Once you have finished, mark the homework in your planner as done.



4. Try to do your homework as soon as possible, when the work is fresh in your mind.



Friendships

When you start at Secondary School it will feel different as you won't know everyone, and it may take a bit of time to feel like you "belong" in your new class.

The important thing to remember is that you are not alone; everyone will feel anxious about making new friendships and settling down. But people show this in various ways.

Some pupils maybe very chatty.



Others may be very quiet and shy.



It may be up to you to start talking to other people and there are some things that you can practise now to make it easier in September. It's like rehearsing a play; it makes it easier if you have practised beforehand.

Some points to remember:

- Tell them your name and ask what they are called.
- Find out what they are interested in.
- Listen to the other pupils.
- Talk about shared interests – you both might have, for example, the same game console and game.



Lunchtime

Lunchtime is a busy time as nearly everyone is out of the class, walking, talking, playing, sitting, or doing lunchtime clubs.

The school canteen offers a range of hot and cold food. Look at the example below for an idea of what may be on offer; and prices.

COLD BAGUETTES from £1.40: BLT, Chicken Salad, Roasted Vegetable & Houmous, Prawn Marie Rose, BBQ Chicken with Bacon.

HOT BAGUETTES from £1.70: Mediterranean Tuna, Ham, Cheese, Chicken Korma, Roasted vegetable & Mozzarella.

PANINIS from £1.60: Chicken & Bacon, Tuna Melt, Garlic Mushroom, Roasted Pepper & Cheese.

FRESHLY BAKED PIZZA from 95p: Cheese & Tomato, Ham

DELI BAR SALAD: Cheese & Pasta Salad £1.95, Poached Salmon £2.05
Fruit Bags 45p, Crunchy Vegetable Sticks 45p Dips (Salsa, Mayo, Houmous) 39p

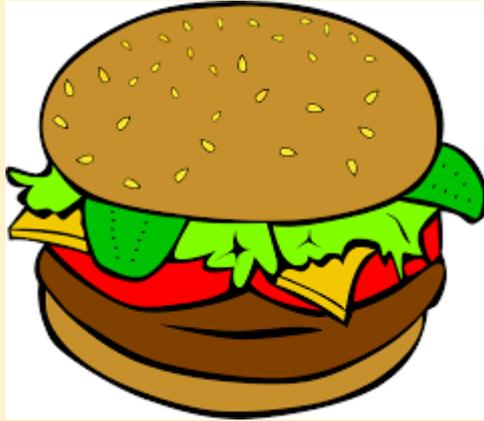
HOT MEALS: Cauliflower Cheese £1.40, Mushroom Risotto £1.65,
Cottage Pie £1.85, Lamb Moussaka £1.85, Lamb Curry and Rice £1.95,
Friday Roast £2.95

TWISTERS from £1.55: Chicken, fish finger twister.

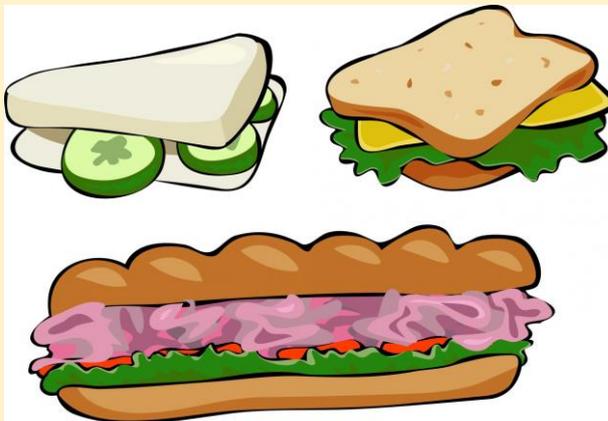
NOODLES from £1.85: Sweet & Sour Chicken, Sweet Thai Chilli
Vegetable, Roasted Vegetable.

SANDWICHES from £1.35: **Meal Deal** Any Sandwich, fruit, bottled water £2.

BAGUETTES from 1.40: **Meal Deal** Baguette, fruit Water £2



If you wish you can bring a **packed lunch from home.**



The Canteen can get busy and noisy, your new school will explain where you can eat your lunch, some of the areas will be quieter, it maybe the Learning Support Area, but an adult will tell you when you join.

Learning Support

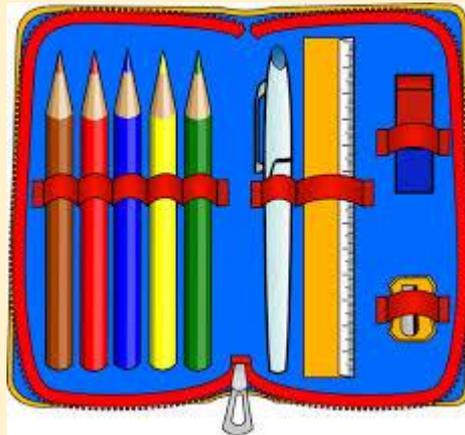
All schools have a Learning Support Area; however, schools can call it many different names, Inclusion Support, Learning Area, Inclusion Department, L.N.C. Although schools may use different names, all operate in a similar way and are an area to support students.



I can access the Learning Support Area if I have any questions or feel anxious. I may be able to access the Learning Support Area during breaktime and lunchtime. I can ask an adult at school if I can spend breaktime and lunchtime in this area. If I have any problems, I can speak to a member of the Learning Support staff who will be able to help me.

Equipment for School.

At secondary school you will be expected to have your own pens and pencils and you will need to carry them around with you.



Each day you will need a strong bag too carry your items around in, most pupils choose to have a backpack. You will need to carry each day your exercise books, text-books, lunch etc.



You will need a PE bag to carry your PE uniform.

School Uniform

You must wear your school uniform each day unless you have been told it is a special non-uniform day.

If you look on your new school website you will see what your new uniform looks like.



Can you think of some items that you should NOT wear at school?



School Rules

You must do your best to follow the school rules which are listed in your planner. Every school will have rules for the classroom, corridors, as well as rules about homework and uniform. The rules are there to make life easier for everyone in school.

How will I get to my New School?

It is important to know how you will be travelling into school and getting home each day.

If you plan to go by car:



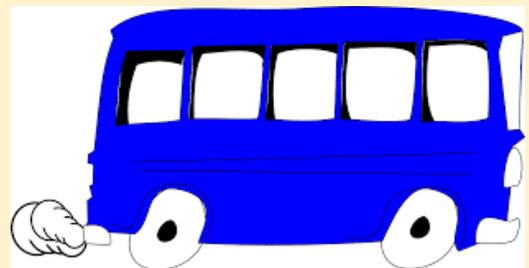
- What time will I need to leave my house?
- Who will drive me in the morning?
- Do I know where to meet the person driving me home in the afternoon and who it will be?

If you plan to walk:



- Do I know the way?
- How long will it take me?
- What time will I need to leave home?
- What time will I get home?

If you plan to go by bus:



- Where is the bus stop?
- What number is the bus?
- How much money will I need for the fare, or do I have a bus pass?
- What time will I need to leave my house?
- Do I know where to get the bus at the end of the day?

What if

<p>If I forget to bring my homework to school:</p> <p>I will try to tell my form teacher.</p> <p>I will try to tell the subject teacher and say the reason why I have not got my homework.</p> <p>The teacher will probably tell me what to do next.</p>	<p>If someone calls me an unkind name:</p> <p>I will try to walk away and not shout or swear at that person.</p> <p>I will try to tell my form tutor or someone in learning support why I feel upset.</p> <p>He/she will probably deal with it and talk to the person in question.</p>
<p>If I cannot find my way to class:</p> <p>I will try to get my plan from my student planner and see if I can work it out.</p> <p>I will try to ask someone in my class.</p> <p>I will try to ask a teacher.</p>	<p>If I have forgotten my timetable:</p> <p>I will try to tell my form tutor or whoever is taking the register. They will help me to know what to do and where to go.</p>

<p>If I arrive late:</p> <p>I will go to the secretary in the school office and tell her that I have arrived in school.</p> <p>She will make sure the register is correctly marked.</p> <p>Then I will go to my lesson.</p>	<p>If I have forgotten my dinner money:</p> <p>I will try to go to pupil services and ask if the adults there could phone home for me.</p>
<p>If I forget my P.E kit:</p> <p>I will try to tell my form tutor during registration, and he will probably make sure my P.E teacher knows I have forgotten my kit before the lesson.</p> <p>When I arrive for the lesson I will try to find out if I can borrow a P.E kit.</p>	<p>People to help me:</p> <p>My form tutor</p> <p>Learning Support staff</p> <p>Head of Year</p>



Getting to know your new school.

When you start at your new secondary school, it might seem very big and you might worry about getting lost.



Remember lots of the new pupils will be feeling the same and if you do get lost, you can try to ask for directions and they will probably help.



Try to insert a copy of a map showing the new school

Staff Members

(edit as appropriate, add photos if possible)

Headteacher

Senco

Pastoral Lead/Head of House,

Chapter I am in House

Form Tutor

Form Known as.....

Keyworker