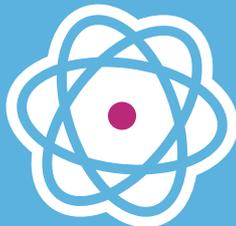




# Starting Secondary School

Your workbook



 [familysupport@aspens.org.uk](mailto:familysupport@aspens.org.uk)

Follow AspensCharities on   

[aspens.org.uk](http://aspens.org.uk)

Aspens Charities Charity No: 1171446

# All about me

My name is:

---

Age:

---

My hair colour:

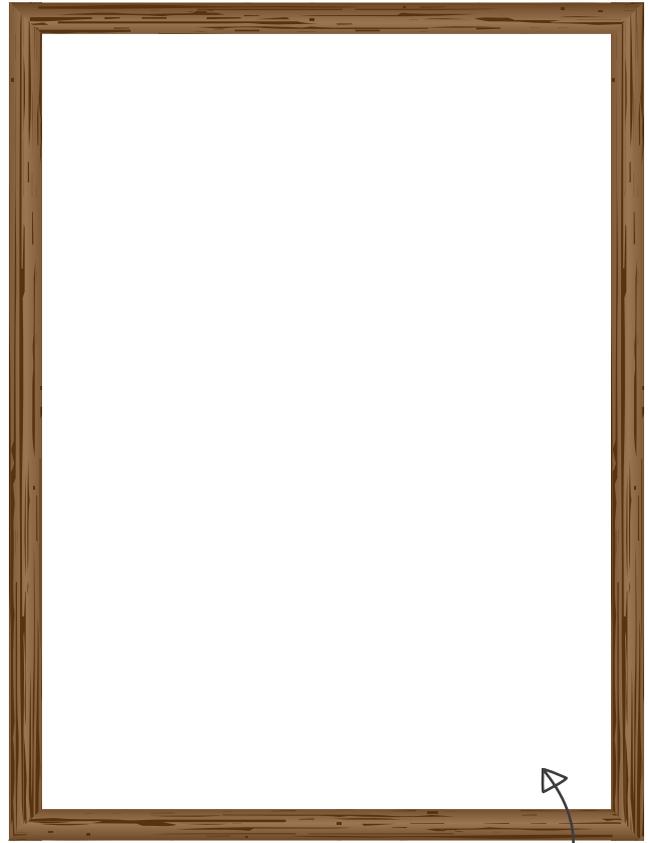
---

My eye colour:

---

Month I was born:

---



*A picture of me*

My favourite people are:

---

---

My favourite things are:

---

---

Things I am good at:

---

---



# My memories of my primary school

My friends from primary school include:

.....  
.....

My favourite teacher was:

.....  
.....

I enjoyed the school trip to:

.....  
.....

Sports day was always:

- Fun
- Exhausting
- Boring

I enjoyed learning about:

.....  
.....

It was fun when we had:

.....  
.....

We had some exciting visitors to the school, including:

.....  
.....

I will always remember:

.....  
.....

.....  
.....

# Transition activity

I am due to start secondary school in September 2020



My new school is called

- ★ I know I will be in year 7
- ★ I don't know what class I will be in yet
- ★ I don't know the name of my teacher
- ★ Things may be very different in September

Find or draw a picture of  
how you will travel to school.



Will it be by bus, bike, walk,  
scooter, car, taxi or plane?

I am mostly excited about:



I am mostly worried about:



Things I would like my new teachers to know about me:



I would like to know more about:



## Lessons and timetables in Secondary School

- You are probably used to spending a lot of time at school in one or two classrooms
- A big change when you start secondary school is that lessons happen in different rooms
- This can make the school day more exciting
- Most secondary schools have science labs, technology rooms, kitchens, a gym, drama theatres or dance studios
- It can make things a little confusing to start with
- There might be a bell to tell you when lessons start and finish
- You will have to move around quite quickly in between lessons
- You might not be able to find your classroom to begin with
- You will have to get used to several different teachers and maybe different helpers
- There will be a lot of help from older students and staff
- You will have a map
- You can colour code your map

## Your timetable

- You are probably used to a timetable in primary school
- Your teacher probably put one on the whiteboard every day
- Your teacher probably told you what was happening everyday
- It is likely that you always had maths and literacy in the morning

### *In secondary school the timetable is different*

- The timetable will be your timetable and may look different to your peers
- The timetable covers a two-week time period – week 1 and week 2
- The timetable will help you know where you need to be and when
- The timetable will show you when break and lunch is
- The timetable has lots of words, letters and numbers
- Each section of the timetable tells you the name of the lesson, the teacher's initials and the room number that the lesson is in
- You may want to add colours or pictures to help you to understand it better
- An adult will be able to help you with this

## Sample timetable

	1Mon	1Tue	1Wed	1Thu	1Fri
1	<b>Desian Techn</b> Ms S L Brice 7TX5/Dt F11	<b>PSHE</b> Miss J Henry 7EC/Ps C10	<b>Georaphv</b> Mr R Barrow 7EH3/Gg A15	<b>Spanish</b> Mr J L Castro 7TX5/Sp B07	<b>ICT</b> Mr S Ahmad 7TX5/It B19 ICT
2	<b>Desian Techn</b> Ms S L Brice 7TX5/Dt F11	<b>Georaphv</b> Miss R Golightly 7EH3/Gg A16 Engl	<b>Science</b> Mr A Gustaw 7SX2/Sc D06	<b>History</b> Miss J L Craft 7EH3/HI G03	<b>PSHE</b> Miss J Henry 7EC/Ps C10
3	<b>Science</b> Mr A Gustaw 7SX2/Sc D06	<b>Art</b> Miss H S Holmes 7TX5/Ar F06	<b>Enalish</b> Mrs T R Capisani 7EH3/En A08	<b>Maths</b> Miss P J Wheeler 7MX1/Ma B06	<b>Maths</b> Miss P J Wheeler 7MX1/Ma B06
4	<b>Enalish</b> Mrs T R Capisani 7EH3/En A08	<b>Spanish</b> Mr J L Castro 7TX5/Sp B07	<b>Drama</b> Mr R J Wells 7EC/Dr E22 Clou	<b>Science</b> Mrs H M Khan 7SX2/Sc C06	<b>Enalish</b> Mrs T R Capisani 7EH3/En A08
Lun					
6	<b>Maths</b> Mrs C Hopwood 7MX1/Ma D09	<b>Music</b> Ms T Monaghan 7EC/Mu G23	<b>History</b> Miss J L Craft 7EH3/HI G03	<b>Dance</b> Mrs K L Whitcomb 7EC/Da G14	<b>Music</b> Ms T Monaghan 7EC/Mu G23
Aft					

	2Mon	2Tue	2Wed	2Thu	2Fri
1	<b>Science</b> Mrs H M Khan 7SX2/Sc C06	<b>Drama</b> Mr D Rogers 7EC/Dr E22 Clou	<b>Enalish</b> Ms R Barnes 7EH3/En A03	<b>Religion E</b> Mrs C Elliott 7EC/Re G27	<b>Spanish</b> Mr J L Castro 7TX5/Sp B07
2	<b>Maths</b> Mrs C Hopwood 7MX1/Ma D09	<b>Maths</b> Mrs C Hopwood 7MX1/Ma D09	<b>Enalish</b> Mrs T R Capisani 7EH3/En A08	<b>PE</b> Miss K L C Johnson 7EC/Pe E07 Gyn	<b>History</b> Mrs P Darnett 7EH3/HI G30
3	<b>Desian Techn</b> Mrs B J Pearce 7TX5/Dt F09	<b>PE</b> Miss R Golightly 7EC/Pe G31 Net	<b>Science</b> Mr A Gustaw 7SX2/Sc D06	<b>Georaphv</b> Mr R Barrow 7EH3/Gg A15	<b>Art</b> Miss H S Holmes 7TX5/Ar F06
4	<b>Enalish</b> Mrs T R Capisani 7EH3/En A08	<b>Enalish</b> Mrs A Davis 7EH3/En S10	<b>Dance</b> Mrs K L Whitcomb 7EC/Da E10 Hall	<b>Spanish</b> Mr J L Castro 7TX5/Sp B07	<b>Religion E</b> Mrs C Elliott 7EC/Re G27
Lun					
6	<b>Spanish</b> Mr J L Castro 7TX5/Sp B07	<b>ICT</b> Mr D E Waterman 7TX5/It B20 ICT	<b>Maths</b> Mrs C Hopwood 7MX1/Ma D09	<b>Maths</b> Miss P J Wheeler 7MX1/Ma B06	<b>Science</b> Mr A Gustaw 7SX2/Sc D06
Aft					

- The first timetable is week 1, the second timetable is week 2
- Once you have finished week 2, you go back to the week 1 time table

# Same/Different

## Things that will stay the same

- If you have a helper in primary school, you may have a helper in secondary school
- You will still wear school uniform
- You will still have registration, breaks and homework
- Some lessons will stay the same e.g. Maths, English, PE

## Things that may be different

- School start, break, lunch and finish times might be different
- You will learn new subjects e.g. cooking, technology, Spanish
- You will have to move from class to class for each lesson
- You will have different teachers across different subjects
- You may have one teacher that takes your register each day called your 'form tutor'
- You may have different helpers in different lessons
- You will wear a different school uniform to the one you have been wearing in primary school
- You may get more homework
- You might have to travel to and from school in a different way to primary school

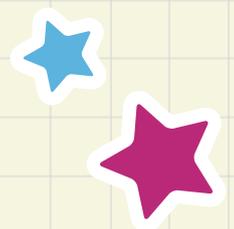
## Make Contact

### School

- Write a letter to your new school
- Include your likes, dislikes, hobbies, interests, pet names, siblings, friends, attach a photo or drawing
- Let them know your worries and things you might find tricky
- Ask the school if there is anything you need to know
- Create an 'all about me' poster

### Peers

- Make contact with peers
- Do you know anyone else starting high school at the same time?
- Do you know anyone who is going to the same school?



## Uniform and Equipment

- Find the uniform list, find out what you need, ask your parents if you can get your uniform, go at quiet times, avoid the crowds arrange a time to try it all on
- What does your uniform look like, what colour is it, can you draw a picture?
- Practice at home, try it all on, including shoes, doing up shirt buttons. Do you need to wear a tie? Practise getting changed from the uniform into the PE kit and back again
- Take photos, send to family members and friends, ask your parents to wash it, this can make the fabric softer and nicer to wear, it will also then smell familiar
- It is important to share sensory worries with your new school and explore your options
- Are you sensitive to certain fabrics, do you struggle to do your shoe laces, would you prefer to wear trousers or a skirt, do you struggle with tight clothing around your neck e.g. top button or tie?
- Wear in any new shoes, or blazer and uniform
- Gather or buy new equipment. Do you need a new school bag, pencil case, stationary, is there a list available?
- Practise packing for the day



## Journey

- How will you get to school, do you know the route? Can you practise driving, walking, riding to school?
- Plan and agree the best route
- Can you use Google maps?
- Time the journey. How long does it take? Is it busy at different times?
- Practise crossing roads safely
- Plan with your parents, what is happening before and after school. Are parents taking you to school, is someone coming to collect you, or if not, have you agreed the time that you should be home by?

## Research



- What does your new school look like?
- Look at new school website information
- Does the school have a Facebook page or Twitter account?
- Is there a school plan and map?
- Make a new school thoughts poster/booklet
- Draw a picture, take some photos
- Create a scrap book
- Can you ask for pictures of staff you will need to know?
- Find out your primary contact e.g. SENCO, head of year, pastoral care
- Some schools have a little autobiography of all staff on their website

## Prepare and practice

- Start waking up at the time you would need 2/4 weeks before to allow your body to adjust
- Are there any reading lists or text books you need?
- Look at BBC Bitesize and YouTube (the KS3 section)
- Being ahead will help you be less overwhelmed when you start
- Are you able to ask for help, practise asking someone for help, saying Sir and Miss?
- At least you don't need to remember all your teacher's names!
- Familiarise yourself with a year 7 sample timetable
- See if you can get hold of a map of the school
- Can you have a tour of the school?

### Make a list of conversation starters

- What to talk to teachers about?
  - Questions about lesson/subject
  - How to ask for help?
- What to talk to peers about?
  - Share your special interests or hobbies
  - Ask what others like to do in their spare time?

## Break and lunch time



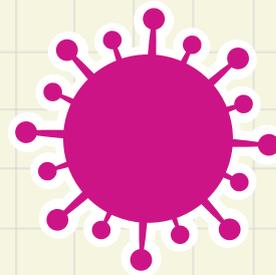
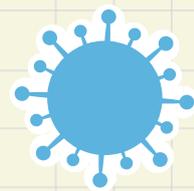
- Decide on lunch arrangements, will you be taking a lunch box or eating in the canteen?
- You might have to bring money in to buy your lunch
- Is there somewhere where you can go at lunch where you feel more comfortable?
- Is there a special learning support base or quiet area that you can go to?

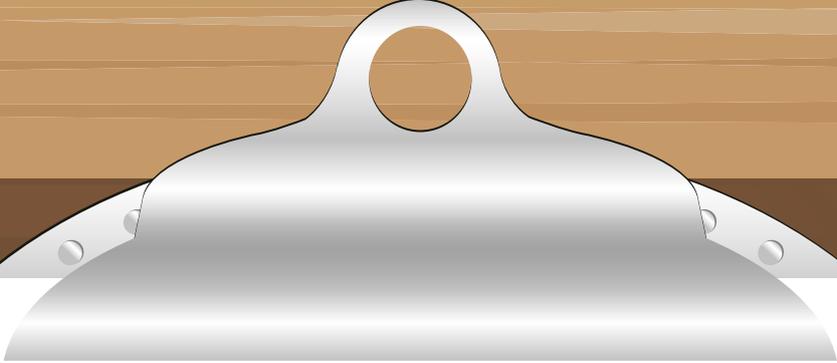
## Sensory breaks and fidgets

- Do you need to start the lesson later than everyone else?
- Is there somewhere you need to sit?
- Do you need to leave lessons early?
- Find out where the nearest toilets are
- Have a box or bag of sensory fidgets and toys
- Headphones or ear defenders
- Sunglasses
- You may need a pass to let teachers know you are struggling, need to leave class, go to medical or student services
- Anxiety scale or zones of regulation bands

## COVID-19

- No one really knows what schools will be like in September
- There may be some changes including:
  - Attend school part time
  - Smaller classrooms
  - Not so much moving from class to class
  - You may only have one teacher
  - Limited access to some lessons
  - Social distancing
  - Staggered start and finish times
  - Play and lunch times
  - Lots of hand washing





## Secondary school checklist

I am due to start secondary school in September 2020

In my school bag, I will need to pack:

- Pencil case
- Planner/homework diary
- Calculator
- Full up water bottle
- Lesson specific equipment/textbooks –  
check timetable everyday
- PE kit for PE days
- Reading book
- Packed lunch