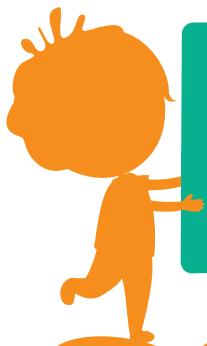




Your activity
pack to support you

Moving from



primary



to

secondary

school





This pack is to help you move from primary to secondary school.

It has questions to help you think about:

Things you might want to find out about your new school

Things you like doing and want to continue doing

Where you can go if you need support

Your goals for the future

We also share some top tips from other children who've already moved from primary to secondary school.

And don't worry if you don't know all of the answers to these questions yet! These are a just a guide to get you started.

You and your new school

How old are you?

What is the name of your new school?

Is there an open day or induction day you can go to at your new school?

YES

NO

How will you get to school?

What will you be studying?

Are other people from your current school moving to the same new school?

YES

NO

If yes, what are their names?

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What have you liked doing this year?

You and your new school



What skills have you learnt this year?

What will you keep doing next year?

What new things would you like to try?

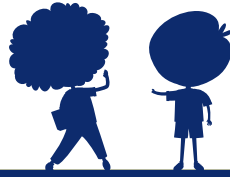
What skills would you like to learn?

What are you worried about?

What are you excited about?



Where can you get support?



Where can you get support and who can you ask for help if needed?

Write or draw all the people / places you can go to get advice and support. Then write down the support they can offer you.

1

SUPPORT THEY OFFER:

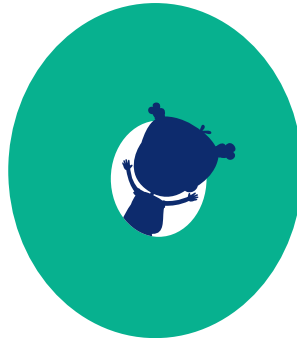


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SUPPORT THEY OFFER:

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SUPPORT THEY OFFER:



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SUPPORT THEY OFFER:

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SUPPORT THEY OFFER:



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SUPPORT THEY OFFER:

+ Add to this page when you start your new school

You can also use the notes section at the end of this activity pack to add more

Your questions...

What do you want to find out when you start your new school? What questions do you want to ask your new teachers?

Who is my head of year?

Who is my form tutor?

How should I behave?

Who are my teachers?

What happens at lunch?

Is there somewhere I can go if I want a break?

How do I join clubs?

Is there somewhere I can go if I need to speak to someone?

Are there any extra support groups at school?



What other questions do you have?

A large, empty rectangular box with a thick blue border, intended for writing additional questions.

Things that make you happy

Fill in the table below with things you can do that make you happy or help you relax

Watch a film			
	Dance		Laugh
		Meet friends	
Go for a walk			

Top tips* from other children

If you're shy and worried, knowing there will be clubs there means you know there will be some people who like the same things as you.

Making new friends is great, you can keep the friends you already have but you also get to make lots of new friends. The friends you make in secondary school will stay with you for life.

Secondary school is a fresh start. It is a hard change but there is nothing to worry about, if you get lost there are so many lovely people that help you.

It's good to join some clubs and socialise and get a new group of friends from it.

Be kind to people so you can be friends with them and won't be alone, it's a new beginning and fresh start.

Don't be nervous, be brave.

You actually definitely make more friends in secondary school so don't worry!

Make friends as soon as possible to have them to help and support you, take time to get to know your surroundings and your teachers and be kind.

Try to make lots of friends in year 6 so at least you'll know someone in secondary even if you weren't great friends with them in primary.

Don't be scared to make friends and ask questions.

If you have the chance to, go on open day or induction day, it will help.

Ask your tutors, you have the same tutor in the morning every day.

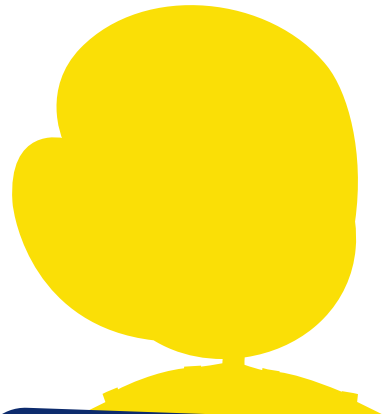


Looking to the future...

What 4 things will you do to make the most out of your time at your new school?



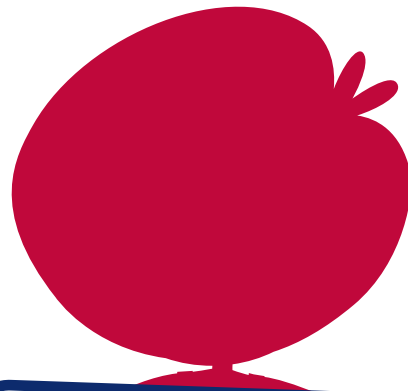
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Dear future me...

**Where do you see yourself in the future?
What do you want to achieve?**



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.....

.....

What advice would you give your future self?

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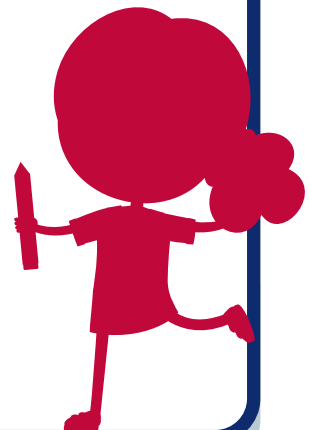
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**Where would you like to be and what do you
hope you will be doing in 5 years' time?**

.....

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.....



Dear future me...

Some examples children have written from previous workshops:

Remember that change can be a good thing and life isn't as scary as you think it is.

I hope to be making music and most importantly meeting new people and creating memories.

**Breathe.
Work hard.
Love yourself.
Respect yourself.**

Follow your dreams is all you should do. Doing what you love is the best option all the time.

Take it day by day.

Have fun, experience, explore and be you.

Try your hardest - you could do great.

I want to be a designer, hair stylist, foster carer or work with kids.

I want to be a rockstar, a teacher or work with homeless people.



Make some notes!

A series of 12 horizontal dotted lines for writing notes.

If you want more activities, support and resources, see our website:

<https://www.childrenscommissioner.gov.uk/back-into-school/resources-for-children-and-young-people/>