

Feelings and emotions

Here are some ideas for how to deal with mixed feelings and worries:

- Worries about secondary school are normal. Speak to your parents, chances are they experienced the same worries.
- Focus on the positives
- Talk to your friends, it's always good to know you're not alone in your worries.
- Don't keep emotions bottled up! Speak to someone.
- The change to Secondary School is likely to make you more tired at first, so sleep and a good diet are important.



Top tips

Be prepared for your first day at Secondary School?

- Your uniform and possibly your PE kit.
- A backpack or shoulder bag which is strong and ideally weatherproof.
- A notepad
- Stationery checklist; a handwriting pen or fountain pen (with extra cartridges if needed), blue or black rollerball pens/biros, highlighters, pencils, pencil sharpener, rubber, 30cm ruler and a geometry (maths) set, including a protractor. Keep this all together in a good sized pencil case.



What if I get lost?

Ask teachers or other students for help, everyone has been lost at least once!

You'll soon know your way around like the back of your hand.

Teachers know that it takes time to find your way around and they will expect late arrivals to lessons in the early weeks.

What if I find it difficult to make new friends and I don't know anybody at school?

Don't be shy about introducing yourself and getting to know people who you didn't go to Primary School with.



Try joining an afterschool club. Clubs are a great way to meet new people and make new friends from different year groups. Whether it's sport or music or art, there will always be somebody there who shares the same interests as you.

How much homework will I get in Year 7?

On average, Years 7 & 8 get 45 to 90 minutes per day. You will also be given a weekly planner/diary that contains your school and homework timetable. This will tell you how many lessons you have in a day, what they are, what time they start, who the teacher is and where you need to go.

Can I use a mobile phone?

Know your school's rules on mobile phones. Each school is slightly different.



Enjoy your first year of secondary school! You're only in Year 7 once so make the most of it, meet new people and have fun! It is an exciting year with lots of changes and new beginnings and remember, never be afraid to ask if you're not sure – there is always someone to help you at school.

Moving from Primary School to Secondary School



New start

Starting at your new school will feel like a big change. New surroundings, new friends, new challenges and new choices are all on offer.

You might be feeling:

- Excited about new friends, subjects and teachers
- Nervous about learning new routines, making new friends or wearing a new uniform
- Worried about handling the workload or not fitting in

Secondary School also means a move from the familiar to the unknown and a whole new way of doing things. There will be support available when you find things difficult.

Relationships

- Making new friends in school doesn't always come easily.
- Making friends is a process, it doesn't always happen quickly.
- Bring out all the positive attributes you have.
- Introduce yourself to your peers, starting with the ones you are familiar with if it makes things easier.
- Ask questions and listen carefully.

Bullying – Zero tolerance

IF YOU'RE BEING BULLIED



4 Types of BULLYING



If you ever feel you are being bullied it is really important that you tell someone you trust immediately. No matter if it's online or in person, in or out of school. When you tell someone action can be taken.

School work

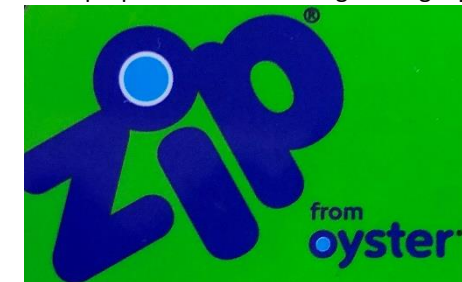
Teaching and learning will be slightly different at secondary school, but the main difference is you will have lots of different teachers and change classrooms. You will need to become more responsible for your own learning and be more organized.

The workload will increase gradually.

- It's about quality, not quantity.
- Write a list and prioritise. Writing lists can seem like the simplest of tasks, yet they can be extremely helpful when trying to juggle a lot of work.
- Always make time for a break. Go home on time.

Getting around

- You will have to get familiar with a new school site.
- You may also have to make new transport preparations and manage a longer journey.



Plan your journey in advance by checking bus/train times – know multiple routes. Stay focused on your journey in case of any dangers i.e. speeding cars.